

Because of You

Fall into Gratitude

Fall is arguably the busiest time of the year for the Friends of VA Puget Sound Fisher House. The calendar has been full of events and projects, all designed to celebrate the Fisher House program and expand our circle of supporters. Here are some highlights:

Our first **Dine Out for Fisher House** was a great success! Seven South Sound restaurants participated during the first week of August and donated a portion of proceeds to the Friends of VA Puget Sound Fisher House. The event was to raise awareness of Fisher House in nearby neighborhoods. Receiving over \$1,400 in donations was frosting on the cake! Thanks again to our participants: The Spice Room and Kezira Café in Columbia City, Azteca, 909 Coffee & Wine, Angelo’s and Good Time Ernie’s in Burien and the Southcenter Azteca. Next year’s event is already scheduled for August 2-8!

On **September 6** we celebrated our 6th **birthday!** The doors of the House were opened to hospital employees, donors and friends. Many cupcakes were eaten.

Fall Fest for Fisher House was held on September 13, our first “big” fundraiser in 8 years! 60 folks joined us at the amazing Edgewood Garden to taste Washington state wines, nibble delicious hors d’oeuvres and learn more about Fisher House. Our good friends Fredda Goldfarb and Patti Savoy from PeaceTags provided matching funds for the registrations, enabling us to raise over \$6,000 for Fisher House. “Frequent flyer” Dara Casey shared her story, beautifully describing what Fisher House means to families. We are grateful to Ilga Jansons & Mike Dryfoos of Edgewood Garden for hosting the event and providing so much support. We also want to thank Kathy Kongelbak of WineStyle.com, Paul Beveridge of Wilridge Winery, Dylan Thomas from Le Cordon Bleu and the moms and scouts of Girl Scout Troop #50050 for their donations, expertise and energy. They helped us create a beautiful event .

Workplace Giving season is upon us. Over the next few months, members of our Speakers Bureau will be visiting federal, state and county agencies to share the Fisher House story and encourage them to support us through payroll deductions. Individual contributions are small but by when government employees pool their resources the benefit to our families is huge!

Thank you for being a part of VA Puget Sound Fisher House! You have embraced this program and the families we serve on your behalf are grateful to you for making them feel at home. Happy Autumn!



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By the Numbers

- Families served: Over 4,000!
- Estimated family savings: over \$7 million
- Burgers served at our Volunteer Appreciation Event: 37
- Donors contribute from 40 states

Friends of VA Puget Sound Fisher House

Our mission is to ease the burden on our Veterans and their families during difficult times. The Friends, a 501(c)(3) non-profit, work to raise funds and awareness in support of our local Fisher House. We are grateful for your partnership with us!

Officers:

Pat Norikane Logerwell, President

Debbie Skow, Vice President

Chris Blackman, Treasurer

Cathy Dickson, Secretary

Directors:

Patrice Brower

Melanie Kreizis

Holly Krejci

Mike Winkler

Lorraine Thomas, Development Director

Share Your Talents

Event Helpers

Do you like parties? Do you love to decorate? Is plating platters of beautiful food your favorite thing ever? Do you just adore scouting venues, finding musicians and designing banners? Does your ability to design a theme and throw a party rival that of Martha Stewart? Then we need you! We're creating a team of volunteers who can help our board plan and execute fund raising events and 'thank you' parties.

Press Corps

Do you have some journalistic expertise to share? Help us promote Fisher House! We would love to have some savvy volunteers to help with press releases, media connections and other "public relations" related tasks.

Email:

development.director@fisherhousevaps.org

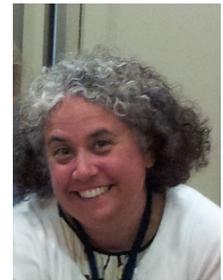
Board Talk

I feel blessed by the opportunity to be a member of the Friends of Fisher House Board. I first approached the House in 2005, during construction, with the idea of donating a memorial plaque or bench to honor my mother, Marianne Marks. She loved our Veterans and had worked at the VA for 27 years before her sudden passing in 1999. We decided to plant a vegetable garden, instead. (Mom loved to garden!) In the spring of 2009 we built 3 raised garden beds and planted them with beautiful plants and seeds, providing guest families with enjoyment well into the autumn. The gardens have expanded but every year my family donates plant starts in memory of my mom.

I joined the board in 2012 and believe that in this last year we have grown as a group. When we come to the House (to garden or make a meal) we see the faces of our Fisher House families and know we are a part of something special. And it is exciting to see how our board has branched out in terms of fund raising with our 1st Dine Out for Fisher House

week in August, Fall Fest at the Edgewood Gardens in September and our 2nd Annual Wine Testing at Northwest Cellars coming in November.

I know my sentiment is shared with all of our volunteers who spend time at the Fisher House. It is a special place where families know they are not alone in times of need. It has been said time and time again that a family's love is the best medicine. But it's true. I see it all the time. Thank you to everyone that makes Fisher House a home away from home for our Veteran and military families.



Melanie Kreizis, Director

Meals that Heal Hearts



Meals That Heal Hearts



Ever since the first batch of Evonne's sticky buns christened our ovens we have been collecting recipes from families, volunteers and staff. The idea of a cookbook was always at the back of our minds but seemed too ambitious (and possibly expensive) to pursue. Enter Jerry Cahill and Katherin Scott, two good friends of Fisher House. They are sharing their talents in photography and publishing to help us create "Meals that Heal Hearts: A Fisher House Cookbook". And they are donating the costs of printing so that 100% of the proceeds from the cookbook will benefit our Fisher House!

We are putting the final touches on the manuscript now and intend to have it ready for online sales in time for the holiday season. This is going to be a delicious way to tell our story and raise funds for the House!

Keep an eye on Facebook, Twitter and our website for the announcement of the cookbook release date!

Bon appetit!

Thanking Our Volunteers



Annually an average of 310 volunteers devote over a 1,000 hours to supporting the programs of the VA Puget Sound Fisher House. They cook, knit, garden, decorate, put on parties, host crafting classes, call bingo games and entertain. Most of all they extend kindness and support to the families who come to stay, easing their stress and letting them know they are not alone.

Our 'gold standard' program would be impossible without our dedicated volunteers so on Saturday, August 23 we brought them together to say "Thank you beary much!" Bent Burgers donated the hamburgers, chips and drinks. A yummy chocolate cake came courtesy of Borracchini's Bakery. Volunteers were treated to chair massages by Charles, our House masseuse, and amusements ranged from face painting to Twister and giant Jenga.

It was a festive and happy event. As volunteers arrived they asked if they could help but this day was all about them, a chance to pamper them and honor them for all their hard work and dedication. We adore our volunteers!

Very special thanks to the donors who made the event possible:

Dan Bent, Bent Burgers, 206-760-0291

5100 S. Dawson St., #100, Seattle, 98118

Lisa Desomone, Borracchini's Bakery,

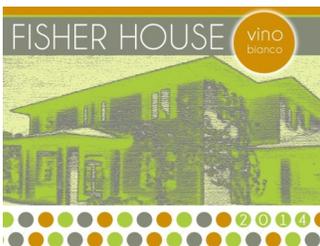
206-325-1550

2307 Rainier Ave. S., Seattle, 98144

Charles Fedd, 206-650-8558



Save the Date—Wine Tasting, November 8, 2014!



Please join us at Northwest Cellars, from 2-4 pm, for our 2nd Annual Wine Tasting to support Fisher House. Tickets are only \$20 in advance (\$25 at the door) and includes your tasting of 5 wines plus delicious hors d'oeuvres. We'll have live music and a special gift for everyone who attends. There will also be signature "Fisher House" label wines available for purchase. The label was designed by Draï Turner, a former guest of the House. Last year's event

was a lot of fun and we hope you'll be able to join us for this year's party! You can get your tickets on line now at <http://www.northwestcellars.com/events/event-sign-up.html> or visit www.fisherhousevaps.org and click on "Events".

Northwest Cellars, 11909 124th Ave. NE, Kirkland, WA 98034.

Cheers!

Board Blurbs

Changing the Guard

At the August board meeting we regretful accepted the resignation of Co-President Ellen Martin. She and her husband Jerry are fulfilling a dream of moving to Ashland, Oregon. We are grateful to Ellen for her leadership, kind spirit and sense of humor. We are also saying 'goodbye' to Director Ron Thomas. His tenure on the board was brief but his contributions were significant and he will be missed.

At the same meeting we voted to accept Patrice Brower as board director. Patrice worked with the VA for 30 years and brings with her deep experience in management and budgeting. We are delighted to have her join our team.

Strengthening Bonds

Thanks to the generosity of the Fisher House Foundation Vice President Debbie Skow, Secretary Cathy Dickson and Development Director Lorraine Thomas were able to attend the annual meeting of Fisher House 501s. It is an opportunity to meet other nonprofit partners who support a Fisher House. The meetings were full of updates & training from members of the Foundation staff and others and provided an opportunity to share best practices & ideas while strengthening our relationships with colleagues.

Recurring Donations

We are now able to accept recurring donations on behalf of VA Puget Sound Fisher House. If you'd like to set up a monthly, quarterly or annual gift using your Mastercard or Visa just call Lorraine at 206-501-8860. Thanks!

From a Guest

"You all do a quality job in keeping Fisher House going. It was such a positive experience. Thank you for being here for those who need you—and this is needed. I was blessed to be here with you and all the folks that I met. It made a scary and emotional time better. Thanks for everything".

-Angelena

Zachary's Corner



Fun Bear Fact: Zachary loves sharing baseball tips with the Mariner Moose.

Manager's Musings

Dictionary definition of Busy: adjective, busier, busiest. actively and attentively engaged in work or a pastime: "busy with her work."

Though a small word, it effectively describes my first weeks here at Fisher House. What it doesn't portray is my absolute enthusiasm and excitement about this opportunity, the Fisher House Foundation and Friends of VA Puget Sound Fisher House. I was fortunate to be able to start my tenure with a supercalifragilisticexpialidocious week in San Antonio for the 2014 Fisher House Managers Training. We visited Fisher Houses, were given emotionally moving tours of both the Center for the Intrepid and The San Antonio Polytrauma Rehabilitation Center. We also had breakout sessions to discuss and share information about what other houses are doing to make their guests more comfortable.

Still, on the job training is always the best. I mean, you didn't REALLY learn to drive until *after* you got your license, right? The house has been at capacity much of August and I'm happily finding that this job requires the ability to think on your feet, act as an ambassador for both VA and Fisher House and be able to change your interaction style on a dime depending on the needs of the guest in front of you. No day is the same, no day is typical. And I love that.

Another thing that has become crystal clear in my short time here is value and importance of our volunteers. I am consistently in awe of how eager and willing these fine folks are to help in any way they can. Dinners, massages, gardening, crafts, flower arranging—the opportunities for involvement they provide are endless. Thus, I was happy to join the Volunteer Appreciation event August 23 and spend a few hours thanking them for making our house a home. But do you know what happened? Before I could even get the 'thank you' past my lips, they were asking to do MORE, to help MORE. How humbling. We are truly grateful, so THANK YOU!



Thank you for this opportunity to share what's on the manager's mind. I'm looking forward to this adventure and to no typical days!

Stephanie Toepp, Manager

4,000 Families Served!

On September 15th we welcomed our 4,000th family! We marked the occasion with a beautiful cake, roses and a fancy hat. To the Jennings family, and all our guests, thank you for the service of your family and thank you for making VA Puget Sound Fisher House a home. It is an honor to serve you!

House Scrapbook



Guests received pedicures for Wiggle Your Toes Day



The results of our first Corks & Canvas event

"Thank you for being here for those who need you, and this is needed!"



A visit from the M's! Pitching coach Rick Watts, short stop Brad Miller, 2nd baseman Dustin Ackley and the Moose visited the House!



Volunteer smiles!

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98118

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Seattle, Washington 98118

(206) 501-8860

Website: www.fisherhousevaps.org

Email: friends@fisherhousevaps.org

Contact Lorraine Thomas:
development.director@fisherhousevaps.org

Combined Fund Drive# 1480897
Combined Federal Campaign# 45650
King County Employee Giving# 9504



VA Puget Sound Fisher House—because a family's love is good medicine

Name: _____

Address: _____

City: _____ State _____ Zip _____

Email: _____

Enclosed is my donation for \$ _____

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

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.

My employer will match my donation. Company _____

I was a guest of VA Puget Sound Fisher House.

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:

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

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