

FARESTART NEWS



FARESTART
Great Food. Better Lives.



SPRING/SUMMER 2009

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Every day, men and women transform their lives in the FareStart job training and placement program. Over the past 17 years, FareStart has provided the opportunity for more than 3,000 homeless and disadvantaged individuals to change their lives, while also serving over 3.5 million meals to disadvantaged men, women and children.

www.farestart.org

Continuing education for a better future

— By Amy Ellingson



FareStart graduate, Ray Goodin

We frequently tell you about FareStart graduates and their new jobs. However, some graduates finish FareStart eager to study more and take their skills to the next level. Ray Goodin is one of several recent graduates who have decided to continue their culinary education after finishing the FareStart program. Goodin is enrolled in the South Seattle Community College Culinary program, where it takes 18 months to two years to earn an associate's degree.

"The instructor is good," says Goodin of his Pantry instructor. "All the instructors have been good so far. At the first orientation, I wasn't impressed – but as we've gotten into the courses it's gotten better. The school also offers a bachelor program in Hospitality that might be worth considering when I have finished the AA."

Goodin also has an eye on cooking courses offered abroad in Spain and Italy. "Most all the chefs I've worked

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Continuing education for a better future *continued....*

with have had some experience over there.” In the meantime, he is working part-time at Regency Newcastle Assisted Living in Bellevue. Though the original job interview did not seem to go well, he was called back by the general manager who wanted to hire him for the dining room. Since January he has been serving and providing some back-of-the-house support for Regency. “I’ve been in the industry so long. I spent eight years teaching high schoolers about serving! But I came to a point when I needed to start over and I knew I needed paper [certification]. When I got to Seattle, I knew I wanted to cook more and serve less.”

“I first heard about FareStart when Chef Sam [a FareStart chef instructor] put on a meal at Salvation Army. I asked him about it that night, but he recommended I finish what I was doing with Salvation. Then my mother died, and I had to go back to Detroit very suddenly – but I came back. I took the chance, I knew I wanted to cook and this program sounded like a good opportunity. I am a risk taker. When I first got off the bus, after four days driving across the country – I wondered, did I do the right thing? But I’ve always been told, the bigger the risk, the greater the reward, and I believe that.”

When finished with the AA program, Goodin thinks he might pursue a certified executive chef degree through the American Culinary Federation. Requirements include 2,000 hours of interning and community work – so Goodin will keep FareStart in mind. In fact, he has already volunteered with Guest Chef Night! He’s not sure where it will all lead, but he knows that his education will be useful to him in any kitchen, and he knows that the reward will be worth the risk! 🍴

“Thank you” to our supporting restaurants!

FareStart is grateful for the support of food industry professionals who hire our graduates, volunteer for Guest Chef Night, or participate in Guest Chef on the Waterfront. When you’re choosing a place to dine, please consider supporting one of the many wonderful restaurants that make our community a better place. Visit farestart.org for a map and links to supporting restaurants.

0/8 Seafood Grill and Twisted Cork Wine Bar

13 Coins

2100 Bistro

35th Street Bistro

Alligator Soul

Andaluca

Anthony’s

Arctic Club Hotel, Juno’s

Assaggio

Barking Frog

Bis On Main

Black Angus

Blossom Asian Bistro

BOKA Kitchen & Bar

Boom Noodle

Brasserie Margaux

Buckley’s

Café Flora

Caffé Vita

Canlis Restaurant

Cantinetta

Centerplate, Safeco Field

Chez Shea

Columbia Tower Club

Crush

Earth & Ocean

Elliott Bay Brewing Company

Elliott Bay Café

Elliott’s Oyster House

Eva

Garlic Jim’s Pizza

Il Fornaio

Ivar’s Acres of Clams

Jolly Roger Taproom at Maritime

The Kurrent Restaurant & Bar

Leschi Mart

The Library Bistro, Alexis Hotel

Luigi’s Little Italy

Matt’s in the Market

McCormick & Schmick’s Fish House

Morton’s Steakhouse

Nell’s Restaurant

Oceanaire Seafood Room

Opal

The Oriel Café

Osteria “La Spiga”

Palisade

Papaya

Pike Place Bar and Grill

Ponti Seafood Grill

Portals at Suncadia Resort

Queen City Grill

Quinn’s

The RAM Restaurant & Brewery

Ray’s Boathouse

Roxy’s Diner

The Ruins (private dining club)

Salty’s on Alki

Sand Point Grill

Savor, McCaw Hall

Sazerac

Serafina

Six I Seven Restaurant at the Edgewater

Skillet

Sky City at the Space Needle

Starbucks

Starry Nights Catering

Stumbling Goat Bistro

Sunflower Café

Szmania’s

Table 219

Tango

Toscano & Panini’s

Troiani

Tulio

Tully’s

Tutta Bella

Urbane Restaurant at Olive 8

Veraci Pizza

Volunteer Park Café & Marketplace

Washington Athletic Club

Waterfront Seafood Grill

From the desk of Megan Karch, FareStart Executive Director

As with all companies, and likely yours, the most common question we’re hearing is, “how have you been impacted by the recent economic downturn?” Fortunately, FareStart entered the economic downturn in a good position. Just like other companies we have implemented a cost savings plan, creating efficiencies so that we can continue to focus on what is most important – serving our student population.

Our biggest concern remains the effect of the economy on those we serve. We are seeing an increased need for FareStart support services and training, shelter meals, housing, and graduate assistance. Job placement for graduates is becoming more difficult. Hospitality partners are financially challenged, non-profit partners are challenged, and government partners are challenged.

Our weekly program intake has been affected by larger numbers of applicants. When an applicant is ineligible, or unable to commit to the FareStart program, we connect them with other service providers. Matching applicants to the services they need takes twenty per cent of our case managers’ time. In addition to record numbers of applicants – a 40% increase this year over 2008 – graduates are coming back to FareStart, requesting support and job placement assistance. To address this we have shifted our resources and are now dedicating more time to job development and placement.

The goal of the adult program is to provide a way out of homelessness. If ever there is a time we are needed, it is now. We are prepared. Because of the support you have given FareStart, not only were we able to increase enrollment last year by 50%, but we were able to end the year in a good financial position. Now, looking forward, we are well on our way to exceeding our goal of doubling the number of students we serve by 2010 – one year ahead of schedule. We are positioned to continue meeting the promise we made to our community, measure long-term impact, and design and implement programs for greater long-term impact.

Thank you for everything you do to support FareStart, its mission, and its students.

With sincere gratitude,



Megan Karch,
FareStart Executive Director



The Canlis Family

Canlis is owned by Alice and Chris Canlis, along with sons Mark and Brian. At Canlis, community involvement is a family affair, fitting for a restaurant that has been in the family for three generations and 59 years.

FareStart is able to help people transform their lives because of the support of hospitality professionals. We are grateful for the 10 years of tremendous support the Canlis Restaurant and Canlis family have given FareStart. “FareStart has it figured out and they do it right. I trust them. I support them,” says Mark Canlis. “They’ve beautifully established the ability to effect phenomenal change on this city. That’s worth more than just cheering for—it’s worth our full support.”

10 years of dedication to FareStart include:

- Alice and Chris Canlis served as Co-chairs of FareStart’s Future Rising

Capital Campaign from 2003 to 2006. The Campaign raised the funds for FareStart’s new home at 700 Virginia. They hosted two fundraising events at Canlis, including a 55th Anniversary Party that raised \$150,000 and many new donors for the campaign.

- Canlis hosted FareStart’s special grand opening celebration Guest Chef Night in the new building. Working alongside FareStart students, Canlis supplied all food and service items, as well as chefs, prep teams, wine staff and service staff. All proceeds benefitted the training program.

- Over the years, Canlis has hosted numerous Guest Chef Nights, providing food product and time and the culinary expertise of their executive chef. They’ve volunteered for Guest Chef on the Waterfront, have hired FareStart graduates, and have been generous fundraising donors.

Please join us in thanking the Canlis family for all their years of support! 📖

Recipe for dignity

— By Alice Canlis

- Take one person facing homelessness
- Roll out a great big welcome
- Lay out a plan, program, and possibilities
- Cut out drugs, addictions, bad habits, and bad attitudes
- Add life skills, knowledge, discipline, and a pinch of culinary mastery
- Spread out and brush over hope, laughter, and camaraderie – being part of a team
- Let ingredients work together and rise for 16 weeks in the FareStart program
- To serve, graduate from FareStart and insert one productive, significant life into the Seattle community

Introducing Canlis Executive Chef, Jason Franey



Let’s give a FareStart welcome to Chef Jason Franey, Canlis Restaurant’s fifth ever executive chef (in 59 years)!

A native of Palm Beach, Florida, Jason first began cooking at age 15 and later worked at The Breakers Hotel, where he was exposed to many areas of food production and realized he was most passionate about fine dining. Jason then took a job at Campton Place in San Francisco working for then-chef Laurent Manrique. A year later, Daniel Humm joined the restaurant as executive chef. Choosing to stay with the restaurant, Jason was soon promoted to sous chef. As an integral part of Humm’s team, Campton Place received four stars from *The San Francisco Chronicle* in September 2005.

In January 2006, after three years of working together, chef Humm accepted the executive chef post at Danny Meyer’s famed Eleven Madison Park in New York City, and insisted that Jason join him as his executive sous chef. Together they transformed the restaurant and placed Eleven Madison Park on the forefront of Manhattan’s burgeoning dining scene. Ready to command his own kitchen and pursuing a passion to return to the west coast, Chef Jason became executive chef at Canlis on December 1 of last year. 📖

CHEF JASON FEATURED RECIPE

Peach Gazpacho with Dungeness Crab Salad

Serves 4

PEACH GAZPACHO

Ingredients

- 2 lbs Fresh peaches, pitted and peeled
- 4 Tbsp Yellow pepper, seeded and chopped
- 4 Tbsp Fennel, chopped
- 4 Tbsp Cucumber, skinned and seeded
- 2 Tbsp Celery, chopped
- 1 tsp Salt
- 1 tsp Sugar
- 4 Tbsp White balsamic vinegar, high quality
- 1 Tbsp Lavender honey, from your local market
- 4 dashes Tabasco
- 3 tsp Crouton, made from a baguette, cubed and fried in extra virgin olive oil

Method

Mix all ingredients together in a bowl. Cover and marinate overnight in the refrigerator. Remove the next day and blend in a blender until smooth. Strain through a fine mesh sieve. Season with salt, Tabasco and lime juice to taste. Refrigerate until ready to serve.

DUNGENESS CRAB SALAD

Ingredients

- 8 Tbsp Fresh Dungeness crab meat
- 1 tsp Tarragon, chopped
- 1 tsp Chive, chopped
- 1 tsp Dill, chopped
- 2 Tbsp Mayonnaise
- 4 ½ tsp Sour cream
- 2 dashes Tabasco

Method

Mix all ingredients together in a bowl. Season with salt to taste. Mold mixture in 2” diameter rings. Place molded crab into the center of a large soup bowl. Pour peach gazpacho into a pitcher. To serve, slowly pour gazpacho into the soup bowl around the crab salad. Garnish with tarragon leaves, extra virgin olive oil, and a crouton.

Volunteer Spotlight Jennifer Cameron

—By Luanda Arai

Jennifer Cameron believes in volunteering. She has always volunteered at her children's schools and supervised volunteers while working in the non-profit field. After retirement she felt compelled to continue serving her community. Jennifer came to FareStart in the fall of 2004. She started out helping in the FareStart Restaurant, hosting and bussing tables, and when the opportunity presented itself to move to the Contract Kitchen, she jumped at the chance to have more contact with FareStart students.

These days Jennifer equates her volunteer experience at FareStart with playing jazz – she “fills in the gaps” and goes with the flow, doing everything from sorting food donations to organizing the uniform closet, as well as helping with the preparation and delivery of the shelter and childcare meals. Students often ask Jennifer for instruction and she makes it clear that she's not an instructor, but she's happy to help with the basics. Jennifer is an invaluable member of the contract kitchen team. She is onsite 15 hours a week and the gaps she fills allows FareStart chef instructors to do what they do best – engage students in training.

When asked why she has stuck with FareStart for so long, Jennifer answers that “the dynamic works. FareStart has successfully created a positive community,” and she enjoys being a part of it. Jennifer values the stories students share with her and the connections she makes with members of the FareStart community. She observes that many students start the program reserved, even somber, but that through the training, services, and interactions they have at FareStart, students blossom. Jennifer says, “The newfound self-confidence



Jennifer Cameron in the kitchen

and trust in others that students gain is palpable.” Seeing graduates who find stability in their lives through the program is one of the many rewards Jennifer finds in volunteering.

teers with homeless youth at Street Youth Ministries in the University District. This work gives Jennifer a strong link to the greater Seattle community and the issues she cares

“The newfound self-confidence and trust in others that students gain is palpable.”

Her experiences at FareStart spill over into other parts of Jennifer's life. Making real connections with lots of different people from many walks of life makes her feel less isolated in the small Bainbridge Island community where she has spent much of her life. In addition to the two days Jennifer spends at FareStart, she also volun-

about – issues from which it would be easy to feel removed. Jennifer finds that by interacting with people who are experiencing poverty, homelessness and disenfranchisement she is better able to understand the issues and affect change in the community, one shared story at a time. 📖

Seattle/King County Coalition for Homelessness – advocacy when it's needed most

—By Amy Ellingson

Alison Eisinger is Executive Director of the Seattle/King County Coalition on Homelessness (known as “Sketch” for SKCCH). Two years ago she was hired as the first paid staff member of the volunteer organization that has been representing homeless issues since 1979.

SKCCH collaborates with homeless service providers and city or state policy makers to advocate for the safety and well-being of people who are homeless – but also to address the root causes of homelessness itself. They are best known for organizing the annual One Night Count – where 600 volunteers canvas the metropolitan centers of King County, literally counting anyone without shelter on a cold night in the middle of winter. Ongoing for 29 years, the One Night Count has become a national standard for other cities looking to document this hidden population.

SKCCH advocates year round, not just during the One Night Count. They organize providers and volunteers monthly for committee meetings addressing funding resources, networking and specific population needs (homeless families, single adults, youth, etc.). Through its members, SKCCH is proud to represent the ‘on the ground’ reality of homelessness to legislators, so that they can make effective and lasting budget and policy decisions. As the goal of FareStart's culinary training program is to provide a way out of homelessness, FareStart and the SKCCH are allied, with FareStart staff participating in monthly committee meetings and volunteering for the One Night Count.

When asked about her perspective on the economic recession and its impact on our county's homeless population, Eisinger responds that increasing access to permanent housing is key.

“While FareStart runs a powerful training program, with specific and marketable skills – FareStart students could not begin to succeed without access to stable housing. It is traumatizing to be homeless, to not have control over your living environment (your very safety and privacy).” It is nearly impossible for a person to hold down a job without permanent housing. “What's scary is, right now there are no new housing projects slated to start until 2011.”

For this reason, Eisinger believes “the most important decision facing King County is the State Housing Trust Fund levy up for renewal this fall.” The expiring levy raised \$86 million in seven years from property taxes and was a vital source of funding for low-income housing. Over 18,000 homes and rental units were built or renovated for low-income families, seniors and single adults. In November, voters will be asked to renew this levy. If funded, the 2009 Housing Levy will take advantage of the current real estate market to purchase strategic properties for low-income housing development.

In thirty years, SKCCH has seen the real impact advocacy can have on the individuals affected by homelessness. Most recently, Eisinger credits SKCCH members for saving GAU (General Assistance Program) from budget cuts by bussing down to Olympia together in February for Housing and Homelessness Advocacy Day (FareStart sent one staff and one student). She encourages everyone invested in homeless issues to contact SKCCH and get involved (www.homelessinfo.org).

FareStart is thankful for the tireless support of SKCCH and its members, in giving voice to the marginalized and underserved. In collaboration, we know we can make a difference! 📖

Résumé of a FareStart graduate

FareStart graduates are eager to be successful employees with both food-service and life skills training. With students graduating nearly every week of the year, FareStart can help fill kitchen vacancies with qualified candidates who have:

- Trained in sauté, soups, hot line, pantry and catering
- Worked with four Guest Chefs* to prepare up to 300 covers per night
- Prepped contract meals for childcare centers and shelters – up to 2,500 meals each day
- Completed over 60 hours of knife handling proficiency training, with tested speed and accuracy
- Worked for five weeks in a fast-paced retail kitchen serving lunch to 100-200 patrons daily
- Obtained food-handler permit, tested food safety and sanitation procedures
- Demonstrated time and task management, food temperature monitoring
- Trained in customer service and kitchen stock inventory, with attention to detail

*Guest Chefs from the area's most acclaimed restaurants volunteer their time every Thursday to spend 5-7 hours working with students.

FARESTART PRESENTS THE 2009

Guest Chef on the Waterfront

Savor Tastes from Over 50 of the Area's Most Talented Chefs, Wineries and Purveyors of Fine Foods



Illustration: David Galkins

Wednesday, July 15 • 6-9pm • Elliott Hall at Pier 66



General Admission: \$70

To purchase please visit farestart.org or call 206.267.6223



See the full list of the amazing participants at farestart.org

A 21+ Event



FARESTART

Great Food. Better Lives.

OUR MISSION:

FareStart provides a community that transforms lives by empowering homeless and disadvantaged men, women, and families to achieve self-sufficiency through life skills, job training, and employment in the food service industry.

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