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CAP Foundation Board member Tim Welch and his wife, Lee Hutton-Welch, were recognized for their very generous gift of $350,000 to the Foundation for its endowment. It is the largest single gift in CAP’s 45-year history. Their gift is a major step in building an endowment that will provide a solid financial base for CAP.

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A ten-minute video about the Foundation’s visions is available online at YouTube, by typing in “Lower Columbia CAP Foundation.”

Join us for Walk n’ Knock 2009
Saturday, December 5th
Reminder – Put your food bags out by 9:00 AM for volunteers to pick up.

For more information call Help Warehouse 360-425-3430 ext 281
The Community Foundation of SW Washington received a $75,000 grant from the Bill & Melinda Gates Foundation to help support local food banks during the current recession. $42,000 of that grant will go to support Cowlitz County’s seven food banks, through CAP’s Help Warehouse food collection and distribution center. “The money couldn’t have come at a better time,” said Warehouse manager Lois Sheton. “Late summer and fall is our lean period of the year, when food donations are down and the need is up.”

With 378 runners, walkers and strollers, this year’s Harvest Classic on Saturday, October 3, saw the second largest turnout in the popular event’s 20+ year history. Organized by Early Edition Rotary, the event raised $7000 for Help Warehouse, as well as 450 pounds of food.

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CAP’s Senior Nutrition and Care Services (SNACS) received $15,000 from Kaiser Permanente to enhance nutrition for seniors. The grant will be used to purchase fresh fruit and vegetables for seniors in the Meals on Wheels and the Senior Community Lunch Programs.

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We Invite You To Have Lunch On CAP

Join us the 2nd Tuesday of each month for an hour-long CAP Lunch Tour. Enjoy a delicious lunch from CAP’s central kitchen where Meals on Wheels and the Senior Community Lunches are prepared and learn more about the services we provide to the community. Call 360-425-3430 ext 280 to schedule a lunch tour today.

Tours are for informational purposes. Participants are not asked for donations or financial pledges.
**Local Building Contractors Build Wooden Totes for Help Warehouse**

On September 17, the *Lower Columbia Contractors Association (LCCA)* volunteered a day to build 30 wooden totes for *Help Warehouse*, just in time for this year’s *Walk n’ Knock*. Warehouse coordinator Rick Philbrook approached the contractors, telling them the current totes were over 20 years old and falling to pieces, and asked for their help. Association members solicited the building materials from local businesses and gathered at *All Out Sewer and Drain* on Washington Way to build the wooden boxes.

**Captured Treasures: CAP Opens New Boutique & Retail Training Center**

In addition to its long-time thrift store, *My Favorite Place*, CAP has opened “CAPtured Treasures,” a boutique store that will also be a job skills training center for the retail industry.

Store manager Paul Yauch says that CAPtured Treasures is different from most thrift stores, including CAP’s, in two ways: First, it will be “trendier,” offering many brands of clothing that can’t be found elsewhere in Cowlitz County, including *Old Navy, Abercrombie & Fitch, American Eagle, Mossimo*, and others.

Second, it will train people in the skills needed to become an excellent retail employee: including cash register skills, merchandising inventory, internet marketing, as well as the more basic customer service skills.

**My Favorite Place Has Moved**

*Now located at 1210 Maple Street, Longview, WA*

**HOURS:** Tuesdays & Fridays from 9:00 am – 4:00 pm

CAP’s long-time thrift store has moved and is now located in what was the Mattresses & More building, next to CAP. Donations welcome.
CAP & WAL-MART STAFF PARTNER FOR UNITED WAY DAY OF CARING

As part of this year’s United Way Day of Caring, 20 CAP and Wal-Mart staff joined with volunteers from Catholic Community Services, to lend a helping hand to Mrs. Margaret Burchette. Over four hours, they painted her trailer, rebuilt her porch, and re-roofed her storage shed. Wal-Mart store manager Michael Rainey joined in the work and provided some of the building materials.

CREDIT UNIONS COLLECT A TON OF FOOD

The credit unions in Cowlitz County joined together to host a community food drive for Help Warehouse. Their first annual Nourish Our Neighbors Food Drive ran for the week of October 12-17.

All credit union branches became collection points for food during that week. Food collected at Castle Rock, Kalama and Woodland branches was delivered directly to the food banks in those communities who partner with Help Warehouse. In addition, they also collected food on their Shredding Day. A little over 2000 pounds of food was collected during that week, making it one of the largest food drives after Walk n’ Knock and the Postal Food Drives.

OUR THANKS TO THE CREDIT UNIONS AND THEIR ORGANIZERS:

- Heather Snyder at Cowlitz Credit Union
- Lesley Carrell at Fibre Federal Credit Union
- Ann Travers at Lower Columbia Longshoremen’s Federal Credit Union
- Rick Hopkins at Mint Valley Credit Union
- Paula Stone at PUD Credit Union
- Amy Davis at Red Canoe Credit Union
- Matt Devlin at Twin Star Credit Union

CASEY BARELLA – TENACITY: A CAP SUCCESS STORY

Casey had a rough road when he was younger, and he reached a point in his life where he was determined to make a fresh start. He knew he wanted to become a chef and kept pushing to get into CAP’s Food Service Training Program until he was accepted. He excelled in the 16-week course, graduated with his certificate, and was hired by Shari’s Restaurant in Kelso as one of their chefs. Now employed in that position for the past 14 months, Casey has created stability and a future for himself, his wife and children. With the same drive and determination, he is looking toward his next career step: to enter a culinary arts school. Casey is on a new road.
“One Person Can Make A Difference”

A DINNER • A CELEBRATION • A CALL TO ACTION

October 24, 2009 • Red Lion Hotel & Conference Center in Kelso

A Benefit for the CAP Foundation

PRESENTED BY

Walmart

ADDITIONAL SPONSORS:

Pat & Don Rodman

Anonymous Donor

We gratefully acknowledge Dimmick Photography as the Official Photographer for Lower Columbia CAP, and we sincerely thank Dale Dimmick and Donna Alija for providing photographic services for CAP’s newsletters, website, program materials and publications.
"CAP helps people realize their dreams. Their success is our success, and the entire community benefits."

~ Ilona Kerby
CAP Executive Director

How about a Good Cause that builds a healthier community and is also tax deductible?

We thank our friends at Comcast for their support of the Give To A Good Cause campaign!