



Food for Thought

3518 SW Genesee Street, Seattle, WA 98126

Fall 2005

(206) 932-9023

Groundbreaking Marks Final Chapter in Capital Campaign



and community outreach services ranging from crisis assistance to employment referral.

Christi Sifri-Steele, the WSFB board president noted that the capital campaign was shy of its final target. She advised an audience of approximately 200 that it was not too late to put us over the top. Tax deductible donations or pledges (payable through calendar 2006) to support our capital campaign, may be directed to DNDA c/o 3 projects | one community campaign in the enclosed envelope or via the campaign web site www.onecommunitycampaign.org

It's Not Too Late to Give

September 20 was a bright and sunny day in West Seattle. City, state, and county officials joined West Seattle Food Bank and Delridge Neighborhoods Development Association board members, staff and stakeholders in the groundbreaking ceremony at 35th and Morgan SW. The nearly \$30 million capital campaign for Three Projects One Community witnessed record contributions by government, foundations, and our neighbors.



The three projects are Croft Place Townhomes which will provide housing for large families; refurbishing the historic Cooper School as an art and culture center, education center and performance venue; as well as developing a new home for the West Seattle Food Bank and Resource Center. All three projects feature permanently affordable housing, innovative partnerships

To those of you that have already given your time, money, and prayers to help us make this a community proud to help its neighbors...**thank you from the bottom of our hearts!!** In a little over a year our clients will no longer have to queue in the rain for assistance. We will be in our new home at 35th and Morgan SW along with the West Seattle Help Line, The Women's Freedom Center and Consejo Counseling and Referral Services. Thanks for making our dreams a reality.

The WSFB Staff and Board

Thank You

The three projects (one community capital campaign has been fortunate to have many individuals working very hard to make sure this campaign succeeds. I would like to take this time to acknowledge a few of the public officials who have worked very hard to help us secure public financing specifically for the West Seattle Food Bank and Community Resource Center (WSCRC).

State Senator Erik Poulsen took this project to the State Senate Ways and Means Committee to ensure that funding for a food bank and social service space in this area was a priority in the state budget. State Representatives Eileen Cody and Joe McDermott led this initiative in the State House of Representatives. The leadership of these three individuals helped us to secure \$500,000 from the State dedicated to help low-income residents realize a better life.

The City of Seattle contributed \$250,000 of federal block grant funds through the Human Services Division and \$738,000 through the Office of Housing. Mayor Greg Nichols and staff from the Human Services Division and the Office of Housing have offered incredible support to this project.

King County designated \$150,000 to this project. The leadership of King County Councilman Dow Constantine helped the West Seattle Food Bank to secure this financing.

This campaign has had the benefit of exceptionally strong leaders with a firm commitment to this community. We are truly grateful to all that have contributed time and money to help us succeed.



Food For Thought

When you are searching for that perfect Christmas tree this year please remember **Holy Rosary's Annual Christmas Tree Sale**. Trees will go on sale in the Admiral Safeway parking lot the weekend after Thanksgiving through December 21. One half of the profits from this event will be donated to the West Seattle Food Bank, the West Seattle Helpline, and the Hickman House, all very important resources for this community.

SoundYoga is sponsoring a fundraiser for the West Seattle Food Bank **November 19th** from 10:30 am to 4 pm. Suggested donation \$15 per class. 206.938.8195 or email info@soundyoga.com SoundYoga, 5639 California Ave SW, Seattle, WA 98136

Space is limited. Call to reserve your space.

10:30-11:45 am Strong Bones Yoga - An innovative approach to fitness combining yoga and light weights

12-1 pm Gentle Yoga - Experience the physical and mental relief of this gentle style of yoga using breath and no-impact movement. Great for anyone who needs a little more attention.

1:30-2:30 pm Traditional Yoga - Hatha yoga taught integrating the breath and movement. Experience relaxation and renewed energy.

3-4 pm No Experience Necessary Yoga - For those who want to try yoga in a safe environment.

Remember to bring us those grocery receipts! **West Seattle Thriftway and Metropolitan Market** donate 1% of the pre-tax total of the receipts we collect to WSFB. We have received \$5,585 so far this year from these 1% programs!

From January through September, dedicated volunteers donated 7,326 hours to help us provide 19,323 boxes of food to families in this area.

Thanks to the donated services of **Curvine Web Solutions** we now have a new website and are able to accept donations on-line. Please visit our new site at <http://www.westseattlefoodbank.org>

Thank you to all the individuals, organizations and businesses that help us fight hunger in this community!!!

Your Support Counts

Mary, a single mother with an adolescent son, has severe arthritis and has significant difficulties walking or standing, even for short periods. Her son has a developmental disability. After working for 15 years as a Secretary for the same firm Mary's arthritis became so severe that she could not continue. Last week she called the West Seattle Food Bank in a panic. She had expended all her savings, did not have any food to feed her son and did not know where else to turn. She stated what I have heard many times in my four years at this food bank. "I used to support the food bank but now I have no money and am terribly embarrassed that I need to turn to you for help."

The first week we were able to deliver a bag of groceries to her home and the next week she used some of her very precious funds on gas so she could drive to the food bank. When she came to the food bank it was obvious it would be extremely difficult for this woman to wait outside. It was also obvious that this woman really needed more than groceries to help her meet her needs. This moment made me extremely grateful for the many partners that have helped this agency realize a dream. A facility that allows us to invite clients in out of the cold and rain while they wait for food and a space that allows other service providers to offer clients services and information when they come to receive food.

We all understand how essential food is for survival. Sometimes the other resources that will help an individual make their way in this community are not as obvious. Our new Food Bank and Community Resource Center will enable us to better meet the needs of people like Mary.



Wish List

- ◆ Diapers
- ◆ Baby formula
- ◆ Paper & plastic bags
- ◆ Protein items
- ◆ Ensure
- ◆ Pet food
- ◆ Soap & toiletry items
- ◆ Copier paper
- ◆ Printing of quarterly newsletter

Mission Statement

West Seattle Food Bank is committed to eliminating hunger in our area.

We do this by:

1. Securing and distributing quality nutritional food to clients
2. Educating clients about good nutrition
3. Increasing public awareness of hunger in our community
4. Coordinating community services for clients
5. Assuring continuity of services to clients through a convenient, accessible location.

Board of Directors

Christi Sifri-Steele, *President*
Karen Lezon, *Vice President*
Janet Bogus, *Treasurer*
Barbara L. Bollero, *Secretary*
Francis D'Addario
Louise D'Addario
Jennifer Hartley Fernandez
Trish Hurst
Rev. Ron Marshall
Cara Mohammadian
Linda Naismith
Gail Stockman

Staff

Frances Yeatts
Executive Director
Allison Buri
Manager of Operations
Lindsey Calkins
Operations Assistant

Newsletter

DBG Graphics

Food Bank Hours:

Monday: 9 a.m. -3 p.m.
Tuesday: 9 a.m. -3 p.m.
Wednesday: 9 a.m. -7 p.m.
Thursday: 9 a.m. -3 p.m.
Friday: 9 a.m. -3 p.m.
or by appointment