



Because of *Friends* like You

Paying it Forward

Creating a Sense of Community through Sharing

Summertime prompts us to consider the abundance all around us...the crops we harvest, the fruits we bear. The season serves as our annual reminder of the gifts we have received and beckons us to treasure these unique gifts, count our blessings, and share our bounty widely and freely. After all, with great abundance comes great responsibility. Daily, our donors share their unique gifts of love, kindness, compassion, and talent in support of military and veteran families. This allows **Friends** to stay true to our mission to ease the burden on our Active Duty Members, Veterans, and their families during difficult times. To that end, we have committed to the following “*Home Away from Home*” priorities with your generous gifts:

- Providing the simple assurance of knowing what is for dinner
- Providing basic comforts of home
- Creating peaceful, healing indoor and outdoor spaces
- Providing a clean, safe environment
- Assuring access to transportation to accompany hospitalized loved ones
- Assuring access to technology similar to Home
- Creating a sense of camaraderie, family, and normalcy

It is in this spirit of creating a sense of community through sharing that we bring you our summertime edition. We hope that you enjoy the stories as they reaffirm our priorities and provide a brief glimpse into our efforts and progress in achieving these goals for our guests. We know that giving is just as important to those who receive our gifts as it is for those who give freely of their many gifts. After all, *we come to life with those we serve.*

Have a great Summer!

abundance gifts
 STEWARDSHIP FAMILY
 partnership **SHARE**
 Treasure community
FRIENDS
 MISSION PURPOSE
 Home generosity

INSIDE THIS ISSUE

Paying it Forward	1
Sky's the Limit	2
Care with Compassion	3
Community of Sharing	4
Garden Party	6
Leave as Family	6
Special Volunteer	7
Guest Night Out	7

Sky's the Limit

Joint Base Lewis McChord Fisher Houses' Among Friends



A second refurbished Fisher House is scheduled to reopen on JBLM mid-summer, bringing the total beds to 17

The refrigerator is now full at the Joint Base Lewis McChord (JBLM) Fisher House thanks to you. "Friends" has been on a journey in recent month to expand our family throughout Puget Sound. Donors and board members alike felt strongly that they wanted to create a consistent 'home away from home' feeling for Fisher House guests across our bountiful region.

Starting with a March site visit, JBLM House Manager Pamela Barrington met with Friends board members to work out the details of weekly grocery procurement. The goal was to allow guests to have access to fresh healthy meals rather than a chronic reliance of vending machines, fast food, self-shopping and hospital fare. According to Pamela, "our guest's needs vary from family to family, and week to week. We hope to customize our shopping list to meet these ever-changing needs".

On the first Tuesday of April, grocery shopping commenced with board members in tow. As the last bags were loaded, smiles were on the faces of house team members Meilyn and Natalie. Apparently the plantains were headed for a Cuban style dish later that evening! Meilyn, who regularly cooks for guests, stressed the importance of having the fragrant smells of cooking waft



throughout the house during the day! It makes our families feel the familiarity of home.

They later wrote in gratitude..., "We wanted to thank you again for taking the time out of your day and shopping with us. As we put away the groceries, our guests were really excited about all of the fresh food going into the refrigerator. We are

Friends of Fisher House Puget Sound

Our mission is to ease the burden on our Veterans and their families during difficult times. As a 501(c) (3) non-profit organization registered in Washington State, the Friends work to raise funds and awareness in support of the Fisher Houses in the Puget Sound region. We are grateful for your partnership with us!

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Melanie Kreizis

Garden Advisor

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so excited and grateful for this regular opportunity! Thank you!"

As we closed the final note from the JBLM team, we noticed their message contained the mantra by which they operate... "We make a living by what we get, but we make a life by what we give." By sharing your generous gifts, **Friends of Fisher House Puget Sound** has been able to extend its reach to the Fisher Houses on Joint Base Lewis Mc Chord (JBLM). What could be more perfect than serving up a bit of home! And who better to do it than **Team JBLM** and **Friends like YOU!**

Care with Compassion

A Way of Life for Madigan and Friends

For Madigan, “Care with Compassion” is more than a motto; it’s a way of life. Army Medicine was at Camp Lewis from the very beginning in 1917. Renamed Fort Lewis in 1927, Madigan General Hospital was formally dedicated in August 1945, and named in honor of Colonel Patrick S. Madigan, a Medical Corps Officer who is known as the Father of Army Neuropsychiatry. From its humble beginnings, Madigan General Hospital continued to grow over the years and in March 1973, Madigan was re-designated a Medical Center assuming military health care for beneficiaries in Alaska and the four northwestern states. In January 2010, Fort Lewis and McChord Air Force Base merged into Joint Base Lewis-McChord. Today, Madigan Army Medical Center is a system for health with medical facilities in Washington and California serving more than 100,000 active duty service members, retirees and their families.

The JBLM Fisher Houses are a “home away from home” for military families faced with a medical tragedy. The setting and support provided during a stay at the JBLM Fisher House allows families to focus on the care and treatment of their loved ones being treated at the nearby Madigan Army Medical Center or other medical treatment facilities in the area. Combat injuries, premature babies and end of life care are just a few of the reasons that bring military families to the Puget Sound region for care. Over the years, we have served families from every state and from several countries. Families stay at the Fisher House cost free and are provided with many of the amenities that they would find at home. The support and friendships made within the doors of the Fisher House are what make it so valuable. Families provide the mutual support for one another that can only come from others that are in similar situations. Fisher House depends greatly on donations and volunteers. Without Friends like you, we surely would not be able to provide such a wonderful

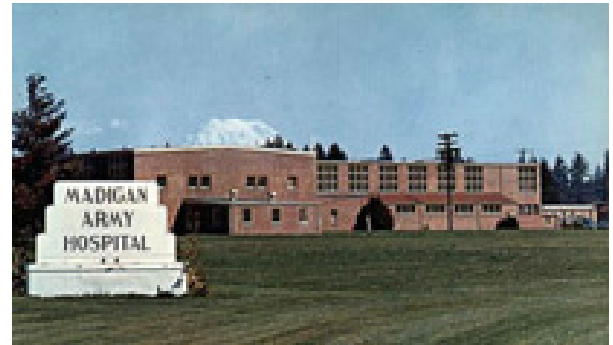
home for our Military Service Members and their families. I am honored to introduce the team that works so tirelessly at our two Fisher House locations on JBLM.

Team Fisher House - JBLM

Pamela Barrington is the manager of the JBLM Fisher Houses. She has been with the Fisher House for a year. In 2007 Pamela joined the Army on active duty for four years and served as a practical nurse on the pediatric ward of Madigan Army Medical Center. After the Army, Pamela obtained her BA in Psychology and an MBA with a concentration in Healthcare Management. She has a background in business development and a continued desire to serve military service members and their families. Pamela is married with 2 children, daughter Julia 19, and son Pierce who is 15.

Meilyn Ruff is the Operations Assistant of the JBLM Fisher House. She has been with the Fisher House for nearly two years. In 2003 Meilyn joined the Army on active duty for four years and served as Chemical Operations Specialist at Schofield Barracks, Hawaii, as well as in Operation Enduring Freedom in Afghanistan. After the Army, Meilyn obtained her BA in Interior Design. Meilyn is married to an active duty Army soldier and together they have a son, Victor, who is 11.

Natalie Hiestand is the Operations Assistant (Facilities) at the JBLM Fisher Houses. She served in the U.S. Army Medical Corps for 8 years as a Combat Medic (68W) and as a Medical Laboratory Technician (68K). Natalie is currently continuing her education at Pierce



College and will be transferring to Central Washington University in the fall. She and her spouse, MSG Joshua Hiestand, are the proud parents of Maxwell, 15, Zyah, 10, and Kyle, 8.

I offer my gratitude to Friends of Fisher House Puget Sound.

Lt. Col. David Christopher Sloan

Deputy Commander for Administration
Madigan Army Medical Center

Six Degrees of Separation

One thing leads to another - A Community of Sharing



“both of us never served, but wanted to help military members and their families...”



Elysian Headquarters and Tasting Room

What do a Radio Team, a Craft Brew Crew and a German Master Butcher have in common? The short answer is they are all part of the ‘Family of Friends.’ But to trace the roots of their connection to each other and the broader community requires unpacking a larger and more important story – a story of connections in service of country and to others.

The year is 1944 and a son is born to an American soldier held in a German prisoner of war camp. The son grows up to serve his country as an Army Infantry Officer during the Vietnam War. He returns home, with the inherent invisible wounds of war, and raises three wonderful children near Washington DC. Through his own struggles and healing, he teaches his

son Ted to never forget those who served. Thee Ted Smith, one of the hosts of Entercom Seattle’s “The Mens Room” radio show on 99.9 KISW (KISW-FM), greets me with an unassuming manner and a warm smile. Ted, who sparked the idea of ‘advocacy for Fisher House’ on the wildly popular afternoon show, is quick to credit his father with the philanthropic idea to give back to military veterans and their families. “He encouraged me to share my gifts – my words and sense of humor to do good things!” Ted sees parallels to Zachary Fisher – “both of us never served but wanted to help military members and their families because of all they have sacrificed.” The bracelet Ted wears serves as another reminder of the ultimate

sacrifice of two buddies, the pair once Naval Academy roommates, now perpetual roommates at Arlington Cemetery. “I carry Brendon (Looney) and Travis (Morrison) with me every day” he says.

But one thing really does lead to another. Through “The Mens Room” regular and frequent signature events, beer and sausage seemed the perfect delectable combination. First, the Elysian Brewery connection occurred. If you ask Joe Bisacca, one of the founders of this innovative craft brewery, he humbly links the brewery’s support for Fisher House to Ted and good timing. “We wanted to brew a beer especially for the Mens Room so that proceeds could benefit causes we felt were important.” The Original Red



Original Uli's signage at Pike's Place Market

pale ale was created with a toasty malt profile from northwest hops (or as KISW team says, because we think it's Yummy!) and Fisher House was selected as a worthy beneficiary. But as we already said, one thing leads to another in this ever-unfolding story – 'cue Sausage' ...

German Master Butcher Uli Lengenberg opened the doors of Uli's Famous Sausage in the iconic Pike Place Market in May 2000. Though born and raised outside Cologne, Germany, Uli founded his first sausage business in Taiwan where he cultivated his passion for and knowledge of the world's flavors and spices. Today he further brings them to life in his Seattle kitchens with the help of Simon, (self-proclaimed Wurst Nerd and Mischief Maker), and Brian, (Director of Everything Else and a former Marine from a Navy family). They tell us the connection to Elysian beer and Uli's famous sausage grew "organically" out of the famous local ingredients and the universal appeal of beer and sausage. "The Men's Room" crew puts it simply – "Mens Room Original Red is tasty. Uli's Famous Sausage is tasty. Put the two together... tasty! We like to call it Men's Room Original Sausage". Uli seems to say it all "There are thousands of ways to cook with Uli's Famous Sausage but only one requirement - cook with your heart."

To date, the sales of beer and sausage have raised over \$667,000 for The Fisher

Houses. So as we thank Ted, Joe, and Uli for all the connections created and those yet to transpire, we hope you will get outside and observe the most universal of summertime rituals - grab a beer, a brat (OK sausage), and barbeque with Friends - a wining connection that adds up to 100 degrees of Summer Fun!



Uli's and Thee Ted Smith in the studio

Remember a portion of the net proceeds from the sale of Mens Room Red, Mens Room Original Sausage, and the upcoming release of The Mens Room Gold Lager benefit the Friends of Fisher House for Fisher Houses in the Puget Sound region.

Throwing a Garden Party

Partners Key to Creating Healing Spaces

What a great time of year for a garden party! Although employees at UBS are usually meeting clients' complex and specialized banking needs, they switch gears twice a year to volunteer in the outdoor gardens of Fisher House. Both community partners who participated in the early installation and those who come to work parties to maintain the gardens feel a sense of ownership. "We've been coming for five years running – we love seeing the fruits of our labor year after year. We kind of feel like we own the garden" says Marti Morgan of UBS. Guided by Melanie Kriezis and Phyllis Grant of 'Friends', the teams weed, clean and plant, including an edible garden, essentially extending the House's peaceful oasis to the outdoors. The gardens have enhanced the solace and respite of the house while giving guest the external privacy to contemplate and relax after a stressful day.



To volunteer for a work party of your own, contact Friends of Fisher House Puget Sound at 206-501-8860.

Come As our Guest, Leave as Family

KUDOS for Exceptional Guest Experience

"The family atmosphere of total strangers was remarkable!"
–Mike and Ruth, Kansas City, MO

"This House is a true godsend"
–Virginia, San Antonio, Texas

"Like a warm blanket wrapped around me"
–Denise, Friday Harbor



"To everyone we interacted with on a daily basis—thank you for everything. My ultra-social toddler was welcomed, greeted, treated with love and respect. We could not have been half as strong without the Fisher House people standing behind us, holding us up. So many small and large acts of kindness and generosity kept us going!"

–Leigh-Anne, Spokane

"It's like a Ronald McDonald House on Steroids..."
–Melody, Caldwell, Idaho

"My husband was more at ease knowing that I was well taken care of"
–Tami, Spokane Valley

"Hearing about the distances others have traveled and their financial struggles makes me feel lucky,"
–Carol, Kennewick, WA

Just One More Joy

The Many Hats of a Special Volunteer

If it's Friday, its donuts at the Fisher house – and you can be sure they are faithfully delivered at 7am by Dawnmarie! “My name is like dawn of the day! I'm naturally a morning person after 39 years of early get ups working in state government!”. But when others might easily jump back into bed, Dawnmarie hurries along with her day, anticipating her upcoming shift as a Red Cross Duty Officer, 1st Responder, and case worker. “After my family was affected by Katrina, I vowed to become involved to help others in need”. She is one of 15 original members of the Rainier Pop Up Kitchen

- a group of south end neighbors who put on a weekly meal for their homeless neighbors. While the midwinter period finds her refereeing junior league basketball, you can catch her timing track events with Seattle Parks and Recreation during spring. When asked why she volunteers to do donuts, she describes her Fisher House work as “just



one more joy in my day!” When asked if there is anything she doesn't do, she quips with a smile, “drive in snow and ice...I just don't do it!”

Guest Night Out

A Recipe for Camaraderie and Friendship

Sometimes, a night out is just what the doctor ordered. Strolling down a bustling sidewalk, taking that needed breath of fresh air, laughing at a silly joke, or lapping up the sensory smorgasbord of savory scents and delectable flavors – a night out is the perfect opportunity for our guests to blow off steam and recenter after a stressful day at the hospital. Simply put, a person just feels better for being out in the mix of things! Our generous donors understand that our guests need a place to set aside the worries and 'to-dos' of tomorrow with a **Guest Night Out!** We often get donations specifically directing us to 'use the money to give the families a night out and a good meal'. Monthly, we designate a simple night out and 'van-pool it' to a fun and simple location. The guests love it! A little relaxation, a little socialization, and a lot of laughing and sharing. Sounds like the perfect recipe for lifelong Friends!



A recent Guest Night Out at Bar Del Corso Beacon Hill

“Setting aside the worries and to-do's of tomorrow”

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Friends of Fisher House Puget Sound – “Because a Family’s Love is Good Medicine”

Name: _____

Address: _____

City: _____ State _____ Zip _____

Email: _____

Phone: _____

Enclosed is my donation for \$ _____

Please make checks payable to: Friends of Fisher House Puget Sound

This gift is in honor of:

This gift is in memory of: _____

This gift is anonymous. Please do not list my name in any published texts.

I was a guest of Fisher House (VA) (JBLM).

I would like to make a recurring gift using a VISA or MASTERCARD.

Please call me at _____

Please mail checks to Friends of Fisher House Puget Sound, PO Box 18253, Seattle, Washington 98118.



If you would like us to notify someone that you have made an honorary or memorial gift, please provide the name(s) and address(es) so we can send them a note:

You may also give online. Visit www.fisherhousevaps.org and click on the “Donate” button.