

Letter from our Executive Director

Think, Plan, Act “We change ourselves through a rational process of THINKING, PLANNING, ACTING.” (Belief #7) As this applies to our own work to changing ourselves, the same principle has been applied to the Changes organization. Now into my second year with Changes, I reflect on the amount of work that has taken place in order to create a stronger Changes that improves upon our foundation, while creating opportunities for future development. So much has been accomplished thanks to the many dedicated volunteers that have served on committees, task force groups, and of course the Board of Directors. Because of the vision of our leaders and our wonderful volunteers, strategic plans have been developed to help us continue to Think, Plan, and Act our way towards insuring Changes will continue to provide those in need of our program and services well into the future.

Peter Wick III
Executive Director

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Farewell to a caring & supportive Changes Member



Donald Thulean, a long time Changes members and Board of Directors passed away on April 9, 2015.

Don was a gifted individual that understood the Changes Program, Resources, and Tools very well. Don and his wife Meryl came to Changes to better their relationship with their Grandchild, Cody. Don served on many teams, contributing his wisdom and insight to help others deal with their own struggles.

As a significant figure in American orchestral music, Don served as Dean of Music at Pacific University in Oregon and Dean of Students and Chorus Master at the Aspen Music Festival, as well as conducting the Portland Junior Symphony and Portland Symphony. In 1962 he became the second music director in the history of the Spokane Symphony. In 1984 he left the Spokane Symphony as Conductor Emiratis to become the Vice President of Artistic Affairs of the American Symphony Orchestra League. In this capacity, he specialized in services to the art of conducting with both conductor development workshops and better methods of conducting selection.

Some of you may have know Don as our “Conductor of Ceremonies” during our many Board Dinners auctioned at our annual gala. His contributions to Changes and the music community will not be forgotten. .

**HAVANA
NIGHTS**
Changes Auction Gala

Mark your calendars for Changes Diner and Auction "Havana Night's".

October 24, 2015.
Lynnwood Convention Center

For more information, visit <http://cpsn.ejoinme.org/HavanaNights> or email us at auction@cpsn.org

2015 Annual Dinner and Auction Gala: Looking for Goods and Services

Stephanie Mannion is our 2015 Auction Procurement Chair, and she is asking for your support by donating an auction item or two. Raising funds for Changes is essential to keep this organization going into the future.



The success of this fundraising event is only possible because of generous contributions from individuals who recognize the vital need for the Changes program. Here's how you can help donate items to the auction; go online to <http://cpsn.ejoinme.org/itemdonation> fill out the procurement form and boom, you're done. An Auction committee member will contact you to follow up on the details.

Need an idea on what to donate? How about tickets to theater, sporting and musical events, hotel and vacation packages, summer cabin stays, personal services like massage or salon certificates, home décor items, restaurant certificates, special dinners and theme gift baskets like Whole Lotta Chocolate, Stay Home Theatre, Beers from Around the World. Be creative regarding items you would like to donate; however remember this is not a "white elephant" auction.

All donations are tax deductible and very much appreciated. To learn more about Changes, please visit our website www.cpsn.org. If you have questions or would like to schedule a donation pick up, please email us at auction@cpsn.org,



Changes Annual Picnic

Ready for some great barbeque catered by Seasoned in Seattle, Changes friends, games and our first ever “Top Chef” contest?

When: Sunday, August 16 Noon-4pm

**Where: Richmond Beach Saltwater Park “Upper Shelter”
2021 NW 190th St
Shoreline, WA 98177**

**Please RSVP @ <http://cpsn.ejoinme.org/2015Picnic> or
email us at office@cpsn.org**

Don't waste an opportunity to use a match



Many employers offer their employees a tremendous way to support organizations such as Changes by offering matching when you give through their dedicated giving program. Here are a few employers that offer payroll contribution and matching fund programs:

- ◆ Microsoft Giving Campaign and Volunteer Time Contribution & Employee Donation Match
- ◆ Boeing Employee Community Fund
- ◆ Amazon Smile
- ◆ Bill and Melinda Gates Foundation
- ◆ United Way
- ◆ King County
- ◆ Washington State Combined Fund Drive
- ◆ City of Seattle Employee Giving Program

There are many more employers that offer similar programs that can help you become a regular supporter of Changes. Please do not burn any opportunity to support Changes. Your participation will allow us to continue with our mission.

2015 Year of Events

August: Funding Needs, Presidents Appeal

August 16: Annual Changes Picnic Shoreline Salt Water Park Noon-4pm

Oct 24: Changes Dinner and Auction “Havana Nights” at Lynnwood Convention Center

Dec 12: Annual Membership Meeting (*Time and Place TBD*)