

# THE FRIENDSHIP TIMES



## From Hunger to Hope:

A vision for food & education in Skagit County

By Dr. Roy Martin



Past President Roy Martin with Mount Vernon Mayor Jill Boudreau and Board Member Al Bird

It is well recognized by leading groups such as the National Alliance to End Homelessness and National Coalition for the Homeless that a major factor in people finding housing is employment. We see this in the mechanics of our own lives. The job must pay well enough to maintain housing and living expenses. Even the 44% of homeless people who have jobs still cannot break out of their homeless state. It is practically impossible for homeless people without jobs to achieve a home with no major aid.

A great deal has been learned from programs started in the 1980's to combat homelessness. It was discovered that a variety of resources must be provided as people climb out of homelessness. First, job training is a crucial piece. Second, people must have a place to live while in training. Third, once they complete their training and begin working, continued housing support (e.g. transitional housing) is required for some until they can achieve a stable salary and operating level.

On July 24<sup>th</sup>, Friendship House became the owner of 108 Snoqualmie Street, a large property adjacent to our office. The three structures that were on the property had been neighborhood blight for years: dangerous, substandard housing mismanaged by an absentee landlord. Upon purchasing the property, Friendship House demolished those structures. This action immediately made the neighborhood safer. What an incredible opportunity for Friendship House to turn a public health hazard into something uplifting for humanity!

### ***The land will be used in service to the community.***

The land will be used in service to the community. 108 Snoqualmie Street will become a cafeteria that feeds the hungry and an education-employment program that trains homeless men and women in the culinary arts. **From Hunger to Hope** is an emerging vision for hunger relief and worker re-training in Skagit County. It will build upon Friendship House's established meal program that serves close to 5,000 meals a month.



Alex Ceballos, an intern from Job Corps, receives training while helping out

The new cafeteria will seat double the number of people that our current facility does! We want to help put residents to work at fulfilling jobs that offer a living wage.

Program graduates will be ready to enter Skagit Valley's restaurant and tourism job market. They will gain self-esteem and greater sufficiency to lead healthy, fulfilling lives.



Alumni Volunteer Dean serves lunch

We hope to graduate 32 people per year (80% of the enrollment rate) based on what similar programs have achieved. We anticipate that 27 of these people will have culinary jobs and permanent housing within four months of graduation.

The cost of the new building is estimated to be \$300,000. The Jack and Shirley McIntyre Foundation has committed to funding half of the project if Friendship House can raise the other \$150,000 by June 2013. We are blessed to have such a prestigious family foundation involved in this project.

We will keep you updated on this exciting project as it unfolds. ♥

# Welcome Aboard!

## Making a Difference Through Board Service

### Josh Kelley



"I am the pastor of The Gathering, which is located across the street from Friendship House. I have been married for 13 years and have two daughters. I am writing a book entitled "Radically Normal," which is about being wholeheartedly devoted to God while delighting in this life (more info at [www.RadicallyNormal.com](http://www.RadicallyNormal.com)).

I have watched Friendship House in action for the past many years, but was especially impressed by the new energy Marie brought as the Executive Director, so I was honored when I was asked to serve on the board. I love that our goal is much bigger than providing a meal and a bed for people; it is "empowering them towards self-sufficiency." I hope to contribute to the board by providing practical and spiritual counsel, as well as being a strong link between Friendship House and Skagit Valley churches." ♥

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Skagit County Commissioner Sharon Dillon was elected to office in 2006. Prior to her election, she served as the Mayor of Sedro-Woolley for seven years. Sharon's long record of community service also includes Sedro-Woolley's Planning Commission and City Council.

Sharon has earned the respect of her constituents as a longtime advocate of fair, open, and honest governance. She has served on the Skagit Council of Governments, the Law and Justice Committee, Skagit Transit Board of Directors, Municipalities Committee for Solid Waste, and the Growth Management Act Steering Committee.

Sharon has been involved in many community activities. She served as a board member of Relay for Life, past president of Sedro-Woolley High School Booster Club, past president of the Sedro-Woolley Chamber of Commerce, and co-chair of the Sedro-Woolley Centennial Committee. Friendship House is delighted to have her on board! ♥

### Sharon Dillon



Sharon with Mayor Jill Boudreau & Board President Tina Tate

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## Congratulations Stephanie Morgareidge!

Congratulations to Stephanie on her recent graduation from Western Washington University's Human Services Program. Well done!

Stephanie lived at Friendship House with her family when she was a child; now she is giving back by serving on the board. ♥

### Board of Directors

Tina Tate, President  
Allen Bird, Vice President  
Dennis Taylor, Treasurer  
Barbara Cheyney, Secretary  
Roy Martin, Past President  
Tom Rose  
Michael Custance  
Susan Custance  
Sharon Dillon  
Josh Kelley  
Stephanie Morgareidge



# Investing in Executive Leadership

By Marie Marchand, Executive Director



In my work for social justice, I strive to emulate Martin Luther King, Jr. I admire the radical compassion he embodied as he changed the world. In terms of my development as a leader, Dr. King is my compass and my goal. *Who inspires you?* By studying the traits and actions of people we admire, we learn how to become stronger leaders. My desire to grow as a leader is what drew me to Leadership Skagit, a nine-month program that includes curriculum, cross-sector relationship building, and tours of Skagit County. It is sponsored by the Economic Development Association of Skagit County, Skagit Valley College, and Washington State University Extension. I am grateful to the Friendship House Board of Directors for investing in me and encouraging my participation.

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## ***The presentation of broad perspectives is what I appreciated most.***

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People enter the program with their unique backgrounds and dreams, along with their expectations and pre-judgments. The time commitment is significant and a bit intimidating, but certainly worth it.

The presentation of broad perspectives is what I appreciated most. We met judges and mayors, a tribal chairman, farmers, a recovering addict, managers from aerospace technology, a person struggling with mental illness, actors, and beautiful children of the Swinomish Tribe.

On our Law and Justice Challenge Day, we met professionals who started Drug Court and the attorneys and recovery experts who run it. We also

heard from a graduate who shared her story of success. This victory took a team of people working in solidarity not only for one person's success, but for the common good.

Charlie Wend, Director of the Skagit County Jail, led us on a tour of his facility. I watched the way he greeted prisoners by name in recognition of their dignity, holding out hope for them when everyone else in their lives had given up on them. This is authentic leadership in action.

On our Arts and Culture Challenge Day, we were greeted by a string quartet at the elegant McIntyre Hall. We learned about the partnerships that brought this cultural facility to life. We climbed the rafters and explored the stage. We ended the day at the charming Anacortes Community Theatre, re-purposed from a church and run by impassioned volunteers. I appreciated that Leadership Skagit presented both organizations as having equal value as cultural centers while celebrating their differences.

Our Sense of Place Challenge Day occurred at the Swinomish Tribe where we were inspired by the words of Tribal Chairman Brian Cladoosby. At the end of the day, we were invited to

watch a Native celebration led by drummers and children. How delightful and unexpected it was when the children held out their hands and invited us to dance with them.

Team projects are the core activity of the nine-month program. Each team chooses a community organization with which to pursue a project. This year's community partners were: Skagit County Domestic Violence & Sexual Assault Services, Teen Oasis Shelter, Allen Elementary, Skagitians to Preserve Farmland, Washington State University Extension, and the Anacortes Schools Foundation.

My teammates were Ryan Schols, Kara Stambach, Pedro Perez, and Stephanie Hamilton. Our inspiring coach was Sandy Swartos, and our steadfast facilitators were Brian Gentry and Nancy Rytand Jankelson. The program's director is Kathryn Bennett. The list of alumni is impressive. The program draws those

who are committed to bettering the community. They are people who want to share their gifts and realize their dreams for a better world starting here at home. Leadership Skagit serves as a catalyst for compassionate leadership in the world. It was a very rich (and fun) experience indeed! ♥



***“Leadership and learning are indispensable to each other.”***

John F. Kennedy



# Truly a Blessing

By Johnna Keck



I have witnessed true blessings while at the Friendship House.

I am a Western Washington University student in the Human Services Program studying for a Bachelors Degree. I attended a class that Marie Marchand taught in the Spring Quarter of 2012. In June, I received a phone call from Marie with a proposal for a temporary position as a house manager covering the summer vacations of two staff members.

At the time of her invitation for employment I had other obligations that I was fulfilling; I was also going through a difficult situation with my son. All I know is that God is awesome and He knows exactly what you need, and He uses people like Marie to fulfill his blessings. I called Marie one week later to see if the position was still available. And it was! So I accepted it.

The house manager position was an easy position to step into because I had endured homelessness myself. My past experiences and struggles allowed me to support the residents and to witness and be a part of the many blessings that happen at Friendship House. I quickly learned that Skagit County is a very generous community and that Friendship House's programs are a part of that. It's a full circle of generosity where the community supports us in feeding the hungry, sheltering the homeless, and providing friendship to all people.

I've always liked the saying, "It takes a village to raise a child." In this case it takes staff, resident house assistants, donors, and volunteers who are passionate about what they do—and that is what I found at Friendship House. I felt supported in being a part of their team. Thanks to everyone for this opportunity of service. ♥

## Friendship House Staff

Marie Marchand, Executive Director • Yvonne Bennett, Women's House Manager  
Kathie Peterson, Men's House Manager • Kristie Kaaland, Kitchen & Transitional Housing Manager

## Essential Services – Spread the Word!

- Emergency shelter for men
- Emergency shelter for women and children
- Donation Room open Thursday 10am-3pm
- Transitional houses in Burlington & Mount Vernon
- Supportive case management
- Information & Referral
- Meals served three times daily, 365 days a year



## Things We Need:

- Chicken and Beef
- Milk, Butter and Eggs
- Toilet Paper
- Day Bus Passes
- Large latex gloves for kitchen use
- Twin Box Springs and Frames

Do you like to cook casseroles or soup? Is God calling you to feed the poor?  
Call Kristie at 360.336.2135 to help out. Thanks!

# Kindred Spirits Flowering

By Kristie Kaaland, Kitchen & Transitional Housing Manager



When I became the Transitional Housing Manager one year ago, the program was just re-emerging after major renovations. Since its grand re-opening, our transitional house in Burlington, known as “Oak House,” is at maximum capacity with a great group of hard-working, very grateful residents. It is a harmonious household with shared chores and yard work. The residents really take pride in their home.

The Transitional Housing Program is part of the Friendship House community. In fact, most of the residents are “alumni volunteers” who give back to Friendship House by cooking in our community kitchen once a week, or working in our pea patch garden. Residents from our transitional house in Mount Vernon came over to the Burlington house to assist with the new backyard fence. It is truly like an extended family.

The transitional housing program was created in order to provide additional, longer-term support for people emerging out of homelessness and journeying into self-sufficiency. Our current residents are using the houses exactly how they are intended to be used. During a person’s time in transitional housing, he or she can work and save money to move into permanent housing. People can live in our transitional houses for up to two years. They must first stay in the men’s or women’s shelter at Friendship House for 2-3 months so that we can get to know them and assess their attributes. We had a recent celebration when a senior citizen moved out of our Mount Vernon transitional house. For him, it was a safe place to relax and heal. The program provided sufficient time to wait for an opening in senior housing.

*Compassion is not an individual character trait, a personal attitude, or a special talent, but a way of living together.*

*~Father Henri J.M. Nouwen*

As is the case with our shelters and kitchen, our transitional program is the recipient of the community’s kindness and generosity. Last fall, an anonymous donor paid \$20,000 towards the Oak House mortgage. I am always inspired by the goodness of people’s hearts! In April, the Jack & Shirley McIntyre Foundation paid off the entire mortgage in the amount of \$80,276. What an incredible gift to the people who live in the house! Such generosity helps Friendship House keep its solid financial footing, which will benefit our neighbors in need for many years to come. Thank you!



*Resident Scott is the gardener extraordinaire: Thanks, Scott!*

I have an awesome job. I meet people on Day One at the shelter. To say they are “down on their luck” is an understatement. Then I have the opportunity to get to know them throughout their time at our shelters. When they use the extended time at our transitional houses to grow and heal, to get jobs and housing... well this is our greatest hope for people. ♥



*Backyard pathway reminiscent of an English Garden*

# I Know Why the Caged Bird Sings

The free bird leaps  
on the back of the wind  
and floats downstream  
till the current ends  
and dips his wings  
in the orange sun rays  
and dares to claim the sky.

But a bird that stalks  
down his narrow cage  
can seldom see through  
his bars of rage  
his wings are clipped and  
his feet are tied  
so he opens his throat to sing.

The caged bird sings  
with fearful trill  
of the things unknown  
but longed for still  
and his tune is heard  
on the distant hill for the caged bird  
sings of freedom

The free bird thinks of another breeze  
and the trade winds soft through the sighing trees  
and the fat worms waiting on a dawn-bright lawn  
and he names the sky his own.

But a caged bird stands on the grave of dreams  
his shadow shouts on a nightmare scream  
his wings are clipped and his feet are tied  
so he opens his throat to sing

The caged bird sings  
with a fearful trill  
of things unknown  
but longed for still  
and his tune is heard  
on the distant hill  
for the caged bird  
sings of freedom. ♥



by Maya Angelou

# Celebrating Summer Superstars!



**Puget Sound Energy Foundation**

For a \$5,000 grant for our Emergency & Safety Initiative



**Dwight Holmes, Keith Swanson, and Duane Holmes** for building a gorgeous fence for our Women's House! Folks from the Whidbey Naval Base helped out, too.



**Employees Community Fund of Boeing Puget Sound** for the \$34,000 grant to renovate two bathrooms.



**Al Bird** for helping with facilities and **Jason Garten** for renovating our bathrooms.

**The Jack & Shirley McIntyre Foundation** for paying off the mortgage on our transitional house in Burlington!

**Deputy Adrian Santangelo** of Interpreting Tech for donating his time & expertise!

**Darden Foundation** for a \$1,000 grant and a full-course lunch celebration at Olive Garden



**Christianson's Nursery** for donating flowers, shrubs, and trees for our Women's Serenity Garden.

**Tammany Whitlock** for cooking every Tuesday!

**Vicki Soderberg-Parry** for the special \$25,000 donation



**United Reformed Church Youth Group** for painting our Burlington house and staining our fence and picnic table.

**Vicki Aslett** for being the best volunteer ever!



**Jadie Dahl** for all her work brightening Friendship House. We'll miss you!  
*With Board Member Susan Custance*

# Our Mission

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



*Men's House Manager Kathie, Volunteer Danielle, and Kitchen Manager Kristie prepare a Thanksgiving feast*

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

*Overcoming poverty is not a gesture of charity. It is an act of justice. It is the protection of a fundamental human right, the right to dignity and a decent life.*

*~Nelson Mandela*

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