



The COVE Newsletter

Director's Corner Celebrating 12 Years!

Thursday, April 29, will be 12 years since the Methow Valley Food Bank, The Cove, opened its doors for the first time. In January, 1998, a group of 12 people gathered in Carolyn and my livingroom to discuss what could be done to help those in need in our local community. Recognizing the many wonderful efforts that individuals and groups were involved with, there was still more that could be done. Since that time we have seen the Methow Valley Food Bank grow to encompass many more of the areas of need than we anticipated at that first meeting. Today we celebrate the vision, leadership, dedicated volunteers and supporters that has made this community service a reality.

Remember the "Noah principle"? It goes something like this: "It is time to stop predicting rain and it is time to begin building the ark." We can complain about economic problems, current trends, social issues, etc., or we can begin to build structures for caring people that can positively affect our community. I believe that The Cove, with all seven of its programs, is a part of our local efforts to help our neighbors in need. Read on, and enjoy discovering how each of you in this community has helped the Cove become what it is today.

Glenn Schmekel
Cove Director

THE COVE GOLF CLASSIC...Mark your calendars for Saturday, July 17, at the Windhaven Golf Course in Winthrop, our annual fund-raising event. Come with a foursome and have fun!

Want to help us out? The Gates foundation is matching \$\$ if the doner simply fills out the appropriate form. The matching funds are available until June 30. The Gates matching funds form is available at the Cove. Your monthly donations are what makes everything happen. This year we have had a 20% increase in people needing help. Your help is needed more than ever.

What We Do: Programs of the Cove

Every Thursday afternoon from 1-4 o'clock the Cove **Food Bank** is "where its happening" in Twisp. With Sue Baldwin as the Food Manager, over 20 volunteers prep and distribute bags of food. Over 70 households weekly arrive to share in the bounty of supplemental food and good conversation.

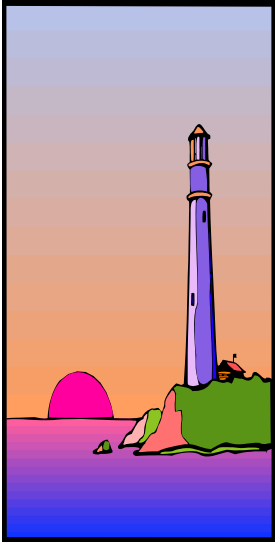
FACTS for 2009: Annual total of 3570 households served, representing 8925 people of all ages. 48,000 lbs. of food went through the doors.

Eunice Marchbank is our

dedicated director of a very special program called **Guardian Angel**. Currently the program has 35 trained volunteers that are carefully matched with 35 shut-in disabled or elderly clients. These "friendly visitors" make weekly contact, offering care, conversation and networking. The most recent guardian angel training session featured a fascinating look at Alhzeimers disease. A DVD series is available for checkout. The requests for people needing an "angel" have increased and we are currently in need of 5 more. If you are interested, contact

Eunice at 996-2569

The **Aid and Assistance Fund** was established 10 years ago to help local residents that are faced with an eviction or energy shut-off notice. Emergency financial needs can happen to any one of us, and often a little help and financial counsel can make all the difference. With the increase of energy costs and unemployment this fund helped over 80 households last year. To help with this, mark your Cove donation "Aid & Assistance." cont. pg2



THE COVE
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(509) 997-0227

Newsletter

Programs, continued:

In February of 2009 we opened our second adult family home, **Jamie's Place-Mountain View**, in Winthrop. Under the gifted guidance of Sheila Brandenburg, these homes offer a caring place for 12 of our community's seniors. We are the first official "Green House" (part of the Eden Alternative philosophy) in the State of WA. Come and visit the residents and dedicated staff at this welcoming home. Call Shiela at; 996-4417.

For 20 years **Neighbors Helping Neighbors** has been giving Christmas food baskets and children's toys at the season when many need it most. This year they have joined the Cove team to form a strong and healthy alliance. With their own advisory board and project manager, they also

help with energy assistance on a case by case basis. Many volunteers rally each holiday season to distribute the food and toys to their neighbors, some having been blessed in the past themselves by having a friendly face deliver a needed package. Call Belva or Pearl at The Cove; 997-0227

There are ways to provide care and support in our community. **The Methow Recovery, a**

center for building materials, is located at their distribution site on Marble Street, in south Twisp. The volunteers are active in collecting and reselling quality building materials. Mary Thompson, the founding manager, says: "It just makes sense to recycle our local building supplies and en-

able others to purchase goods at a much reduced price. Then, best of all, MRR then donates much of the profits to local non-profit groups. It is a win-win situation."

There it is, **seven programs**, all serving diverse areas of need. All happening because of the time, supplies, energy and money that come from local organizers, schools, civic groups, local growers, government agencies... (did you know that fire camps donate their unused food supplies to the Cove?) and you! We feel the love.

THANK YOU for your continued support. With the increase in need due to our economic downturn it is a blessing to know how much you care.

Our primary financial support comes from the caring people here in the Methow Valley who are willing to make a difference in the life of someone else. Please help support the ongoing monthly expenses by making a tax-deductible donation.

Please make your donation to: The Cove (a 501c3 tax-exempt corporation).

Name _____

Address _____

City/State/Zip _____