

May 12 Talent Show  
showcases South  
Whidbey talent

New Faces  
at Good  
Cheer



# Good Cheer

## Food Bank & Thrift Stores

Spring 2012 Vol. 9, No. 1

### Community Garden Leadership Apprentice and Teen Apprentice Programs

## Providing fresh food on the table year round

In the three years that Good Cheer has had an on-site garden, many good things have taken root.

Food Bank clients have increasingly incorporated fresh, nutritious produce into their food choices, helped by volunteer chefs demonstrating how to cook such vitamin packed produce as chard, kale and spinach.

Secondly, community non-profits with a focus on community gardening, volunteer and student service leadership programs, and providing fresh produce to Good Cheer, have increasingly worked in partnership with each other.

Now Good Cheer is partnering with the



Greenbank Farm Ag Training Center, the Whidbey Institute, the South Whidbey Commons, and the South Whidbey School District in a comprehensive program called "Fresh Food on the Table."

The goal is to provide quality, fresh garden produce year round to the Food Bank, while also providing community garden leadership apprentice programs, and school garden programs

and curriculum.

### **The Need**

During the eight-month growing season, Food Bank clients are able to access a bounty of produce from Good Cheer's on-site

*The goal is to provide quality, fresh garden produce year round to the Food Bank, while also providing community garden leadership apprentice programs, and school garden programs and curriculum.*

garden, the Whidbey Institute and school gardens, home gardeners, market gardeners at the farmer's market, and through the efforts of volunteer gleaners.

"What our garden volunteers bring in to the Food Bank goes quickly out the door, and we can certainly use more fresh produce," said Good Cheer Executive Director Kathy McLaughlin McCabe.

This is especially true during November

*Continued on page 2*

## Memories from 50 Years of service to South Whidbey

Good Cheer was originally begun in 1962 as a charitable act of holiday kindness by a small group of friends primarily from St. Augustine's-in-the-Woods Episcopal Church in Freeland.

A 1964 editorial by the *Whidbey Island Record's* editor, Ace Comstock, recounted Good Cheer's beginnings this way:

"Two years ago at this time a few local citizens called the Island Welfare Department to locate a needy family. For several years they had privately solicited funds to give to such a family at Christmas time. Receiving a surplus, they again called the

Department and asked for a list of other families in need.

"It was during the Boeing strike of that year and to their surprise they received a list of 120 South Whidbey residents, most of whom were children. From this incident came an idea for South Whidbey's first charity organization maintained entirely by private citizens. At this time Good Cheer remains the only organization for the relief of the needs on South Whidbey run on a strictly charitable basis..."

The little group dug deeper into their pockets that Christmas, and with the help



of local businesses, supplied holiday food boxes, toys and clothing.

*Continued on page 4*

### Fresh Food Partnerships, *continued*

through March and the shoulder months of the growing season.

Though the hoop house has vegetables growing in it year round, and the Good Cheer Garden grows winter vegetables in the field, it simply cannot provide enough for all the families using the Food Bank.

### Working In Partnership

To ensure a sufficient quantity of winter vegetables, funds are being sought to purchase 1,400 pounds of winter root vegetables and greens (such as beets, carrots, collards, kale, chard) from Deep Harvest Farm, a Community Sustainable Agriculture (CSA) farm in Greenbank.

Deep Harvest Farm, an incubator farm of the Greenbank Farm Ag Training Center, is run by two recent graduates of the training, Nathaniel Talbot and Annie Jespersion (pictured below), and is currently the only winter CSA farm on Whidbey Island.



“Just as Good Cheer Food Bank is passionate about providing quality, nutritious, locally grown produce to clients, we also believe in supporting the efforts of local sustainable agriculture programs which benefit the whole community,” said Good Cheer Garden Coordinator Cary Peterson,

To keep costs as low as possible, community garden volunteers and apprentices will help in planting and harvesting vegetables from Deep Harvest Farm for the Food Bank.

“In addition, the Greenbank Farm Ag Training Center is providing two 3.5- by 100-foot beds specifically for growing carrots and winter squash. We can never have enough of these for the Food Bank,” said Peterson.

“A strong part of this partnership program is its community garden leadership apprentice program,” she added.

# Fresh Food on the Table

Please consider making an online donation via:

[www.goodcheergarden.wordpress.com](http://www.goodcheergarden.wordpress.com)

Or mail a check to:

Good Cheer Garden / PO Box 144 /  
Langley, WA 98260

*(Please designate Fresh Food on the Table on the check or online donation)*

### Volunteer in one of our gardens!

Every Wednesday is Good Cheer garden day!

Come help in the garden from 9 am - 4 pm.

Picnic at noon. Work for as long or short as you'd like.

[www.goodcheergarden.wordpress.com](http://www.goodcheergarden.wordpress.com)



### The Community Garden Leadership Apprentice Program

Three Community Garden Apprentices were selected from 30 national applicants. They will learn how to manage and coordinate a community garden program, manage garden volunteers, budget resources, coordinate service learning volunteers from area schools, teach garden based curriculum to students in the school gardens, and mentor the Teen Garden Apprentices.

Allie Urbanek of Boston, MA and Mechelle Kneidinger of Nashville, TN will soon be joined by Bobby Cressman, a recent Master's in Education graduate from Portland State University. In addition to being a garden apprentice, Cressman will serve part-time as Fresh Food Manager at the Food Bank. As an experienced chef, he will also provide produce cooking classes.

After training, the apprentices will take leadership roles in one of the community gardens: the Good Cheer Garden, Whidbey Institute's Westgarden, and the gardens at Bayview School and Langley Middle School. Especially important will be helping to coordinate the volunteer work parties at all of the gardens.

Other responsibilities include mentoring area youth in a Teen Garden Apprentice

Program in partnership with the South Whidbey Commons.

Motivated high school age students who wish to gain gardening and leadership skills through working in school and community gardens will receive hands-on,

*Continued next page*



▲ Allie Urbanek from Boston, MA is one of three Community Garden Leadership apprentices who will be managing the program.

*Food Bank talent show benefit spotlights South Whidbey's talent*

# May 12 'Mother of All Talent Shows' Is Becoming a Tradition

What do you do when you start a new tradition and the community embraces it?

You keep it going! That's why the Mother of All Talent Shows will again be a part of Mother's Day weekend for the third year in a row.

The show takes place Saturday, May 12 at 7 p.m. in the South Whidbey High School Auditorium. Tickets are \$10 and can be purchased at any Good Cheer location or Coastal Community Bank in Freeland. They are also available at the door on the day of the performance.

The talent show will include a variety of South Whidbey's finest vocal, musical and dance talent, including award-winning Island Dance competition dancers. The ladies of Tap Dancing will also be back to show off their old school talents.

Our own State Representative, Norma Smith will sing a tune, and Helen Price Johnson, Island County Commissioner, will show us her creative side as well. Might there be a straw poll competition at intermission?

In between acts there will be Good Cheer staff 'commercials' celebrating highlights



**Saturday, May 12**  
**South Whidbey High School**  
**7 p.m. Tickets \$10**  
*Proceeds benefit Good Cheer Food Bank*

of 50 years of service to the community. Raffle prizes this year include an iPad2, Wii game console with several games, and two one month-long memberships to Island Athletic and Revolution Cycling. Raffle tickets are \$5 each or 5 tickets for \$20 and are for sale at all Good Cheer outlets and Coastal Community Bank. Proceeds benefit Good Cheer Food Bank.

Our Masters of Ceremonies this year are JaNoah Spratt and Kay Stanley. JaNoah came up with the idea for the talent show while giving a tour of the Food Bank to Rep. Norma Smith. He has been busy signing up sponsors for the event, procuring raffle prizes and selling tickets.



Kay Stanley has been on the Good Cheer Board for 21 years and performed during the commercial breaks during last year's talent show.



▲ *Melissa Smith, a member of the Island Dance Competiitio Dancers*

Like every event at Good Cheer, this is one is volunteer driven, and we thank all who are involved with making it happen. All of the volunteer talent onstage and backstage helps to raise money for neighbors in need.

Volunteers will staff the concession stand during intermission, selling baked goods, meat and cheese plates, drinks and fresh popcorn.

Turn off the TV dance and song competitions and come and see a live show with the best talent that South Whidbey has to offer!

## Fresh Food Partnerships, *continued from page 2*

practical growing skills in small-scale food production combined with the leadership skills needed to help coordinate community gardening and service learning projects.

"This program is a great fit for the South Whidbey Commons' goal of coming together for a common cause that benefits our local community as well as providing workplace experience and leadership training to our local students," said Gena Kraha, Operations Manager of the Commons.

To raise money for the *Fresh Food on the Table* program, a Banquet Fundraiser

and Square Dance was recently held at the Whidbey Institute featuring food grown locally, or donated for the event.

Additional money needs to be raised however.

"We're hoping that people will give generously to help us raise the \$15,000 we need to fund the apprenticeship and school garden programs, and purchase the winter vegetables for the Food Bank," said Peterson.

"This is an amazing effort of which all South Whidbey can be proud," she added. See the previous page for ways to help.

## Memories, *continued*

They formalized their goodwill group the next year and opened a thrift store in Langley to help fund their charitable endeavors. At first, food vouchers were given out, then a food pantry was started, then an inhouse Food Bank was begun in the early 1970's, which was relocated to the current Bayview facility in 2007.

As we celebrate Good Cheer's 50<sup>th</sup> year of service to the community, we thought it appropriate to share memories and stories from community members, volunteers and staff of Good Cheer over the years.

### *Mark Myres recalls one of Good Cheer's founders: Hanna 'Tommy' Double who ran the Langley Good Cheer Thrift Store well into her 90s...*

"We moved to a little house in Langley (where the South Whidbey Commons is today), after my parents' divorce when I was 12.

We used the thrift store a lot for jeans and sweaters and socks when I was growing up.

The store manager, Tommy Double, was a dear, sweet grandmotherly type woman who did a lot of good for many people in the community.

She could take a quarter and turn it into a dollar for you.

If we didn't have quite enough money, Tommy would make it work out so that we did.

I was interested in fixing up old radios and record players and Tommy would say, 'Mark we got some new radios in, you better take a look.'

She had set them aside for me.

I still have many of those old radios today." -- Mark Myres



### *Paul Magnusson has a favorite story about one of his purchases at the Good Cheer's Langley Thrift Store...*



"Last year I needed a new pair of shoes and found a nice-looking pair of leather slip-ons that appeared to be brand new and never worn, which I purchased for \$6.

The first time I wore them was to church. As I walked the 150-or-so feet across the wet parking lot, the soles began to crumble as though they were made of graham crackers!

Sitting there in church, they continued to crumble, making a big mess on the carpet.

Later, through a European physician friend of mine, I learned that these were likely 'funeral shoes' made to be worn by a deceased man dressed for viewing in the casket.

Irene at Good Cheer offered to buy them back, but I said "No way! These have provided a lot of laughs!" -- Paul Magnusson



### **Have a favorite story to contribute?**

Email it to [kathy@goodcheer.org](mailto:kathy@goodcheer.org) or mail it to Good Cheer / PO Box 144 / Langley, WA 98260.

### *Former Good Cheer Director Joy McClellan (1981 to 1996) remembers the first staff Christmas dinner...*

"One December we decided that it would be nice to throw a Christmas party and dinner for all Good Cheer volunteers at the Rod & Gun Club.

We were going to have dinner for 75 people and had an experienced cook lined up.

### *Clyde Theater co-owner and Good Cheer volunteer Lynn Willeford remembers one dress purchase in particular...*



"Almost every time I get a compliment on what I'm wearing at The Clyde, I say proudly that I got it from Good Cheer, and invariably at least one other woman in the lobby will point out what she's wearing from Good Cheer—and often more than one.

Then there was the time I wore a sparkly dress I'd gotten at Good Cheer for \$2.50 to serve wine at a Mr South Whidbey evening and by the end of the night Sue Frause had auctioned it off for \$400!" -- Lynn Willeford

### *Long-time Langley Thrift Store employee Irene Walker fondly remembers four little volunteers...*



"We are blessed to have quite a few volunteers, but there was one family, the Piehlers if I recall correctly, with eight children who stood out in particular to me.

This was back when the Distribution Center was still located in the Langley store. The mother would bring the four youngest boys by every week to volunteer one afternoon for two to three hours. They did everything! And they were all so well behaved and hard workers. I just loved those children!" -- Irene Walker

Unfortunately, he got sick at the last minute.

So my husband Ken and I, dressed in party attire, and me in pearls and heels, were in the kitchen most of the night cooking 75 steak and prawn dinners.

I think I took the next day off!" -- Joy McClellan



# 50 years of keeping it local through partnerships

Fifty years ago Good Cheer began a community-based way to help local families in need from going hungry by creating a food bank funded in large part through its thrift stores.

Today, Good Cheer's Thrift Stores are creating partnerships with local businesses to help the local economy *and* help fund the Food Bank.

The idea is that when we all help each other, we all grow stronger as a community.

One of our newest programs is: **SHOP•DONATE•FEED LOCAL** which helps local grocers (who have always been huge supporters of Good Cheer) by encouraging shoppers to purchase items in their stores for donation to the Food Bank.

When you go into your local grocery store you will find shelf tags near food items that Good Cheer Food Bank needs most.

The goal is to provide a consistent donation stream to keep the Food Bank stocked with popular items, while also supporting local businesses.

Another local business partnership involves creating Good Cheer branded consumables to celebrate

our 50th anniversary and provide a portion of proceeds to support the Food Bank.

Bloom's Winery, for example, will be selling special label Good Cheer White and Good Cheer Red wines. (More information will be coming soon.)

Whidbey Island Fudge created a beautifully labeled box of Dark Chocolate Fudge which is available now at Good Cheer Thrift Stores.



Thrift Stores.

By connecting with local businesses, we help our local economy become healthier



while continuing to maintain our focus on creating a hunger-free community.

Are you a business owner who would like to find a way to partner with us? Let us know.

We look forward to creating a hunger-free community not just through the Food Bank but through a vibrant economy that can employ local residents.

Watch for events throughout this year where Good Cheer and local businesses join up to celebrate 50 years of keeping it local.

## One man's idea begins a new grocery store partnership program

When Stuart Munson moved to Whidbey Island about 10 years ago, he noticed that not all the local stores had collection barrels for the Food Bank.



So he made it his mission to place them in every store and then picked up the food donations once a week in his VW bus and delivered them to Good Cheer.

Most recently, he has used his marketing background to increase local store-bought food donations by working with store

managers. His idea was to add SHOP•DONATE•FEED LOCAL signs next to the grocery products that the Food Bank regularly needs. This would have a win-win effect of creating a consistent donation stream of nonperishable food items as well as increase store sales, thus benefitting the local economy.

Good Cheer is always happy to help volunteers with good ideas like Stuart's.

"Whenever I've come in with an idea for a project to help the community I've received encouragement and support making

it happen," he said.

"Good Cheer is a place that helps me take action to address needs I see in the community. I think local people are in the best position to identify community needs and figure out the best way to meet them.

"Good Cheer gives me the resources I need to do what I can to help my community," he added.

"We love volunteers with ideas to benefit people and businesses in our community. We love utilizing people's expertise to strengthen our programs," said Community Outreach Coordinator Shawn Nowlin.

# Meet some new faces at Good Cheer...

## Nathan Wilkie Manager, Good Cheer Two Thrift Store



Nathan Wilkie, the new manager at Good Cheer's Clinton Thrift Store wants to retain the friendly, neighborhood 'Cheers' atmosphere that the store has become known for, while positioning items in a way which makes them easier to find.

To that end, he has moved shelves, opened up the main furniture section, relocated the toy area, and made increasing use of the large windows to show off new and interesting items, all with an eye toward a better customer shopping experience.

"I love our customers," he says. "About 75% come back again and again, asking me what's just come in," he says.

"We serve both customers who are searching for collectible antiques as well as people who see no reason to pay full price—heck, I raised my own family on items from Good Cheer," he says.

With an extensive background in retail and management, he sees the value in keeping the store clean, tidy and with just the right mix of items that customers are looking for.

He also wants to keep the store family oriented and relationship based. To do this, he is hoping to recruit additional volunteers who value community as well as who love to organize shelves.

## Julie Smith Sales associate, Good Cheer Two

"The best part of what I do is meeting and greeting customers in our Clinton store and finding ways to help them and our wonderful volunteers in any way I can," says Julie Smith, the Clinton Thrift Store's sales associate.

After several years of volunteering at the Thrift Store and Distribution Center, Julie appreciates how sales at the Thrift Store support Good Cheer's whole operation.

"I love the attitude of people at good cheer and try to pass it on."



## Karen Korbelik, Food Bank Coordinator

Karen Korbelik has combined two of her great passions in life as Good Cheer's Food Bank Coordinator: helping people and cooking.

With a background in social work, writing, political organizing and community activism she says, "This is the best job I've ever had, and I've had quite a few!"

In addition to hands-on cooking (see article next page), Karen helps unload trucks ("How I get my aerobics workout"), ensures that shelves are stocked,



manages volunteers, and helps check clients in and out.

"We're all in this together!" she says.

## Curtis Price Manager, Distribution Center

"God, I love my job!" say Curtis Price, who became the manager at the Bayview Distribution Center when Dave Phelps retired last fall.

"My goals are always to keep sales up in our Thrift Stores which help fund Good Cheer. To do this, we need item donations and volunteers. It's my job to help move



the donations out to the thrift stores, so I'm in close communication with our store managers. I also try to personally greet everyone who drops off items at our Bayview center," he said.

As a volunteer for many years, Price has a camaraderie with the volunteers in the Distribution Center. "We have so many people helping others out of the goodness of their hearts—of course, there's always room for more."

## David Moore Operations Assistant

David, whose nickname is "Rover" is a jack of all trades in his position as assistant to Operations Manager Rita Burns. He manages the Food Bank on Saturdays, is a driver when needed, fills in at the Thrift Stores when needed,



and handles small problems that may arise.

His work background includes being a viticulturist (grape grower) and winemaker, and managing horse farms, es-

tates and training centers.

"I'm happy to be here at Good Cheer," he says. "The good spirit is infectious and exciting!"

## Would you like to join our volunteer team?

Call Community Outreach Coordinator Shawn Nowlin at 221-0130 and learn the many different ways that you can make a difference to our community.

*Ensuring nothing goes to waste*

# Mmmm, something good is cooking in the Food Bank's kitchen

Karen Korbelik, Good Cheer's Food Bank Coordinator, hates seeing food go to waste. "Sometimes we may get a few vegetables or pieces of fruit in our Sunday Grocery Rescue donations from Safeway and Albertsons up in Oak Harbor that may have a blemish or soft spot -- but the rest is just fine," says Korbelik.

So she adds them to whatever soups she is making for any given day that she is working at Good Cheer.

"We call it 'In the Soup Pot Before Compost' and try to squeeze in all the usable bits. I usually do something like clam chowder and a vegetarian vegetable soup or chowder," she says.

The soup is served in cups in the lobby to clients and volunteers who eagerly look forward to Korbelik's creations.

"We've had great feedback from our clients over the winter, and I especially remember one little boy who loved a kale and spinach soup so much that he asked for the recipe so that his mother could make it at home," said Good Cheer Executive Director Kathy McLaughlin McCabe.

"The kitchen is one of the things that first attracted me to the Food Bank," said Korbelik. "It's all about relationship here," she said.

"Sometimes our clients come in to the Food Bank feeling kicked to the curb.

"If we can offer them some words of encouragement, a smile and a cup of warm, nourishing soup while they shop, then sometimes that can make all the difference to them," she said.



## Now offering convenient, neighborhood curbside item donation pick up

When the donation pile disappears in the distribution center because donations drop off during the winter months, Good Cheer staff had to come up with a new strategy for encouraging donations year round.

Ruth Cox, a long-time volunteer, brought in a sample of a program that was successful in the Seattle area. It involves hanging a notice on door knobs around a neighborhood announcing a neighborhood pick up on a specific day and time.

Good Cheer tried it out in a neighborhood in Langley in March. It was so successful that we plan on continuing the program around South Whidbey.

We will come into your neighborhood one week and hang the notices.

We will give you time to put together some bags of clothes and other household items and put them out where the Good Cheer drivers can see them from the road. We will come back at the time specified on the notice to pick up your donations.

If you want us to come to your neighborhood, let us know.

We are also able to pick up furniture donations by just calling our distribution center at 221-6494.



**PICKS UP  
In Your  
Neighborhood**

**Need us to pick up a different day?  
Call 221-6494 or  
Online [www.goodcheer.org](http://www.goodcheer.org)**

Good Cheer volunteers will return to your neighborhood to collect your donated items for the thrift store on:

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

A list of suggested items is on the reverse side of this card. Questions? 221-6494

Please leave items in plastic bags and place on your porch or doorstep with a sign saying, "Good Cheer" on it. We will stop by and pick it up.

If you have larger items such as furniture, please call ahead and we will make room for the larger items. **221-6494**

**\$5 OFF**



**\$5 OFF Your Minimum Purchase of \$10**  
at Good Cheer Thrift Stores in Langley and Clinton

This coupon is good at any Good Cheer Thrift Store, including the Clothing Rack in Clinton. Go to [www.goodcheer.org](http://www.goodcheer.org) for store locations and hours. Expires December 31, 2011

## Sunday Food Bank volunteers needed

Would you like to do some good for your community on a Sunday afternoon? Perhaps enjoy a Sunday drive up north?

We're looking for a few more volunteers to help in picking up produce from grocery stores in Oak Harbor on Sundays, and other volunteers to help us unload the items and stock the storage shelves or walk-in refrigerator.

This program increases what the Food Bank is able to offer clients and helps our budget stretch further.

If you'd like to help, please give Community Outreach Coordinator Shawn Nowlin a call at 221-0130.

# Good Cheer Food Bank & Thrift Stores

## GOOD CHEER BOARD OF DIRECTORS

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Good Cheer Food Bank & Thrift Stores  
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[www.goodcheer.org](http://www.goodcheer.org)

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### Good Cheer Langley Thrift Store

114 Anthes, Langley

## 2 for 1

VHS Movies

PURCHASE 1 ITEM AND RECEIVE 2ND ITEM OF EQUAL OR LESSER VALUE FREE!

One coupon per customer. Not valid with any other offer. Expires 06/30/12

### Good Cheer Rack Clothing Boutique

4777 Commercial Street, Clinton

## 2 for 1

Baby Clothes

PURCHASE 1 ITEM AND RECEIVE 2ND ITEM OF EQUAL OR LESSER VALUE FREE!

One coupon per customer. Not valid with any other offer. Expires 06/30/12

### G.C. Distribution Center

2812 Grimm Road, Bayview

## \$5 OFF

Make a thrift store item donation and receive \$5 off a Good Cheer Cookbook at our Good Cheer Thrift Stores

One coupon per customer. Not valid with any other offer. Expires 06/30/12

### Good Cheer Two Clinton Thrift Store

4777 Commercial Street, Clinton

## 2 for 1

VHS Movies and Music CDs

PURCHASE 1 ITEM AND RECEIVE 2ND ITEM OF EQUAL OR LESSER VALUE FREE!

One coupon per customer. Not valid with any other offer. Expires 06/30/12

## Clyde Theater's Magic Jar benefits Good Cheer Food Bank's Milk Fund



We thank the Clyde Theater for once again making Good Cheer the beneficiary of March and April's Magic Jar.

Instead of a tip jar at the snackbar counter, owners Lynn and Blake Willeford have placed a donation jar where -- presto! -- donations are matched by The Clyde, Island Athletic Club, and Lindsay Communications up to the first \$250. This year's proceeds will go toward our Milk Fund to help ensure that families have access to Vitamin-D rich milk.

## Looking for the perfect Mother's Day gift? Here it is!

What could be a better gift than Good Cheer's beautiful 50th Anniversary Cookbook with many Whidbey Island favorites?

The cookbook is available at all Good Cheer locations, along with special label Dark Chocolate Fudge by Whidbey Island Fudge, and a bag of Mukilteo Coffee Roaster's special Good Cheer Blend.

Why not give Mom all three and help the Food Bank at the same time! It's a triple treat!

