



# Food for Thought

3518 SW Genesee Street, Seattle, WA 98126

Fall 2002

(206) 932-9023

## Message from the Director

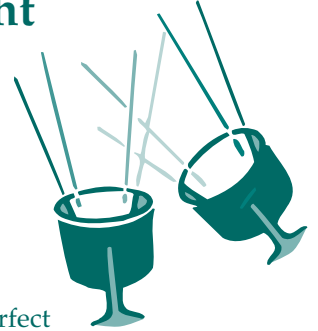
I would like to take this opportunity to tell you the story of someone that you have helped by supporting the WSFB. One of our clients moved to Seattle for a new a job. When he arrived in Seattle the job was no longer available. He was in a strange city with no money, no job and no home. He lived in his car for a few months and came to us for food while he looked for a job. Through connections with the food bank he found temporary housing and enrolled in a city-funded vocational training program. He will soon graduate. He states that the help provided through the WSFB made a significant difference in his ability to get through this rough time and move on to a better chapter in his life.

His story illustrates the myriad of services that an individual may need to assist them in changing their lives. The people we serve come from all walks of life and need us due to variety of circumstances. The board and staff of the West Seattle Food Bank are always looking for ways to improve the service we provide to our clients. The quality and quantity of food we offer is always first on our mind. How much nicer it would be to have a place where our clients do not have to stand outside in the cold rain to receive food. We envision a safe supportive environment for our clients to get the information and resources they need to move out of poverty.

This community is fortunate to have people who care deeply and are willing to support neighbors in need. We are extremely grateful to everyone who supports us in our cause to end hunger. Your generosity makes our services possible.

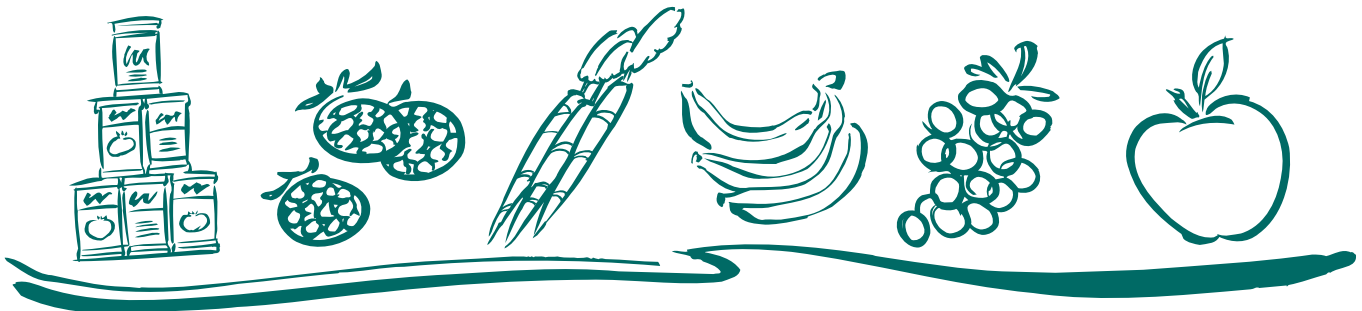
## Volunteer Spotlight

There would be no West Seattle Food Bank without the day-in and day-out efforts of our volunteers. As a matter of fact, volunteering seems to run in the blood of many of those who generously donate their time and effort at WSFB. Elva Dodd is a perfect example of volunteerism at work. She started back in 1994. She was a client then and received a phone call from Jared Watson, our then-Executive Director. He saw in Elva someone who would be a great volunteer. He asked and she agreed. Since then she has worked on the line handing out food and she has packaged bulk foods. She's even been part of the WSFB contingent in the West Seattle street fair.



When asked what she likes most about volunteering at the Food Bank she smiles and talks about the relationships with both clients and other volunteers. She enjoys the camaraderie and the joking. She always strongly supports the goals of the Food Bank and works to advance them. She believes that our planned move, along with the West Seattle Helpline, in two or three years to our own building is a great step forward. "We need to be able to help people in all their needs," she says.

As for volunteering, Elva, at age 80, is going strong! In addition to the hours she puts in at the WSFB she's involved in the Lymphodoma movement, she's a volunteer cashier at the West Seattle Senior Center, and she ushers and helps with the mailings at ArtsWest. She's also a "Laugh Leader" in a local group that gathers for the express purpose of laughing. Maybe that explains why there's always a smile on Elva Dodd's face.



## 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.

## Leftovers

For the month of **August** your WSFB served 2,041 households, distributing 49,954 pounds of food...

**Volunteers** logged almost 750 hours in August keeping the food bank running smoothly... We truly appreciate all of our supporters. Some organizations that have provided financial support in the past few months include: Admiral Thriftway, Junction Hardware, Olympic Height Club, P.C.C. Natural Markets, Rainier Investment Management, Seattle Auto Air Conditioning, West Seattle Junction Association, West Seattle Recycling, and West Seattle Thriftway... Holy Rosary's annual Christmas Tree sale begins Saturday, November 30 and they will donate \$2000 from their proceeds to WSFB...Don't throw away your West Seattle or Admiral Thriftway receipts under six months old. Bring them or mail them to us. We can redeem them for 1% of the pre-tax total. We have collected over \$1,000 this year.



Christi Steele, Board president, congratulates Anita Rylander on winning two round-trip airline tickets in the WSFB raffle.

## Board of Directors

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Karen Lezon  
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Jennifer Fernandez

Dave Gardner

Marian Johnson

Rev. Ron Marshall

## Staff

Frances Yeatts  
*Executive Director*

Gretchen Sorenson  
*Manager of Operations*

## Newsletter

Debby Gardner

## 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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