



# News From ...

SPRING/SUMMER 2013

## FRIENDS OF GUEST HOUSE

NORTHERN VIRGINIA'S ONLY ORGANIZATION SPECIALIZING IN RE-ENTRY ASSISTANCE TO FEMALE EX-OFFENDERS

### Together We Bake: "Going Somewhere Positive"

Last year, Guest House took on a new partner, Together We Bake: a low-barrier job training and personal development program based on a baking business. TWB itself was new. Throughout 2012, Alexandrians Tricia Sabatini and Stephanie Wright—TWB's founders—refined plans, raised startup funds and secured kitchen/classroom space at Alexandria's Downtown Baptist Church. The 12-week pilot ran from January to March 2013. Seven Guest House clients graduated. By April, six had found jobs and the seventh had excellent prospects.

"The women worked hard to create an amazing team who supported each other in the kitchen and out," notes Stephanie.

TWB training covers food safety, baking/production, product sales/delivery, workforce skills and personal development. And they sell what they bake—cookies and granola—at the Del Ray Farmers Market and (soon) online.

Jamie, a Guest House client, was in the first class. "I love Together We Bake," she says. "It's teaching me a lot of things about business and just helping me get my life back on track. For the first time, I feel like I'm going somewhere positive."

TWB's second session began in mid-April.

Meet Tricia, Stephanie and members of the first class in the video, *Recipe for Success*, on YouTube. To learn more (and to ask about ordering products online), visit [www.togetherwebake.org](http://www.togetherwebake.org). ♦



*Together We Bake: The idea, 2012 (top). The reality (bottom): March 2013's first graduation. With graduates are TWB founders Stephanie Wright (row one, left) and Tricia Sabatini (row two, second from right).*

### GUEST HOUSE BEGINS MAJOR EXPANSION

In December, Virginia's Department of Corrections (VADOC) reached out to Guest House with a proposal: could we add seven beds to our 10-bed Residential Program? VADOC would cover part of the new costs just as it has covered part of our Residential costs, by contract, for many years—with Guest House raising the balance. More beds would mean more funds for us to raise in challenging economic times. But we could not say "no" and stay true to our cause. So on a wing and a prayer, we said "yes." By May, we were ready to welcome, not 10-at-a-time, but 17-at-a-time Residential Program clients.

We staffed up. Through the Alexandria housing charity, Community Lodgings, we contracted more space: two two-bedroom apartments, side by side. The apartments needed everything, so we asked our supporters for help. The response was tremendous! For example, UPS sent volunteers for the heaviest moving. Alexandria activists Allison DiNardo, Pat Miller and Cathy Puskar inspired donations of many items, from bed linens to dining tables.

*(Continued on page 2)*

### VIRGINIA HOUSE OF DELEGATES HONORS FRIENDS OF GUEST HOUSE

On Feb. 15, 2013, the Virginia House of Delegates passed H.R. 171, *Commending Friends of Guest House, Inc.*: "... an expression of the House of Delegates' admiration and respect for the organization's commitment to helping women re-enter society." Introducing the bill was Delegate K. Rob Krupicka of District 45, which covers parts of the City of Alexandria and Arlington and Fairfax Counties.

PROUD MEMBER OF



United Way  
of the National Capital Area

DESIGNATE GUEST HOUSE  
UW #8583 | CFC #69155

## SUPPORTER PROFILE

# Audrey Stahl, Volunteer: “Do something outside of yourself ... for you”

FRIENDS OF GUEST HOUSE helps nonviolent female ex-offenders in Northern Virginia transition from incarceration back into the community.

In Northern Virginia, Guest House is the only group serving female ex-offenders *comprehensively*.

Originally called “Friends of Women Prisoners,” Guest House was founded in 1974 (incorporated in 1975) by Betty McConkey, a Federal parolee. Guest House has served thousands of women. Services to women also help their children, so thousands of children have benefited, too.

Guest House offers three tiers of service: Residential, Aftercare and Outreach. We also help “justice-involved” women. We serve about 125 women a year (about 150 after mid-2013); a third of the 400-plus women on community supervision in Northern Virginia.

Guest House is a recognized resource on incarcerated and ex-offender women’s issues. Our Executive Director formerly chaired the Focus Area Committee on Women’s Re-Entry of the statewide Virginia Prisoner and Juvenile Offender Re-Entry Council.

Guest House is funded by state and local government agencies, foundations, religious groups, businesses and individuals and is a member of United Way of the National Capital Area.

Friends of Guest House, Inc., is an IRS Section 501(c)(3) public charity: Federal tax ID #51-0201327. All gifts to Guest House are tax-deductible to the extent provided by law.

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Executive Director: Kari Galloway

Stay connected! Get eNews, Evites and more. Send your email address to [info@friendsofguesthouse.org](mailto:info@friendsofguesthouse.org).



Friends of Guest House salutes Audrey Stahl, our “volunteer-Volunteer” Coordinator, who recruits, trains and manages our volunteers—full-time, *as a volunteer*. Audrey joined Guest House in 2009. Her charge was to further structure and expand our volunteer program. She has more than accomplished those goals. The program has grown exponentially each year: for example, we had 50 volunteers in 2011 but, in 2012, 100-plus volunteers contributed 3,000 hours of service valued at \$86,000. Audrey professionalized all aspects of the volunteer experience. In addition, working with case managers, she developed two client programs: Total Woman (life skills training) and Mentoring, supported by volunteers.

Audrey has worked with volunteers for more than 30 years, at organizations as diverse as Alexian Brothers Hospital and the St. Louis Science Center (both in Missouri), the Arthritis Foundation (Arlington) and Offender Aid and Restoration of Fairfax County. She is a Certified Volunteer Manager, trained at American University.

It all began in the 1950s, at Central Michigan University, at the feet of Eleanor Roosevelt. “She came to my school,” Audrey recounts. “She spoke to the whole college. Then, all on her own—because people were asking so many questions—she said, ‘Let’s go someplace comfortable.’ A small group of us went. She sat in a chair and we sat on the floor around her. And she just talked to us. She talked about caring and why it’s important to care about everyone and why everyone should have an equal opportunity. I was mesmerized.”

Today, it is Audrey, with her own lifetime of service, who encourages caring: “When you do something outside of yourself—if it’s not about you, if it’s about someone else—the world becomes better *both* for the person you’ve helped *and* for you.”

Learn more about volunteering at Guest House on our website, or contact Audrey at [audrey@friendsofguesthouse.org](mailto:audrey@friendsofguesthouse.org). ♦



## GUEST HOUSE BEGINS MAJOR EXPANSION

(Continued from page 1)

Other Guest House supporters gave generously, too. Noted Pat Miller, “It’s an extremely worthy cause!”

**\$100,000 by June 2014:** Finally, we have launched an expansion fund-raising campaign with the goal of \$100,000 by June 2014—because “seven more beds” means more than, at first, it may seem. The three-to-four-

month Residential Program will now serve up to 28 more women each year; and as the women move to independent living and continued support through our six-to-nine-month Aftercare Program, that program, too, will grow. All told, the one-year Residential-to-Aftercare Program continuum will grow by 35%. Over the coming months, Friends of Guest House will call on all supporters to help. To donate, please contact us. And follow the campaign’s development on our website.



A MAGICAL EVENING FOR GUEST HOUSE (clockwise from above-left): A full house of 100 supporters. Guest House alumna Jennifer McDaniel (right) with Guest House Executive Director Kari Galloway. Board member Peter Lunt and Jennifer Tokar, Board Chair, with supporter Bill Busker (right). Andrew Bennett weaves his magic. Photos by Sean Michael Crawford.

## NOVEMBER 28, 2012: A MAGICAL EVENING!

Nearly 100 supporters gathered for *A Magical Evening for Guest House*: our fall 2012 benefit reception, held on Wednesday, November 28, at the Principle Gallery in Old Town Alexandria. Jennifer Tokar, our Chair, delivered welcoming remarks. Guest House alumna Jennifer McDaniel movingly described her journey from decades of prison, abuse and addiction to a positive, self-reliant life today. "Inspirational magician" Andrew Bennett provided the entertainment—blending tricks and stories to convey how Guest House helps both our clients and the community. Finally, we held a silent auction. The event raised more than \$8,000 for the work of Friends of Guest House.

**SAVE THE DATE!**

**Nov. 7, 2013**

**Fall Benefit Reception  
Friends of Guest House**

**Visit our website for  
updates & Evite signup**

Thanks to our donors! Peter Lunt and Pilar Vasquez-Lunt, Denise and David Tordella, and Gaghan Mechanical, Inc., were Benefactors (\$1,000–\$5,000); Kari Galloway and Paul Stern, Rachel Lustig, Jennifer Tokar, and Paul Haire/Your Dog's Best Friends were Supporters (\$250–\$999); and others gave generously at other levels. In-kind donors included American Sports Management, Artfully Chocolate, The Barre Code, Andrew Bennett, Cheesetique, Sean Michael Crawford Photography, Denise Gray, Beth Hamed/A Thyme & Place, Energy Balance Kinesiology, Joe Theismann's Restaurant, Kim Hyo Ju Pottery, Lorraine Aprile Salon, Massage Masters at Skyline, The Nugget Jewelers, Pacers, Pork Barrel BBQ, the Principle Gallery, Saks Fifth Avenue, Salon 46, SoulCollage Playshop, Fred Stahl, Taqueria Poblano, Union Street Public House, Willow Restaurant and Your Dog's Best Friends.

To learn more about the inspirational magic of Andrew Bennett, visit [www.magicofandrewbennett.com](http://www.magicofandrewbennett.com).

Our fall 2013 benefit will be on Thursday evening, November 7. For details as they develop and to request an invitation, please visit our website.

## Ashlee: Book Learner, Life Learner

Ashlee, just 28, has traveled a long road—from early family upheavals and ADD-related learning problems, to false starts at independence with brief periods of homelessness and two arrests (theft, parole violation), to jail, to Guest House in August 2012. "How my life was before and how my life is a year later," Ashlee says, "I feel better. I feel like I can do it."

Ashlee grew up in Maryland. Her father, who had been in the Air Force, died in 2003. The small family—Ashlee, her sister and her mother—lost its ballast. And Ashlee started down the road that ultimately led to Guest House.

Here, she has worked hard at every aspect of recovery. She's gained emotional insight. She is better managing life with ADD. In December 2012, she achieved a major goal: passing the GED. What's next? Ashlee hopes to attend Northern Virginia Community College, if she can arrange financial aid.

Regarding herself and other Guest House clients, Ashlee observes, "We don't just wake up and say, 'I'm going to start stealing.' There are many reasons. And seeing we all make mistakes, it's how you learn from them. ... I am never going to jail again." ♦



Ashlee (right) celebrates passing her GED. With Ashlee is her Guest House volunteer tutor, Susan Cavanaugh.

## YOU CAN HELP: Make a gift!

*Friends of Guest House welcomes your support. Here's how to help:*

### **GIVE ONLINE:**

› At [www.friendsofguesthouse.org](http://www.friendsofguesthouse.org).

### **GIVE BY MAIL:**

› Make your check out to "Friends of Guest House" and send it to us at:  
One East Luray Avenue, Alexandria, VA 22301-2025.

### **GIVE AT WORK:**

› Employee matching gift programs.  
› United Way campaigns (Guest House is #8583) or the CFC (#69155).

### **GIVE TO OUR WISH LIST:**

› Guest House clients need many ordinary items: from paper and pens, to laundry detergent, to Metro farecards. Visit the "ways to help" page on our website for more information.

*Gifts are tax-deductible. To learn more, visit our website or contact us at [info@friendsofguesthouse.org](mailto:info@friendsofguesthouse.org) or 703-549-8072. Thank you!*



## FRIENDS OF GUEST HOUSE

One East Luray Avenue  
Alexandria, VA 22301-2025

FIRST CLASS  
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## Summer Arts & Crafts

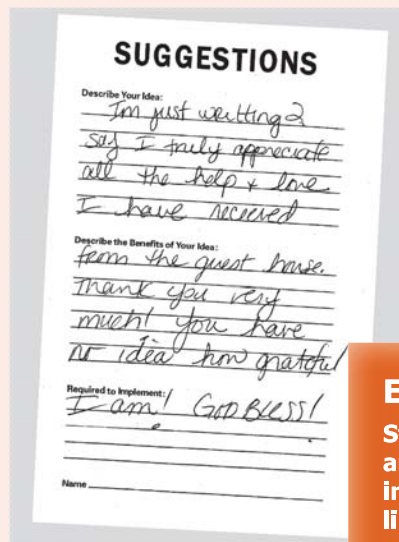
Friends of Guest House had a booth this year at the Old Town Arts and Crafts Festival, held on June 16 in Alexandria. More than 70 artists, musicians and food vendors participated—benefiting the work of Volunteer Alexandria, which mobilizes and deploys volunteers year-round in the local community. Thanks to everyone who stopped by our booth! We were glad to make new friends and to welcome our wonderful supporters community-wide. ♦

## THANK YOU, DONORS!

Guest House thanks the many generous supporters making our work possible year-round. Some of the most recent are: ACT/Spring2ACTion 2013 (April 17: more than \$11,000 in one day of online giving!), City of Alexandria, Alexandria Rotary Club, Arlington County, Arlington Kiwanis Club, Beverly Hills Community United Methodist Church, Blessed Sacrament Catholic Church, Herb Block Foundation, Christ Church, Fairfax County, Freddie Mac Foundation, Giving Circle of Hope, Good Shepherd Lutheran Church, Mason Hirst Foundation, Old Presbyterian Meeting House, United Way of

the National Capital Area/Community Impact Grants, Washington Forrest Foundation and Westminster Presbyterian Church.

All supporters can be proud of their help. The note (left), which an anonymous client put in our Suggestion Box, says it best: "I'm just writing 2 say I truly appreciate all the help & love I have received from the Guest House. Thank you very much! You have no idea how grateful I am! GOD BLESS!"



## EMAIL SIGNUP

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