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.

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’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

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.

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Newsletter of Friendship House, Mount Vernon, WA

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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.

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**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 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

New Board Members

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 Hagen 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.

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.

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 is 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.

Additional New Board Members

Em Beals – Owner of S B’s Bakery in Concrete
Jeniffer Provalenko – Paralegal, Civil Division, Whatcom County PA office
Our Gratitude

Donors over $250 2016

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

Monthly Donors 2016

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

“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.
Upcoming Events

Friday May 26th Food drive at Haggen in Mount Vernon

Friday September 1st Food drive at Fred Meyer in Burlington

Thursday September 14th Volunteer Appreciation Lunch