

# THE FRIENDSHIP TIMES

Newsletter of Friendship House, Mount Vernon, WA



## Hunger to Hope Success

By Jerry Shackette, Program/Development Manager

The beginnings of homelessness are many and as varied as the people who live through the experience. Tabatha's story begins with a broken home. The stresses and pressures of that experience led to experimentation followed by the regular use of drugs. She called it "recreational" and it was her way to cope with tough times.

Her experimentation turned into a daily ritual...a habit. Life spiraled out of control as she lost her job, her home and her daughter moved in with grandma..



She was referred to Friendship House after a stay in the hospital. That was the beginning of her journey back to self-reliance and sobriety. At Friendship House she found structure and support. Every week there was an action plan to complete, a house meeting to attend, house chores plus work to do in the kitchen.

After working a while in the Café Tabatha decided to apply to the Hunger to Hope (H2H) job training apprenticeship program. That meant on top of everything else she now added at least 20 hours a week in the kitchen on top of her other activities.

But she didn't stop there. She joined a faith community and became an active member of a recovery support group. Each of these activities contributed to awakening the life skills that were repressed through her dependency. Time management, team work, sense of urgency, personal responsibility and dependability began to become part of her daily routine.

***She chose the path less traveled toward long-term stability and sobriety.***

At the end of 12 weeks of kitchen training, her H2H completion party was a joy to behold as her mother and daughter had the opportunity to attend and celebrate her accomplishments.

At this point our typical apprentice begins the job search process but Tabatha made what we feel was a courageous decision. With a goal in mind of regaining custody of her daughter, she opted for inpatient treatment for her dependency. She chose the path less traveled toward long-term stability and sobriety.

In the months since she completed her rehabilitation and treatment, Tabatha has continued to impress all of us. She has a permanent job at a local office supply store. She is living independently in transitional housing in the local area. She has traded up from her bicycle by getting both her driver's license back and a car. She's on her way to a sustainable, self-sufficient life. We are all proud to know her. Friendship House is a place where lives can change and people's spirit can be renewed. Tabatha's journey is a story of renewal and it's that renewal that gives us hope for all the others who struggle with homelessness. ♥

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## Community Partners



Friendship House has been selected as Dwayne Lane's Skagit Subaru's Hometown Charity for the 2017 Share the Love Event.

This year's event will run November 16, 2017 through January 2, 2018.

Each time Friendship House is selected from the list of organizations that new purchasers can select from, Friendship House receives up to a \$250 donation from Subaru. Dwayne Lane's Skagit Subaru is adding \$2500 to the total amount donated to Friendship House.

## Ongoing Supporters



# Coffee Sales at the Farmers Market

By Jerry Shackette

Friendship House Café Manager, Tom Hoffman and the H2H apprentices have been working on roasting techniques and packaging for two coffees; a medium roast using fair trade organic beans from Peru which has been described as “having delicately sweet, fragrant, delicate yet rich, with a discreet but vibrant acidity”, and a second variety which is a dark French roast organic espresso blend of beans from Africa, Indonesia and South America.

This year Friendship House is marketing our coffee at the Mount Vernon Farmer’s Market every-other Saturday. Selling at \$10.00 a pound, either ground or whole bean, the fresh roasted coffee is proving a popular way to experience a fine cup of coffee while supporting the H2H job training program. The Friendship House. Coffee is also available by special order in the Friendship House Business Office.

For more information contact [jerry@skagitfriendshiphouse.org](mailto:jerry@skagitfriendshiphouse.org) or 360.873.8022.



## Job Fair at the Café

By Jerry Shackette



When you are homeless there are lots of obstacles to getting a job. A criminal record or a less than satisfactory credit report often means you don't even get interviewed. Being homeless means no address, probably no phone number or e-mail account, very limited access to a computer and not much of a wardrobe. Even finding out about job openings is a challenge.

This year Friendship House has taken proactive steps to help residents jump start their search for a job.

First we partnered with the Mount Vernon Goodwill Job Training and Education Center for help teaching job readiness skills like preparing a resume and cover letter, how to conduct a job search and how to get ready for the interview. Goodwill representatives then made “how-to” job interview presentations at our weekly resident meetings, counseled residents on job readiness issues and welcomed residents into classes and workshops all aimed at preparing them for a successful job search.

Next the Friendship House team organized our first two in-house “mini job fairs” for residents. Local employers set up tables and displays in the Friendship House Café, shared job and career information with residents and accepted applications.

Draper Valley Farms, Loues Truss, Dairy Queen, Burlington Stores, and Job Corps have all been represented at our “Mini Job Fairs” and were enthusiastic about their support for future events. Men’s House Manager Kristie Kaaland said “the mini job fairs have proven to be successful for both employment and self-esteem for residents”. “These events allow our residents to practice for future interviews and get over their fears”. “I’ve seen our residents leave the employer tables with huge smiles and heads held high” she said.

“As a manager it’s been great for me to watch some of these residents get truly inspired and better yet, get employed on the spot”.

The next mini job fair is scheduled for late August. For more information contact Jerry Shackette at 360.873.8022 or [jerry@skagitfriendshiphouse.org](mailto:jerry@skagitfriendshiphouse.org).

# Super Volunteers!

By Chris Pasquale, Ameri Corps Vista/Volunteer coordinator

## Bill and Virginia

All of us here at Friendship House would like to thank our super volunteers, Bill and Virginia! The two of them have been volunteering with Friendship House every Wednesday since May 2017. They are a wonderful couple that sort and organize clothing donations for our donation room. This room is open to the public every Tuesday and Thursday from 10am-3pm, where they can pick any 10 items they need for free within 10 minutes. So, Bill and Virginia's role is essential to making sure that our community has clean clothes for everyday use and job interviews. Bill said that in his first visit to Friendship House with Executive Director, Tina Tate she "sold us... when she told her success story this had to be the place to come, to do what we could." This power couple has made a huge impact by turning a cluttered basement to a more organized and friendlier place for people to easily get whatever they need. Every week they see racks of clothes disappear and can feel good knowing they are taking care of people.

One thing Virginia would like to tell people is, "I think it's important to get out of your comfort zone and try something new." So, if you would like to try something new and make a difference in your community consider volunteering with Friendship House. ♥

Contact our Volunteer Coordinator, Chris at [chris@skagitfriendshiphouse.org](mailto:chris@skagitfriendshiphouse.org) or (360) 336-6138.



## Peggy Peterson

Have you been to the Mount Vernon Farmer's Market lately? If so, you may have seen our lovely volunteer, Peggy Peterson selling Friendship House coffee. We have our own roasted coffee along with cookbooks and other resources at our Farmer's Market booth every other Saturday. All proceeds of this event go back to feeding, sheltering, clothing, and healing those in need. Over this Summer Peggy has taken charge by assisting us at almost every Farmer's Market event we're at. On top of that she has also helped deliver coffee to customers, serve meals in our Café with her Church, and spends every Monday organizing our donation room. Peggy serves and advocates for us constantly, and it's because of people like her that we can do what we do. Thank you Peggy! ♥

Volunteers Peggy (left) and Molly (right) preparing our Friendship House booth for all the Farmer's Market customers!

# Golf For a Cause

Every Year the North Puget Sound Association of Realtors (NPSAR) holds a golf tournament that benefits Friendship House and Skagit habitat for Humanity. This year we had more sponsors and players than ever before! This event is held around the end of August each year on a Thursday. If you are a golfer and would like to participate next year, please contact Tina Tate and let her know. [tina@skagitfriendshiphouse.org](mailto:tina@skagitfriendshiphouse.org) 360-488-4357

Thank you NPSAR for your generosity!

## Thank You To All Of Our Generous Sponsors !

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## Work on *Barbara's House* Progressing...

### Move-In tentatively scheduled for this Fall

*By Tina Tate, Executive Director*

Work continues on *Barbara's House*, the new low-income permanent housing facility adjacent to the existing Friendship House shelters and Café.

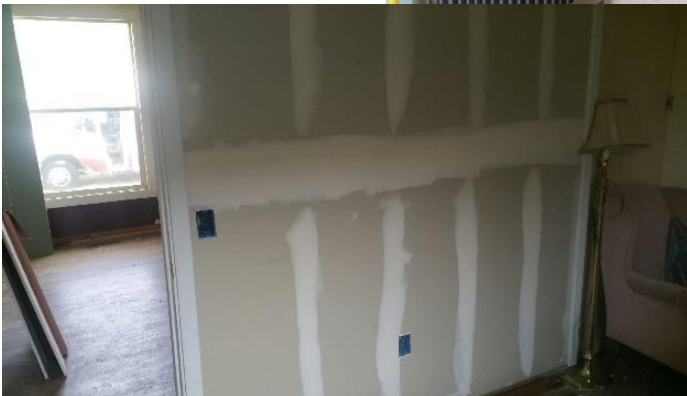
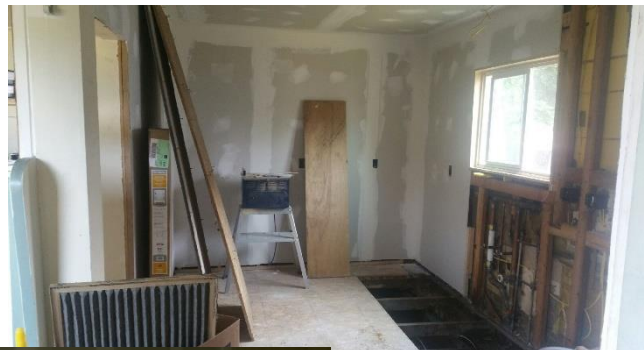
We are getting close to the end. A new roof and new windows have been installed and we are almost done with the Kitchen and Bathroom remodel. Due to Fire Marshal requirements we will have to install and monitored fire alarm system that will be an added expense that we had not planned for. We will need to raise at least \$12,000 more than anticipated. The pictures below are of the progress.

The need is critical and we hope you will consider supporting *Barbara's House*. ♥

If you would like to support this affordable housing initiative please go to <http://www.skagitfriendshiphouse.org/barbaras-house.html> and use the "DONATE" button. You can also send your donation to the Friendship House and indicate "*Barbara's House*" as the project you wish to support. PO Box 517, Mount Vernon, WA 98273

For additional information about ways to support this affordable housing initiative, please call Tina Tate at 360.336.6138 or e-mail [tina@skagitfriendshiphouse.org](mailto:tina@skagitfriendshiphouse.org).

We would like to thank Dirty Jobs Maintenance for donating their time to install the new roof and Mount Vernon Building Center for giving us new windows at their cost.



## Community Partners

*By Tina Tate, Executive Director*

### Draper Valley Farms

We are extremely grateful to Draper valley Farms. They have been a great partner in helping the Homeless in Skagit county. They first came to us to find out more about what we do and asked for us to give a presentation to their leadership team. When they found out all of the good things we do for the community they decided to partner with us. Through them we were able to secure a grant from their parent company Purdue. Then they chose us to be a recipient of their Golf Tournament and other fundraising efforts they did throughout the year. All of that translated to about \$21,000 to Friendship House.

They also wanted to serve the organization by volunteering, so they serve a meal each month and provide all of the chicken for that meal. They started participating in our Job fairs and want to do more volunteering in the future. It is organizations like this that take the time to better their community that are worth supporting. We are blessed to have Draper valley Farms in our community.



### Carpet One

We are also very grateful to Carpet One in Mount Vernon. Owner Debbie Monetti has been beyond helpful in our Renovations in Barbaras house and in redoing the flooring in our women's shelter. She and her staff have gone above and beyond and have provided us with superior product at very little cost. What a blessing they are to our community





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**Up Coming Events**  
Friday Oct. 27<sup>th</sup> - 4% Friday at the Food Co-Op. 4% of all sales on this day will be  
donated to Friendship House. Please support us by shopping at the  
Skagit Valley Food Co-Op on that day. Stop by our table and say Hi too!  
**Save the date**  
En Vogue Fashion Show and Auction  
Thursday March 8<sup>th</sup> 2018