

FOOD for THUGHT



Rock the Island at Gobblefest on Nov 9th

Community members will have a chance to dance the night away and raise money for Helpline House during this year's Gobblefest event.

Four popular local bands will perform at the American Legion Hall on Bainbridge Island Nov 9 from 4:30 pm to 11 pm. This is the sixth year Gobblefest – a music-for-food charity – will be on Bainbridge Island.

Founded in 2010 by Islander Brian Feldtman, Gobblefest added a Bainbridge Island venue six years ago. **“The community needs an event where they can let it all hang out and dance and enjoy the night knowing they are supporting Helpline House,”** says Michael Wright, a former Helpline House board member who coordinates the local event each year.

Michael met Brian in 1999 and the two formed a band together, No Clue. He later joined Brian's Gobblefest efforts to raise money for community food banks during the Thanksgiving season.

Michael has performed harmonica at every Gobblefest over the years, fourteen in Kirkland, two in Poulsbo and five on Bainbridge Island. This year, he takes the stage as an organizer instead of performing, but he says: **“Who knows, I might bring my harmonicas.”**

Michael, a longtime Bainbridge Island resident who coordinated Helpline House's 50th celebration in 2018, says, **“our local musicians are always excited to perform at Gobblefest and we have more people interested in playing than we can accommodate in one evening.”**

Let's gobble up some fun at Gobblefest Bainbridge 2024 - a festive celebration with food, music, and good times! Tickets available at HelplineHouse.org

Volunteers Build a Better Bainbridge

Helpline House wouldn't exist without its army of dedicated volunteers. More than one hundred community members weekly, plus another hundred substitutes make up the roster that keeps the Food Bank and other programs running.

Groups of three to five volunteers rotate during four shifts from 9 am to 5 pm doing everything from greeting clients, re-stocking shelves in the Food Bank and accepting, weighing, and processing food donations.

“We are fortunate to have a wide range of volunteers who give their valuable time to make the services we provide possible: from teen students to those in their 70s, 80s and 90s, local business owners and retirees, parents of young children and grandparents, recent college graduates and those working in Fortune 500 corporations,” says Helpline House Volunteer Services Manager Kerry Lavigne.



Cruise-In for Kids

More than one hundred local kids are getting a fresh start to their school year with new backpacks and classroom supplies from Helpline House, thanks in large part to the annual Classic Car Cruise-In event, hosted each year by Aaron and Micah Strom, owners of Modern Collision.

In addition to supporting dozens of local charities, the Strom family (five generations on Bainbridge Island) has raised more than \$85,000 over the past 12 years for Project Backpack, a Helpline House program that provides school supplies and new clothing to local students in need, as well as assistance with school fees.

All proceeds from the Classic Car Cruise-In -- a summertime tradition on the Island that combines the love of classic automobiles with helping kids. **"Helping our community has always been a top priority to our family,"** says Aaron Strom. **"We find value in giving back to a community that has supported our family and business for many generations."** (Modern Collision celebrates its 50th anniversary this year).

The Strom family's legacy of giving back started with patriarch Dick Strom, who founded Modern Collision in 1974. When Micah and Aaron took over the business in 2010, they also adopted their family's passion for community service.

That commitment to giving back extended to participation in the annual Cruise-In, which takes place on the last Tuesday of the month between May and August. The Stroms took over management – and grilling duties -- of the event in 2013. They purchase, prepare and serve hot dogs, cheeseburgers, veggie burgers, soda,

Sweet Interactions

A smile. Conversation. A personal greeting. Education. Inspiration. That's what Helpline House Food Bank volunteers, social workers, counselors, and staff bring to the one hundred or so households who walk through the front door each day it is open. Everyone is welcome.

Overheard on a recent day at the Food Bank: **"Don't pass up the Girl Scout Cookies,"** Helpline House check-in volunteer Joan Spencer tells a woman who only selected two food items. At first, the woman declined, but then smiled and came back for a box of Thin Mints.

Food Delivered!

Washington residents throw away more than 250,000 tons of edible food each year – making it the No. 1 material found in our landfills. Much of that waste comes from unsold food at grocery stores. Helpline House volunteers are coming to the rescue.

Every morning, volunteers make Grocery Rescue runs to Town & Country and Safeway, retrieving edible bread, eggs, canned goods and so much more. The result: Fully stocked shelves at the Food Bank – a mini, free grocery store for those in need.

Volunteer applications at HelplineHouse.org

water and chips for up to three hundred people per event for a suggested \$5 donation. The Stroms inherited the Cruise-In duties from local islander and car enthusiast Jim Peek, who started the car show 21 years ago as a fundraiser for the Helpline House program. **“I heard about Project Backpack through my church (Cross Sound) and wanted to get involved,”** Peek says. **“I remember as a kid always getting new clothes and new supplies for school, and it was special. This was my way to give back.”**

Welcome New Board Members

Sylvia Pizzini **Board Member**

Sylvia was born in British Columbia; raised in Berkley, California; and over the years has lived in California, New York, and in 2022 moved to Washington. She has two children and two grandchildren, one of whom was raised in Bainbridge Island and is now married and lives in Poulsbo.

For the past 60 years, Sylvia has worked in the field of child and family services for public agencies and nonprofit organizations. She started out as a social worker, and most of her career was in management and policy positions. She currently is an expert witness consultant and a member of the local Rotary where she serves as Youth Protection Officer.

Alix Strickland **Board Member**

Alix was born and raised on Bainbridge Island. After living in Denver, NYC and Seattle for school and work, Alix returned to Bainbridge Island with her family in 2020 where she currently lives with her husband, two young daughters and Australian Cattle Dog. Alix holds a Masters Degree in Nutrition and spent nearly a decade working as a clinical pediatric dietitian on the Cancer and Blood Disorders team at Seattle Children’s Hospital.



Supercharge Dinner

Helpline House Food Bank Manager Lianne Ristow doesn’t just stock the shelves for her shoppers. She helps people identify and understand the fresh foods that are provided. She even offers tips on how to prepare them. **“People regularly ask me what parsnips, collard greens, and spaghetti squash are,”** Lianne says. **“I describe these vegetables to them and give them ideas of tasty dishes they can prepare with them.”**

On one of the Food Bank shelves there’s a display of mushroom soup, tuna fish and packets of white chicken with a sign: **“Hearty Meal Suggestion: Tuna Noodle Casserole with Cream of Mushroom.”**

“What a great idea,” one of the Food Bank shoppers commented.

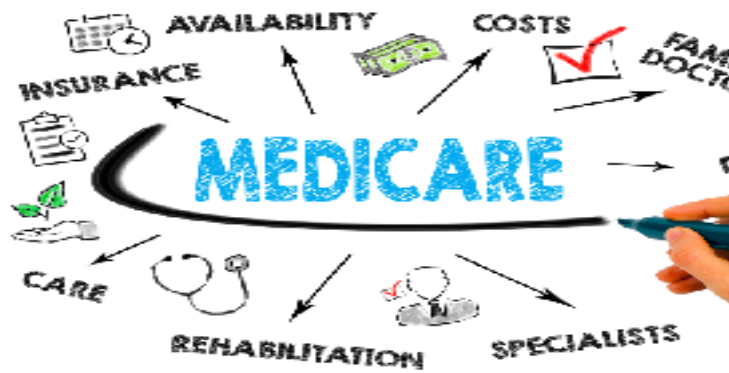
What’s Happening Next

Check the calendar on

Oct 15 Medicare Open Enrollment

Nov 9 Gobblefest 4:30-11pm
28 Turkey Trot 5K/1M

Dec 12-13 Kids’ Holiday Giving
12/23 Kids’ Pantry Winter Distribution



HELPLINE HOUSE | Food Bank Social Services
 282 Knechtel Way NE
 Bainbridge Island, WA 98110

NON PROFIT ORG
 US POSTAGE
PAID
 Seattle, WA
 PERMIT #3228

**SAVE THE DATES:
 OCT 1**

Review & Compare your Medicare health plan and prescription drug coverage.

OCT 15 - DEC 7

Open Enrollment: modify your plans for the following year.

ASK A SHIBA EXPERT, SCHEDULE A COST FREE APPT AT HELPLINE HOUSE. Call 206.842.7621

HelplineHouse.org | office@helplinehouse.org | 206.842.7621



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Go Green

Subscribe to our e-newsletter at HelplineHouse.org
 Stay Connected to a Healthy & Whole Community.



Sign Up for Turkey Trot at HelplineHouse.org!

This year's 15th annual Turkey Trot is in capable hands with Helpline House Board Member Michael Reeder at the helm.

Since joining the Helpline House Board in 2023, Michael has leveraged his 20-plus years of marketing and brand strategy experience to boost awareness of Helpline House's fundraising events, including its annual Turkey Trot.

"Tired of losing the 5k to my sons, I eagerly took on the opportunity to oversee the Turkey Trot program," Michael says. **"In addition to being the largest fundraiser of the year for Helpline House, I love the special place it holds in our community. It's an annual event where people return to the island, coming together to support a great organization while having a lot of fun doing it."**

Michael lives on Bainbridge Island and is the founder of Smiling Lions, a brand consulting agency (and Turkey Trot sponsor!). Before starting his agency, he led brand strategies for top companies including Xbox, ADT, Amazon, and Starbucks.

In his free time, Michael enjoys hiking with his dog Maggie and kayaking with his wife Joanne and their two sons, Keegan and Devin.

Every dollar raised goes directly to Helpline House, aiding all they do to build a better Bainbridge. Don't miss out on this fun, family-friendly event that makes a real difference. Sign up at HelplineHouse.org