

THE FRIENDSHIP TIMES

Newsletter of Friendship House, Mount Vernon, WA

From Heartbreak to Victory

By Tina Tate, Executive Director

Patty came to know friendship House at least five years ago. Our Men's house manager said she had been around at least as long as she has worked here and that has been just over five years.

Patty and her boyfriend John are both staying in our Shelters and doing incredibly well at moving toward self sufficiency. They have both been clean for over 100 days now and are determined to get their lives back.

They will have housing soon and when they do have a home they will be able to work toward getting their children back. They both have children from previous relationships.



Patty After 2 months at Friendship House

Patty's life started out very rough. She had been kicked out of her mothers house when she was 12 years old and in order to survive she had to find somewhere to live. She is now 38 years old.

The place she found was with drug dealers and that was her first introduction to drugs. She started on meth amphetamine and later added heroin.

When she came to Friendship House for the services we provide like our meal service and donation room, she could not stay in our shelter, because she was not clean and sober.

She had been kicked out of her mothers house when she was 12 years old

One day she and John got very sick and needed to go to the hospital. They spent several days in the hospital and when they left they decided that something needed to change, that they were done with the life of drugs and homelessness.

They came to Friendship House this time for shelter. They found a place to heal and start to put the pieces back together.



Patty after just a few weeks at Friendship House

It will be just a couple of short weeks until their time in the shelter is over. It has been almost 90 days and they have come so far. We couldn't be prouder of the progress they have made and the determination they exhibit.

Patty is determined to not let them be on the street again and will do everything in her power to make sure she and John are safe. They don't want to go back to the life they had and Friendship House will be there for support even after they leave us.♥

INSIDE:

- Hunger to Hope Update
- Annual Report
- New Board Members
- En Vogue Fashion Show
- Barbara's House Update
- Top Donors

A New Endeavor for Hunger to Hope

By Jerry Shackette

Hunger to Hope Program Participants are Roasting Coffee as Part of their Apprenticeship Learning

The Hunger to Hope (H2H) program is in the coffee business as our food service apprentices learn the basics of roasting green coffee beans and challenges of packaging for sale.

In 2016 Friendship House received an anonymous grant for the purchase of a counter-top coffee roaster as well as a professional grade grinder. This has enabled the H2H apprentices to learn the basics of coffee roasting, blending, grinding and packaging fresh roasted coffee beans. Kitchen Manager and H2H Instructor Tom Hoffman said this has allowed us to teach a new specialty plus our apprentices are able to add a new skill to their resume as they prepare for employment in the food service industry.

The custom blended whole bean and ground coffee was first offered at the Friendship Houses' 30th Anniversary celebration and was very well received. The past holiday season saw brisk sales as the coffee was offered at 5b's Bakery in Concrete and in the business office.

Tom says the coffee is offered in a dark or "French" roast as well as a "medium" roast for those looking for a milder experience. A special "Viennese" style was offered as a special blend created for the recent En Vogue Fashion Show and Auction.



Friendship House Coffee will be available for sampling and sale at the Mount Vernon Farmer's Market at the Riverwalk Plaza on Saturday's during the summer and at the Business Office. ♥

Funding Challenges

This year has brought a change to one funding source that has helped Friendship House pay their bills in the past. At the beginning of 2017 Skagit County decided to tie eligibility for their "Document Recording Fee" grant to the Federal regulations included in the Federal Consolidated Homeless Grant (CHG).

While we had received grant money from the county in the past, adhering to these Federal regulations would have required Friendship House to change our basic program of assistance. Friendship House has chosen not to change the core program. We are therefore no longer eligible to receive this funding

While the decision to not change our program in order to receive funding was not taken lightly it could end up being a blessing for the Friendship House given the uncertainty of Federal funds. The majority of the support for Friendship House come from the community. Individual donations account for the majority of the funds we raise and we are secure as we plan for the future.

We are always looking for new ways to expand and provide more opportunities for people on the street. The addition of new low-income housing in Barbara's House is only one example. We are confident you will continue your strong support for our work. ♥

Hunger to Hope Apprentices

Learn Effective Work Habits Along With

Cooking Skills

The Hunger to Hope (H2H) food service apprentice program is all about helping people find work in the food service business. There are job openings throughout the county and apprentices must have a solid foundation in cooking but also have an understanding of how a kitchen runs and offering what the guest wants.

Each H2H apprentice has the opportunity to demonstrate their cooking skill level through our “tasting table” experience. The apprentices choose a dish (this time of year they are working with vegetables) and research a recipe to prepare which must be approved by H2H Instructor Tom Hoffman.

They then prepare the dish for the Friendship House staff at a formal tasting session. The apprentice begins by sharing the recipe with an explanation of the preparation methods. Each guest then tastes the dish and scores for plate presentation, temperature, taste, sauce, texture, recipe accuracy and the overall execution of the recipe. Guests give each apprentice some feedback based on the experience.

Tom says the experience offers a fair evaluation of cooking skill but also reinforces the food service concepts of time management, food knowledge, and plate presentation. Apprentices must understand it's the guests' opinion that counts.

“Employers are looking for workers who can cook and have kitchen experience but they also need efficient employees who can manage their time and appreciate the needs of the guest”, Tom said. “This exercise makes these ideas real for the apprentices.” ♥



Hunger to Hope is a 12-week long, 25-hours per week food service apprenticeship focusing on cooking and kitchen skills offered in the Friendship House Cafe. Participants are not required to be residents of Friendship House.

For more information you can reach Chef Tom at tom@skagitfriendshiphouse.org or H2H Program Coordinator Jerry Shackette at 360.873.8022 or jerry@skagitfriendshiphouse.org

*The 7th Annual En Vogue
Fashion Show and Benefit Auction*



On March 9th we held our biggest fundraiser of the year. It was a huge success and net us about \$20,000 and it was so much fun!

Mark your calendars for next years show which will be on Thursday March 8th. ♥



A huge thank you goes out to our En Vogue sponsors!



This year we had a new element to the event. Local Boutiques each donated an outfit to be auctioned. Everyone really enjoyed this and we will likely do it again next year. Thank you to our boutiques!



The Encore Shoppe



The Winning Designers for En Vogue:

Best Overall Design: *Hannah Morrison*

Best Repurposed Design: *Caitlin Owsley*

Best Youth Designer: *Trinity Covert*

Pictured from left to right: Kristen Keltz MC, Hannah, Caitlin and Trinity



Carol Anderson

Carol grew up in the Seattle area and graduated from Washington State University with a degree in Communications. After working in several advertising agencies after college she moved to Bellingham to run the advertising program for Haggen and TOP Food stores. She has also held the position of Marketing Director for The Bellingham Herald. Currently Carol is employed at North Coast Credit Union.

While Carol lives in Bellingham, she worked in the Mount Vernon branch of North Coast for several years and made strong connections with the community. For North Coast, Carol has helped to organize Bite of Skagit and now Take a Bite for Skagit fundraisers for local Skagit County Food Banks. Carol is a graduate of Leadership Skagit class of 2015 – where she was very pleased to meet Tina Tate.

Carol has personal experience with homelessness, her brother suffered from schizophrenia and was homeless, despite her best efforts, for several years. It is in his memory that she serves on the Board of Friendship House.

New Board Members



Walter Pfahl

Walter was born and raised in New Jersey by German immigrant parents, and he has lived his entire adult life in Skagit Valley. For 18 years he was regional director of Head Start in the area. After earning a Masters in School Counseling, he served as counselor at Madison Elementary School in Mount Vernon for about 15 years. After retirement, he ran his own business as a guardian ad litem for Skagit County Superior Court for 5 years. He is married to Cathy Pfahl, and between them they have 5 grown children.

Additional New Board Members

Em Beals – Owner of 5 B's Bakery in Concrete

Jeniffier Provalenko – Paralegal, Civil Division, Whatcom County PA office



David Cope

David resides in Arlington with his wife, Angie. He has 3 daughters, a grandson, and a granddaughter on the way! Growing up in Skagit County, he's been in banking for 25 years with some additional retail and grocery management experience. He is currently a Customer Service Manager at SaviBank in Burlington and has been with SaviBank for the last 5 years.

He is a recent graduate of Leadership Skagit and most recently active with the Mount Vernon Chamber of Commerce in various board positions and committees. He is also a graduate of Leadership Snohomish County and a graduate of Western School of Bank Management. He volunteers his time for Junior Achievement and is active in Business Builders Northwest, a referral group. Him and his family also help lead the Worship Team at Grace Church in Mount Vernon.

David says he's very excited to be a part of the Friendship House board of directors. This is an opportunity different from some of his previous positions and he welcomes the new challenge as we work together to reflect the heart of God through Friendship House.

Our Gratitude

Donors over \$250 2016

Ackermann, Evan	Harradine, Peter and Kathleen
Anderson, Laurie	Heft, Ruth
Ayers, Myron and Becky	Hnatiak, Henry
Bachmeier, Greg or Stephanie	Hoose, Nelson and Kathleen
Bickel, Marjorie	Janicki, John and Katherine
Bishop, Cheryl	Kendall, Frank and BJ
Brewer, Steven and Hernandez, Cecilia	Knudsen, Eric and Farrar, Judy
Brown, Harold and Sue	Kring, Bill & Linda
Bryant, Stanley & Marie Chalmers, Frances	Langenhorst, Hubert
Christianson, Kim	Lundgren, Doug and Laurie
Craig, Daniel and Susan	Martin, Roy & Darlene
Crawford, William and Jerri	McConnell, Cindy and Scott
Curran, Ann	Melzer, Robert & Mary Ann
Dahlstedt, Norman and Pat	Mills, Libby & Kuntze, Rusty
Dalbey, Dan and Anne	Mrs. Patricia Skelton
Davis, Ken and Pam	Myer, Phil and Joan
Dawes, Jennifer	Myers, Carrie and Neil
Deighton, Dan and Susan	Parnella, Thomas & Marilyn
Dennis, William and Cherryl	Petersen, Frederic & Marita
Deveau, Brian and Colleen	Peterson, Jon & Linda
DeVries, Fred & Denelle	Poindexter, Billy D.
Dight, Eugene and Molly	Powell, Paul
Doneen, Dennis and Claudia	Robinson, Fred and Ronna
Fisher, Chad & Colleen	Seaman, Patricia
Fiske, Henry and Carol	Simon, William and Sondra
Flynn, Gene and Jack	Beck-Simon
Franklin P. and Arthur W. Perdue Foundation	Soderberg Parry, Vicki
George Schaeffer 3rd	Spahr, Mark and Cecilia
Gilbert, Warren	Steffens, Shawn and Irene
Gildnes, Shane & Holly	Stollwerck, Eric and Karla
Graue, James T.	Strotkamp Architects
Green, David	Sullivan, Tim and Kara
Gruber, Robert and Vera	Vidmore, Vernon and Chere Jo
Hafer, Hugh & Letitia	White, Mark and Ann
Hall, Eric and Wilson, Susan	Wilcox, George
Halpin, Jim	Young, Carl and Hodgin, Anne
Hamlin, Thomas	Youngsman, Susan
Harmsen & Associates	Youngsman, William
	Yousling, Jonathan & Erin

Monthly Donors 2016

Abell, Richard and Alice	Inspire Church of Skagit Valley	Schatz, Dean and Sandra
Ackermann, Evan	Jarolimek, John and Laurie	Shepard, William
Adams, David and Movassaghi, Greta	Johnson, Bonnie	Smith, Norma
Anderson, Mary	Johnson, Elma	Stendal, Kay & Art
Andriesen, Peter & Clare	Johnson, Eric and Lynnette	Stroosma, Ria
Anthony, Glenn and Marie	Jones & Smith	Tanner, Ann
Archambault, Doris	Kleweno, Don and Donna	Taylor, Dennis (Norman)
Barrett, Louis and Marcia	Laborers International Union Of North America Local 292	Taylor, Douglas & Geneva
Bethany Covenant Church		Thompson, Alvin and Maxine
Butler, Suzanne	Larsen, Georgi	Tighe, Kevin and Fletcher, Rebecca
Carbon, Aaron	Larson, Robert	Torseth, Arnold and Priscilla
Chandler, Jerome and Celia	Life Church Skagit Valley	Uppendahl, Steven
Cheyney, Barbara	Manns, Tim and Cunningham, Brenda	VanSweden, Randy and Stacy
Clem, Jim & Annette	Markel, Pat	Wakeman, Susan
Cole, Theodore and Sherri	Martin, Roy & Darlene	Weaver, Barbara
Coleman, Steve and Lela	Maskell, Gerald and Leanne	Wesen, Vicki
Cope, David	McGoffin, Kevin and Mary	Whalen, Carolyn and Stratton, Staci
Cordsen, Susan	Melton, Wade and Young, Sara	Whetsell, Stephen
Crawford, William and Jerri	Middleton, Jack and Anne	Winkes, Ben and Sloan
Cross, Amber	Miles, Lawrence	Wise, Judith
Dahl, Douglas and Yvonne	Morton, Fred and Elaine	Wolf, Denise
Derig, Gene and Marilyn	Nakis, Arthur and Elinor	Wright, John and Elaine
Desvoigne, Matthew	Nelson, Arlene	Wyman, Keith and Catherine
Dillon, James and Sharon	Nelson, Tim and Jane	
Downing, Patricia	Nordgulen, Robert and Linda	
Edison Lutheran Church	Norris, Michael and Patricia	
Getz, Robert	Nowadnick, William and Murray, Ann	
Goddard, Dianne & Edmonds, Dennis	Olson, Katy	
Green, Philip and Kathleen	Pettit, Linda	
Griffith, Jason and Kimberly	Prange, Richard and Jeri	
Gubrud, John and Claudette	Prouty, Sean and Tammera	
Halliday, Hilda	Pulley, Greg and Katie	
Hanson, Brian	Quall, Dave & Allene	
Hanson, Larry and Lana	Ramerman, Audra	
Heiner, Rae	Riley, Susie	
Hendrickson, Doreen	Robblee, Richard and Nancy	
Henrikson, Robert & Gordon	Rogers, Edwin and Nancy	
Hiestand, Tom and Gerri	Rose, Tom	
His Place Community Church		

"What an incredibly generous community we live in. We couldn't do this work without you! Thank you so much!"

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

Move-In Scheduled for This Summer

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

Demolition work on the interior of the 2-story home is nearing completion and installation of new windows and roof are scheduled to begin shortly.

Barbara's House was purchased in 2016 with a goal of providing affordable housing for those leaving our shelters. The total remodeling project has been budgeted at \$70,000. To date we have received approximately \$47,000 in donations to the project.

When completed *Barbara's House* will feature five bedrooms that can house five individuals on fixed incomes. Plans call for two bedrooms on ground level, which will house those that can't navigate stairs and three rooms upstairs for folks with good mobility.

The creation of this affordable housing option is in response to the critical affordable housing shortage in the community. According to a recent Skagit County Public Health report there are 200+ homeless families in the housing interest pool. The same report indicates a shortage of 3,762 rental units for low income households.

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.

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.





PO Box 517
Mount Vernon, WA 98273

RETURN SERVICE REQUESTED

Nonprofit
U.S. POSTAGE
PAID
Mt. Vernon, WA
Permit NO. 192

Up Coming Events

Thursday September 14th Volunteer Appreciation Lunch

Friday September 1st Food Drive at Fred Meyer in Burlington

Friday May 26th Food drive at Haggen in Mount Vernon