

FRED

fresh
educational
relevant
dynamic

You've heard of TED Talks? Kol HaNeshamah, West Seattle's progressive Jewish community, presents **FRED Talks: Fresh, Relevant, Educational and Dynamic**

Join us **Saturday, November 18, 12:30-2pm** at **Kol HaNeshamah / Alki UCC**, 6115 SW Hinds, for our eighth fascinating **FRED** event. This month, our **FRED** talks will revolve around the theme: **"For Good"**

Because I knew you, I have been changed For Good:

Stories from remarkable volunteers in our midst 12:30-2pm

If you've seen the musical, *Wicked*, you are familiar with the song, "For Good" in which the two witches say they have been changed, for good. Join us for our next FRED event where we're featuring a few of our KHN members who have been volunteering to change our corner of the world for good.



Craig Greenberg is an air pilot with *Angel Flight*, a group of volunteers who fly their own planes and pay for flight costs to help families make critical journeys. Craig will share some of these heroic stories.

Everyone knows breastmilk is the most superior food for babies, but breastfeeding doesn't necessarily come easy to everyone. **Betsy Hoffmeister** has spent more than 15 years as a volunteer leader and an on-call specialist for *La Leche League*, an international organization with the sole purpose of helping mommas and their babies.



Henry, a clever canine and *certified therapy dog* lives with **Lou and Janet Manuta** and volunteers by bringing joy to people of all ages. He visits schoolkids, seniors and so many others, sharing his tricks. Henry has agreed to do some tricks while Lou talks about how Henry got so good at what he does.

Refreshments will be served in the lobby prior to the FRED talks

SUGGESTED ADMISSION: \$18 for adults, \$12 for seniors & students

This event kicks off KHN's Annual Giving Campaign. Kol HaNeshamah is a nonprofit corporation recognized under section 501(c)(3) of the IRS tax code.

For more information contact **Sheila Abrahams**, execdir@khnseattle.org

