



Food for Thought

3419 SW Morgan Street, Seattle, WA 98126

Summer 2007

(206) 932-9023

Grand Opening Celebrated

Hundreds of people from West Seattle and around the city joined Mayor Greg Nickels, Councilmember Dow Constantine, Representative Joe McDermott and other community leaders to celebrate the grand opening of the West Seattle Community Resource Center on June 1st. The celebration was held in the courtyard of One Community Commons – the name of the 34 affordable apartments that are part of the Resource Center.

The Resource Center is also the new home of the West Seattle Food Bank. Other agencies having space in this new building include: Eastern African Communities Services, Delridge Neighborhoods Development Association, Family Services of Seattle King County, Megawatt and West Seattle Helpline.

Dow Constantine emceed the grand opening program and Mayor Nickels presented a plaque for the building

commemorating Seattle's Housing Levy dollars which helped make the 34 affordable apartments of One Community Commons possible.

"One of the wonderful things about this new center," said Executive Director Fran Yeatts, "is that people will be able to live here and have other services they may need right in the same building. This visionary project was part of the Three Projects | One Community capital campaign which was successful due to the support of 13 government agencies, 27 foundations, 45 businesses and over 600 individual donors."

The day was sunny and bright, and the courtyard, with its large planters of "edible" landscaping, provided a perfect setting. Attendees enjoyed music by West Seattleite Susan Pascal and Dave Peterson, and food by Herban Feast and West Seattle Thriftway.



The opening ceremony for the West Seattle Food Bank, Community Resource Center and One Community Commons included presentations by Councilmember Dow Constantine (pictured far right) and Mayor Greg Nickels. Sharon Maddox, a food bank client and volunteer, and a resident of the One Community Commons, spoke at the opening about the importance of this building in her life. Sharon is pictured here with her children Harley and Ana.

Letter from the President

by Pete Spalding

After many years of thinking, planning, plotting, discussing, compromising, sweating, contemplating and so many other words that end in “ing” reality has set in. The West Seattle Food Bank is now in its new home.

The process of acquiring this new home started with a bequest from Mr. Earl Vick to the West Seattle Food Bank those many years ago. The Board of Directors deliberated for many months about how best to put this gift to work for the clients that we serve. There were many ideas and thoughts. This wonderful group of individuals showed great wisdom in moving forward cautiously. Then they took a giant leap of faith when they joined together with the Delridge Neighborhoods Development Association to undertake the largest capital campaign to ever be staged in our West Seattle community.

Because of the generosity of many folks in our community, including many readers of this newsletter, we were able to proceed with the plans for a new facility to serve the clients of the West Seattle Food Bank. After the outpouring of support from so many facets of our community we can now see the fruits of this labor of love. The new food bank has risen from these many donations into the building that you now see at the corner of 35th Ave SW & SW Morgan Street. These new

facilities will now allow us the opportunity to serve our clients in new ways that we have only been able to dream about in the past. Our clients are now able to wait inside out of the elements, can be referred to one of our non-profit partners in the new Community Resource Center, be the beneficiary of our much enlarged storage capacity (both dry and cold storage) for food items that are distributed, and will also benefit from new programs that will be put in place over the coming months and years as we grow into this new home.

As we settle into our new home we want to invite you to stop by and see what your generosity has allowed us to accomplish. We also want to encourage you to continue your support of the West Seattle Food Bank so that we can continue to improve the programs and services that we are able to offer to our clients. If you would like to increase your level of support to the West Seattle Food Bank either with a one time or continuing monetary donation, volunteering of some of your time on one of our projects, or perhaps serving on our Board of Directors we would welcome the opportunity to discuss this with you. Please contact us at the Food bank so we can discuss this opportunity with you further. Lastly, stop by and say hello at our booth at the West Seattle Street Fair in July.

Community Support

Thanks to the generous support of this community, we were able to serve almost 2,500 families last year. On their behalf, we thank the following donors and everyone else who helped us help them.

National Association of Letter Carriers – Their food drive in May provided 50,225 pounds of food to our area. We thank all who donated to this food drive and to the Letter Carriers for their very hard work.

Metropolitan Market and **West Seattle Thriftway** each donated thousands of dollars based on a percentage of their store’s receipts brought to us. So please shop at these two wonderful stores and drop off or mail us your receipts.

Our special thanks also go to **Builders Financial Services, Expedia, Jackson & Morgan, Legends, St. John the Baptist Church, Tibbetts Methodist Church** and **West Seattle Unitarian Church** – who all made generous donations since last Fall.

Nucor Steel, Plymouth Poultry and **Starbucks** all provided generous cash donations, matched employee donations, donated food and held food drives. Our sincere thanks for their continuing support.

Thank you to everyone who partnered with us in our mission to end hunger in this area.



Home is Where the Heart is

by E. H., Home Delivery Volunteer

Barbara has a wonderful sense of humor. She is pixie-ish, sly and she catches me unaware every time. I look forward to my visits and end up giggling each time I deliver Food Bank groceries to her. Barbara is also blind, deaf, 81-years old...and one of the highlights of my weekly route of home deliveries.



Pictured above are Steve Holt and Margaret Logsdon putting together 85 bags of groceries to be delivered to home bound elderly and disabled. West Seattle Food Bank currently delivers 125 bags to home bound elderly and disabled every week.

When I first volunteered to do home delivery I wasn't sure what to expect. I wanted to help the West Seattle Food Bank, was working full time and home delivery was the only thing that fit my schedule. What a fortunate person I am, because now, two and a half years later, my life has been enriched by people like Barbara, Gloria, Thomas and many others.

The Food Bank makes home deliveries to many people living in subsidized housing communities and buildings. My clients live on their own and, in addition to very limited financial resources, face a range of other challenges – diabetes, heart and kidney disease, debilitating injuries from accidents, to name just a few.

Most clients greet me warmly each week and express their thanks for the food. They sometimes add a

comment about the weather or other pleasantries, but no personal stories. And that is fine. I respect their setting the tone for our interaction. Their lives are their own and I do not bring any expectations for more to my volunteer job. I have only had one client who asked for "extras" - could I buy her cigarettes or drive her somewhere. When I gently made it clear that I had other people waiting for their food to be delivered, she accepted this.

But Thomas and I always found something interesting to talk about - about things happening in West Seattle, his impressions of how things have changed since his childhood here, or his service during the Korean War. A bright, interesting man who made the most of his days, though pretty much homebound. I mourned his loss when his injuries from a car accident years ago caught up with him and he died last summer.

And Gloria, who is confined to bed, but had an interesting career as a mental health counselor serving people in need. Gloria finds great joy when her delightful great-grandchildren come to visit and I delight too in their toddler antics.

Many volunteers talk about how they reap great rewards from their service to our community. We volunteer to give, but get much more in return. We donate our time to help others. Our intention may not be to make ourselves feel good, but that always seems to be the result.

Oh yes, and I've learned new skills too. Barbara was okay at first with my spelling into her palm to communicate. After a few weeks she gave me a paper that had the signing alphabet. In typical Barbara style, she didn't ask that I learn signing - she just smiled wryly and told me that she had learned it in just 20 minutes. Well it took me longer than that, but I did learn well enough to make our conversations easier. She kids me now about my spelling, or my imperfect signs, but always with a smile.

Volunteer Manager Jack Wagstaff tells me that it is difficult to recruit volunteers to do home deliveries. I guess this is because people don't realize how rewarding it can be, and I hope that by sharing my experience it will encourage others to give it a try.

Note: I have changed our clients' names for this article to preserve their privacy.



Mission Statement

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

We do this by:

1. Securing and distributing quality nutritious 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.

Wish List

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

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

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