

THE FRIENDSHIP TIMES

Finding the Light Within

Two stories of transformation & inspiration

By Lindsey Vis, Development Associate



Photo: Scott Terrell/Skagit Valley Herald

Stephanie never understood her own value before coming to Friendship House. Here, we recognize every person's innate strengths and abilities even when they don't see it in themselves. When she arrived after a DUI, she believed she had nothing to offer the world. "Before I got here, I kept using drugs because I didn't feel like I was worth anything or had anywhere to turn."

With the help of staff and residents, she became sober and began to make changes in her life. "I realized that if you don't like where you are at, you have to change something."

"Friendship House made everything happen that should have happened earlier in my life."

As Stephanie grew, her natural talent for hospitality emerged, and within two weeks she was asked to be a resident house assistant. This new responsibility helped her recognize that she is both discerning and compassionate. "Friendship House made everything happen that should have happened

earlier in my life." With these new skills, Stephanie can effectively support other residents struggling with homelessness, addiction, and mental health. "I understand the feeling of being lost," she says. "I know I can help other people in similar situations."

Stephanie goes above and beyond her duties. Once she even went through her own closet to find clothes to give to a new resident. She has been such a valuable part of Friendship House that the staff asked her to be our first-ever Hospitality Liaison. She is also applying to be a Certified Peer Counselor to use her experience and empathy to serve others. We are so grateful for Stephanie: for her helpfulness, her compassion, and her shining personality. ♥



Audrea is a truly inspiring woman. She is a single mother with a spirit of giving who has a vision to impact Skagit County. When speaking with her, it's clear that her strength comes from a higher power. When she started attending Christ the King Community Church, she began to truly understand God's grace and salvation. "Turning to God turned

my life around," she says. Earlier in life, Audrea was addicted to drugs, and lost her two children to CPS twice because of her addiction. "My girls are what pushed me through some of the obstacles I faced," she says. "I knew I didn't want them to go through what I had experienced."

"My girls are what pushed me through some of the obstacles I faced."

Audrea became sober, and came to Friendship House to be reunited with her children. Her take-charge attitude quickly became evident. She took a budget management class at Love INC, which led to stable housing. Friendship House connected her to Faith Community Fellowship for support while she works part-time and studies Human Services at Skagit Valley College. She recently won a scholarship from Soroptimist International.

In the future, Audrea hopes to find a career serving people. In particular, she wants to help recently-released inmates. She believes that easier access to better resources can transform this difficult transition for many people coming out of prison.

Audrea exemplifies an independent and courageous spirit. Through hard work, dedication, and support from others, she transformed her life and the lives of her daughters.

The staff of Friendship House is blessed to know both of these women. We wish Stephanie and Audrea joy on the journey ahead! ♥

What I Love About My Job at Friendship House

The purpose of human life is to serve, and to show compassion and the will to help others. ~Albert Schweitzer



Brenda Perkins
Women's House Manager

I value the love and support that is shared within the walls of both homes. It is a privilege being a part of the success and growth of our residents to reach their optimal selves.



Lindsey Vis
Development Associate

The residents show me that every person's story is unique and beautiful. The staff, board, and volunteers inspire me with their passion to serve other people.

Welcome New Board Members!



Ryan Schols

I live in Mount Vernon with my wife Danielle along with our dog, Lola, and cat, Jackson. I work at Skagit Valley Gardens and operate a reclaimed woodworking company, Dusty Planks. I was born and raised in Skagit Valley, went through Mount Vernon schools, and then graduated from the University of Washington Business School in 2006. I am happy to be joining Friendship House for the opportunity to give back to my community through such a positive organization. ♥



Vicki Wesen

A Mount Vernon native, I liked living in North Carolina for 30 years, but truly love the Skagit area. I enjoy being a newly-retired Episcopal priest, which means lots of gardening at my home on Big Lake and traveling with my Saudi Arabian grandsons. I am interested in the art and practice of spiritual direction. I value hearing the stories of others and listening to the journeys of their lives. I look forward to my new adventure with Friendship House. ♥



Jason Garten

Born and raised in Mount Vernon, I lived and played elsewhere for 20 years and returned to the valley to grow moss and rust in familiar surroundings. I've worked in a variety of industries too numerous to list, but currently work as a repair contractor. My wife Teresa and I are expecting our first baby in six months. There are a few key things that draw me to Friendship House: the people, the mission, and the ability and drive to execute that mission. To find two out of three is commonplace, but three out of three is rare. ♥

Primary Duties of a Board of Directors

Boards are the legal and moral governors of nonprofit organizations

Duty of Care

Perform due diligence and use prudent judgment by reading materials, participating in meetings, making informed votes, being up-to-date on finances, and being aware of relevant social issues

Duty of Loyalty

Give undivided allegiance to the organization by avoiding conflicts of interest

Duty of Obedience

Comply with the law, make decisions based on the bylaws, ensure that programs align with and further the organization's mission and goals

Serving Up Positive Futures



Local Families, Local Needs

The number of hungry families in Skagit County continues to rise. Friendship House serves 4,500 meals every month out of an aged and very small kitchen. Our shared vision is the construction of a new kitchen and cafeteria at 108 Snoqualmie Street in Mount Vernon, a property owned by Friendship House and adjacent to our shelters. This new facility will double our capacity to provide nutritious meals in a more expedient manner. It will be built with increased safety and security as priorities in order to attract more of Skagit County's hungry families.

Skills for Self-Sufficiency

Our vision includes an education and employment program entitled Hunger to Hope that will teach homeless men and women basic cooking skills including kitchen safety, knife handling, nutrition, professionalism, and inventory control. Participants will receive all basic safety certifications and will be supported in their job search. Our goal is to provide them with the self-esteem, support, and employable skills necessary to enter the job market and lead healthy, fulfilling lives.

An Investment in a Positive Future

The cost of the new building is estimated to be \$400,000. The Jack and Shirley McIntyre Foundation has committed to funding half of the project if Friendship House can raise the other half by June 30, 2013. The Foundation hired Architect Tom Theisen to perform a feasibility study that was completed in October. Since the inception of the idea, the City of Mount Vernon has expressed its support for the construction effort.

Fundraising Update

To date, Friendship House has raised 55% of our portion. During the first phase of our campaign, we submitted proposals to over a dozen foundations. Our grant writing team members are Marie Marchand, Lindsey Vis, Dr. Roy Martin, and Blake Westhoff. In November and December, we introduced the project to the greater community and received an overwhelmingly generous response. If you would like us to give a presentation to your service group, school, or congregation, please contact Lindsey. Thank you! Together we can meet the McIntyre match and make this much-needed facility a reality.

Special Building Features

- ▶ Increased safety and security
- ▶ Southern exposure for a sunny, uplifting milieu
- ▶ Seats 36 (20 more than our present location)
- ▶ Two restrooms
- ▶ Outside donation drop-off area
- ▶ Built-in, hands-free hand washing stations
- ▶ Sheltered outdoor waiting area
- ▶ Kitchen designed for learning with ample space for culinary demonstration and preparation

Project Committee

- ▶ Allen Bird, Friendship House Board President
- ▶ Sarah Hess, Civil Engineer, Jack and Shirley McIntyre Foundation Board Member
- ▶ Marie Marchand, Friendship House Exec. Director
- ▶ Dr. Roy Martin, Friendship House Board Member
- ▶ Brian J. McIntyre, P.E., S.E., Jack and Shirley McIntyre Foundation Board Member
- ▶ Tom Theisen, Architect

Voices of Community Support

"I enthusiastically support the Hunger to Hope project. Offering people an opportunity to develop skills so that they can work is a perfect and elegant solution." Peter Browning, Director of Skagit County Public Health.

"Hunger to Hope is a great project. I believe that feeding people is something every Skagitonian should do."

**Sharon Dillon, County
Commissioner and Friendship
House Board Member**



Commissioner Dillon, Marie Marchand, Ken Bergsma

"I am in full support of the Hunger to Hope project. It will provide food for those in need, enable homeless men and women to learn skills, and improve our community's quality of life and safety."

**Ken Bergsma
MV Chief of Police, Retired**

Working Together for Community Health & Safety

Recent Initiatives

TRANSFORMING PROPERTY & PURPOSE: Past President Tina Tate is pictured at 108 Snoqualmie Street, a large property owned by Friendship House adjacent to our shelters. Upon purchasing the property last July, Friendship House demolished the three structures that were an unsafe neighborhood blight for years. By demolishing the dangerous, substandard housing, we immediately made the neighborhood safer. The land will be used in service to the community for our Hunger to Hope program through our partnership with the Jack and Shirley McIntyre Foundation and other generous community donors.

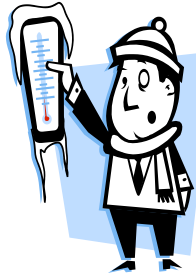


OUTSIDE CONSULTATION: In March, we will be hosting the Health & Safety Consultation Team from Labor & Industries. We scheduled this educational consultation in order to ensure that our workplace is as safe as possible for our employees, residents, and neighbors. It is a pro-active step towards improving our shelters and kitchen.

PARTNERSHIP WITH FIRE DEPARTMENT: Friendship House recently worked with Station 1 of the Mount Vernon Fire Department to spread the word about our cold weather shelter. We created small emergency kits for firefighters to dispense as needed. Kits include blankets, something to eat and drink, hand-warmers, hats, and information about meal times. Our cold weather shelter opens at freezing temperatures; arrival time is 6:30pm-10:00pm and check out is 7:00am.



"The working relationship we've established with Friendship House has helped provide us the support and resources necessary to assist those in need," said Captain Mike O'Dell. Friendship House is grateful not only for Station 1's close proximity to our shelters, but for the kindness and compassion shown by the first responders. THANK YOU MVFD!



SAFETY COMMITTEE: We are expanding our Health & Safety Committee to include immediate neighbors, community safety representatives, and other key stakeholders. If you have an interest in being considered for this committee, please contact Marie Marchand at 360-336-6138.

PREVENTION PLAN: We have updated our Accident Prevention Plan based on the *Recommended Shelter Health and Safety Best Practice Guidelines* published by the Seattle King County Department of Public Health and Health Care for the Homeless. Board Member Barbara Cheyney, RN, is helping to guide Friendship House's adaptation of the Plan.



COMMUNITY HEALTH: Thank you to the Skagit County Department of Public Health for years of partnership with Friendship House—providing TB tests within 48 hours of resident admittance, offering Tdap and flu shots, and making it possible for our residents to get food handler's permits. Conversations with Sandi Paciotti have always been helpful and enlightening. Marie Marchand met recently with Director Peter Browning (right) to further this partnership of preparedness regarding other possible health emergencies. It takes a whole community of providers working together to assist a vulnerable population.



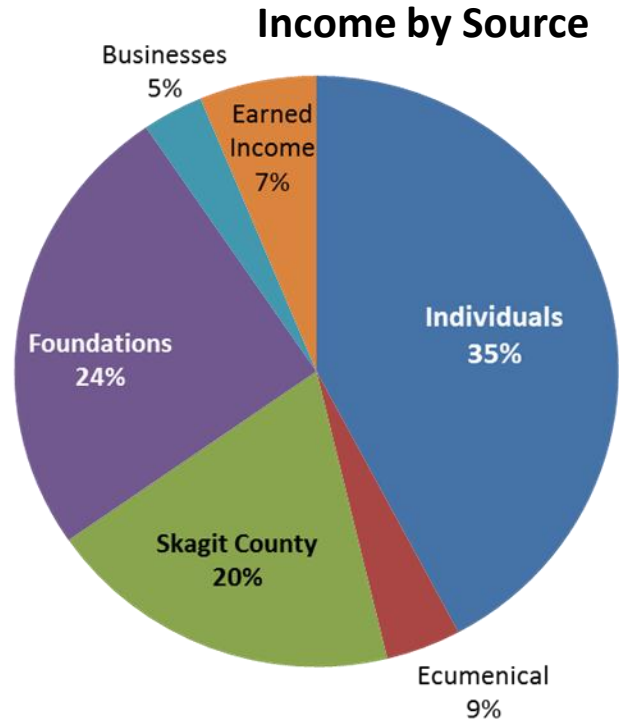
We are currently in need of protein foods (meat, milk, cheese) and coats, gloves, and hats. We are also recruiting volunteers to prepare and deliver simple meals such as freezeable casseroles. THANKS!

Money Matters: Overview of 2012

By Tom Rose, Finance Committee, 2013 Treasurer

Let us more and more insist on raising funds of love, of kindness,
of understanding, of peace. ~Mother Teresa

Friendship House had a fantastic 2012, especially in the financial realm. We exceeded our fundraising goals and ended the year over \$23K in the positive! Running our program out of 100-year-old homes tends to lead to those “unexpected” expense items. Ending the year in the black allows us to put money into savings for such unexpected items. You may notice that our expenses also surpassed our budgeting. The Jack and Shirley McIntyre Foundation was an active partner with us in 2012. You already know about their 50% match for our new kitchen and cafeteria. They also generously paid off the outstanding mortgage on our transitional house in Burlington! This added \$80,000 to both our income and expenses. If we remove this from both sides, we exceeded our fundraising goal by over \$8,000 and underspent by \$16,000. Friendship House has been successful because of the support you have provided. We are proud to run a fiscally-sound organization and hope you will continue to support us as we build and grow. ♥



ACTUAL INCOME:	\$458,753
BUDGETED INCOME:	\$370,100
ACTUAL EXPENSES:	\$434,836
BUDGETED EXPENSES:	\$370,100
Positive Net Variance:	\$ 23,917

Board of Directors 2013

Allen Bird, President
Josh Kelley, Vice President
Dennis Taylor, Secretary
Tom Rose, Treasurer
Tina Tate, Past President
Roy Martin, 2010 President
Barbara Cheyney
Michael Custance
Susan Custance
Sharon Dillon
Stephanie Morgareidge
Ryan Schols
Vicki Wesen
Jason Garten

Thank you, Tina Tate, for your leadership as Board President. You inspired and fortified us!

The “Double Bottom Line”

Nonprofit organizations differ from for-profit corporations in that we are accountable to the “double bottom line” that measures both social impact and financial health. In our efforts to provide basic needs and kindness to vulnerable people, Friendship House partners with foundations, congregations, businesses, Skagit County, and hundreds of individuals to maintain a sufficient and healthy budget. By giving time and money to Friendship House, our partners are able to put their values, morals, and hopes for the betterment of humanity into action.



Skagit Day of Giving

Strengthen Your Community.

Double Your Impact.

Thursday, May 9, 2013 • St. Joseph Center • 4:00-8:00 PM

One of our funding partners is the Skagit Community Foundation. Friendship House has been invited to participate in a unique funding opportunity entitled Skagit Day of Giving, a fun event with music, food, education, mingling, and philanthropy (at any giving level). Through this event, the Foundation has offered to match \$15,000 to seven nonprofit organizations if we can raise \$15,000 on the day of the event! The money donated to Friendship House on this day will go to Hunger to Hope. ♥

Friendship House Staff: Marie Marchand, Executive Director • Lindsey Vis, Development Associate
Brenda Perkins, Women’s House Manager • Kristie Kaaland, Men’s House Manager

EN VOGUE

Runway Show &
Fundraising Auction



McIntyre Hall

Thursday, March 14, 2013

\$25 General Admission includes hors d'oeuvres

\$50 VIP includes drink ticket and premium runway seating

Reception for Everyone 6:00 PM • Runway Show 7:00 PM

Tickets available at McIntyre Hall Box Office or www.mcintyrehall.org

www.SkagitFriendshipHouse.org • 360.336.6138 (Office) • 360.336.2418 (Women) • 360.336.2135 (Men)



Photos: Chuck Baker

Friendship House reflects the heart of God by feeding, sheltering, clothing, and healing those in need.

Our Mission



Love and compassion are
necessities, not luxuries.
Without them humanity
cannot survive.
~Dalai Lama

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