

Food for Thought

The Newsletter of the University District Food Bank

AUTUMN 2004

The mission of the University District Food Bank is to alleviate hunger by providing food for families and individuals through a community of volunteers and resources.

The University District Food Bank assists low-income individuals residing within zip codes 98102, 98103, 98105, 98115 and 98125.

Food for Thought is published quarterly for volunteers, donors, and the public at large by the University District Food Bank.

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Call with any questions or to volunteer!



Pass this on to a friend when
you have finished reading it!

Carl Chosen Washington's Outstanding Older Worker for 2004

Long-time food bank employee extraordinaire, Carl Ostrom, was selected by Experience Works as Washington's Outstanding Older Worker for 2004. Experience Works is a national, year long program to salute older workers. Each year, Outstanding Older Workers representing all fifty states are honored to spotlight the important contributions of America's seniors while providing numerous positive examples of productive aging. Carl was selected as our state's honoree from a very competitive pool of more than 60 other seniors.



Above, Carl (l) meets with Rep. Jim McDermott

Carl and his wife Jerry traveled to Washington, D.C. in early October for a week of events honoring his selection. In D.C., Carl met with Representative Jim McDermott and Senators Patty Murray and Maria Cantwell. Carl also took a tour of the White House, a dinner cruise on the Potomac, visited the national war memorials, visited the floor of the US House of Representatives and was honored in a formal dinner and awards ceremony at the Ronald Reagan Building. Both Carl and Jerry said that they had "a lot of fun" and were quite amazed by all the events that were planned during the week. However, the highlight seemed to be when they were surprised by their children with a visit. This meant a lot to Carl that his family wanted to be with him to celebrate this achievement.

And true to form, Carl came back from his trip with lots of stories to share with folks at the Food Bank. Who knew that he'd go all the way across the country to run into a friend of his granddaughter or someone his son used to buy car parts from?

Congratulations Carl! We're very proud of you. And so glad that you've chosen our Food Bank to work at all these years.

Letter from the Director

Dear Friends,

For the past six months, I've been involved in an effort to secure city funding for human services in the city's 2005-6 budget. The City of Seattle faces an expected loss of \$25 million dollars in general revenue each of the next two years, so the work to secure funding was difficult. And, as someone relatively new to the world of advocacy, I knew that I'd need to rely on many others to help guide me along the way.

Working with a small group of human service providers, we managed to pick a goal (no cuts to health and human services funding), craft some basic messages about the need for sustained human services funding in the community, and meet with the mayor and council during the summer months to discuss with them our concerns and thoughts for the upcoming budget. The network of people we involved in our meetings was wide; together, we created a picture of need in our community for our elected officials and demonstrated how we were collaboratively working to meet that need.

Fast forward to October and November... City Council announced that they would approve a budget that **invested in people first**. Concerned citizens fasted daily in the Mayor's Office, wrote letters and emails to council requesting no cuts to human services in the budget, and testified publicly about the need and the importance of protecting their neighbors-in-need. As a result, on November 22nd a budget will be approved that increases human services funding by over \$1 million dollars, restores funding to many programs at risk (early education, late night teen programs, re-licensing, teen pregnancy prevention) and provides new funding for a downtown hygiene center, a permanent outdoor meal site, and support services for LGBT homeless youth, a population never before funded by the city.

All this was possible because the people of Seattle value the well-being of their neighbors and are not afraid to demonstrate that publicly. I see this on a much smaller scale everyday when folks stop by the Food Bank to lend a hand, drop off a donation or just say "thanks for being there". It's very encouraging to me to now see this support city-wide for issues much larger than hunger. That's the sort of community I want to live in. Thank you for helping positively shape our community in your own small way.

In peace,
Joe

VOLUNTEER SPOTLIGHT



Laurel Menoche



Laurel "Fightin'-the-Good-Fight-World-Travelin'-Always-on-the-Go-Commitment-to-Help-Others" Menoche is, without doubt, an amazing volunteer.

"The girl's got moxie!" says a fellow Wednesday volunteer, who wishes to remain anonymous. And I would agree (both that Laurel's got moxie, and that the volunteer will remain anonymous).

After spending her entire life living in Rhode Island, Laurel went in search of a new home. Her dream locale had to be progressive, liberal, by the ocean and mountains (to placate her dynamic lifestyle – surfing, whitewater kayaking and camping only begin the long list of activities in which she engages), and possess an environmental movement (i.e., to find something – like gainful employment – to do with her B.S in environmental science). Clearly, Seattle won the contest, hands down.

For eight years prior to her move west, Laurel volunteered with the Rhode Island Rape Crisis Center; so, when she landed in Seattle, of course she was going to be involved in helping her community. After a brief stint at the Red Cross, Laurel, who at the time was a resident in the University District area, did a simple online search and, much to the Food Bank's clients' good fortune, she found us.

(continued on back page)

Take a Bite Out of Hunger 2004 – A BIG Success

We would like to thank **YOU**, the 2004 Auction Sponsors, Contributors and Attendees for a very successful event. Our auction at the Museum of History and Industry was attended by more than 160 people! Wow. More importantly, our total proceeds increased to almost **\$35,000**.

Attendees dined on **wonderful food from Gourmondo**. Then **Jerry Toner** entertained them while he successfully and quickly auctioned over 50 items in the live auction, including cruises, hotel and condo stays, and many very delicious desserts. One of the highlights of the evening was a salsa demonstration by Jim Chow from the American Dance Institute

UDFB would like to **thank all of the great volunteers** who made the event a success by staffing the registration table, organizing the silent auction, helping with checkout and ensuring the evening succeeded. **THANK YOU ALL!!**

PCC Receipts Add Up...Keep 'em Coming...Until December 31st

This spring we started collecting your PCC receipts and already we have received \$45.36 back from PCC. Yay. We have another batch being mailed in soon that will net us even more. Thanks to everyone who sent in their receipts. It all adds up to help with our fundraising. Unfortunately, PCC will end the program at the end of this year. So, we can only accept your receipts until December 31, 2004. Thanks to those who have mailed in their receipts.

Dine Out for the Food Bank

For the third year in a row, John Schmidt and his crew at **Greenlake Bar and Grill** will host a benefit dinner for us. This year's benefit will be on **Wednesday, December 8th** from **5-10pm**. For **just \$30, you'll get a delicious three course dinner and one drink**.

Please consider joining us for this always popular evening. And consider bringing in a few canned goods for the donation barrel too. Coming with some friends? Don't forget to make reservations. You can call the restaurant at 729-6179.

Mayor Nickels Salutes Food Bank Friends

Each year, the Mayor's office in Seattle, in conjunction with local food banks and meal programs, honors outstanding program staff, volunteers and businesses working to alleviate the problem of hunger in Seattle. This year's edition of the Mayor's End Hunger Awards included honors for several people close to the University District Food Bank.

The Neighborhood Farmers Market Alliance was selected as the Outstanding Community Group/Business for their support of food banks city-wide. Last year, farmers at the five markets they operate donated almost 40,000 pounds of fresh produce to area food banks. We received about half of this total from the markets in the University District and Magnolia. Plus, the market supports several voucher programs for low-income individuals. Our clients spent about \$5000 at the market last year through our Farmers Market voucher program.

Also, Food Bank volunteers Mary Valentine and Frank Andrus (they pick up the weekly farmers market donations) were finalists in the category of Outstanding Food Bank Volunteer. We think they should have won but are happy that they were nominated and had their hard work recognized.

Congratulations to everyone! And thanks for your continued support of our work.

Workplace Giving Options Expand

We are excited to be a new member of the Combined Federal Campaign. If you work for an agency participating in the CFC, you can now designate the University District Service League as your donation choice and make a direct payroll contribution to the food bank.

We also participate in the Washington State Combined Fund Drive, the Coalition for Charitable Choice (an alternative to the United Way) and the Food Resource Network Federation.

Save yourself the hassle of writing checks every month and look for payroll deduction choices at your employer.

UNIVERSITY DISTRICT SERVICE LEAGUE
UNIVERSITY DISTRICT FOOD BANK
4731 15th Avenue NE
Seattle, WA 98105-4404

Non-Profit Org.
U.S. Postage
PAID
Seattle, WA
Permit No. 5995

Change Service Requested

Support a food bank family. Buy a gift for the
Caring & Sharing Tree at University Village. Call Joe for details.

Volunteer Spotlight Continued...

For four years, Laurel has been a constant presence at the Food Bank, save for adventures in world traveling, or on those odd days, in late summer, when the rivers are running high! No matter what needs doing at the Food Bank, Laurel gets the job done with a dedication to making a difference, even in some small way, and improving people's lives. Always positive, energetic and friendly toward clients, co-volunteers and staff, Laurel is a welcome sight to all on Wednesday afternoons.

Laurel came to volunteer, she says, "to mitigate the useless feeling working in corporate America." Although that might sound slightly tongue-in-cheek, her devotion to fairness and social justice extends beyond the realm of handing out food. Recently, Laurel took on the United States Government and won a victory to help keep the Public's National Forest free and public. Although this was one victory for the public, there are small groups working quietly behind the scenes that want to change the way we interrelate with our public lands. I feel assured that, with Laurel's passion and perseverance, this is one fight she, and thereby all her fellow citizens, will win!

Whether fighting bureaucracy, or handing out food with courtesy, kindness, and respect, Seattle, and our small part of it, are better places thanks to Laurel. To Laurel, I send out a giant thank you for all you do!