



Janice and Jennie: Stories of Two FISH Community Members

“Life’s most persistent and urgent question is, ‘What are you doing for others?’” - Dr. Martin Luther King, Jr.

Every day FISH volunteers answer this question with their service to hungry clients. Meet Janice and Jennie.

Janice

Janice Bradley has volunteered for FISH for 20 years. You will find her at FISH on Friday afternoons, listening intently to the needs of FISH clients and distributing food to them. Janice is perhaps the most honored competitor to ever volunteer at FISH. She started competing in National Senior Games and other master’s games at age 65. Now 79, she has more than 100 medals to prove it, competing in javelin, shotput, discus, hammer and super weight throws – “just about anything you can throw!” she says with a laugh. Competing keeps her in shape to volunteer at FISH and other organizations.



Janice Bradley, 20-year FISH volunteer and master athlete.

What does she learn from FISH clients? “The biggest lesson is learning how to get along with them no matter who comes to the window. Sometimes they are crying and don’t want to accept food from a pantry. A husband lost a job and they tell me all about it.” FISH volunteers serve clients for many reasons. Janice is motivated by her faith. Providing nourishing food for people in need and hope is what FISH is all about.

Jennie

Jennie, 69, has been receiving food from FISH since 2008 when she lost her job in the recession. “It’s a godsend. I have nothing but good to say about FISH because they have certainly helped me out,” she says. “The people are fantastic. The volunteers down there you couldn’t ask for nicer people.” Receiving food from FISH means that she has extra budget available to pay her utilities, including watering her garden in summer to grow food.

Jennie points out that she is one of many older women who receive food from FISH. “Have you ever noticed how many older women use the FISH food pantry?” she asks. “That is because older, single women are most likely to be without food,” she says.

Research verifies this. Single older women are most likely to experience food insecurity, which is defined by the USDA as “the state of being without reliable access to a sufficient quality of affordable, nutritious food.” More than 21% of our clients are elderly, including people in their nineties, who receive nutritious food from FISH each week. We are here to keep all ages healthy and fed.



Two New Ways for Individuals and Businesses to Support FISH of Vancouver

Monthly financial pledges ensure that FISH of Vancouver is adequately funded to do its important mission of providing food for food insecure families and individuals. Giving monthly is win-win for donors and for FISH. Monthly givers can easily make donations that are automatic and spread throughout the year. Monthly donations allows FISH to plan ahead and ensure that our hungry families can count on us. Here are two ways to give:

FISH Sustainer's Circle

Monthly donors make a major difference. The new FISH Sustainer's Circle encourages individual donors to make a monthly pledge that can be given through credit card or an automatic checking account withdrawal. The program is easy and impactful. You provide year-round hope and help. And you can update or cancel your gift at any time. For more information about how to participate, go to www.fishvancouver.org/donate/financial-donations

Business Friends of FISH (BFF) Program

With a pledge of \$1,000 per month, the C.E. John Company has generously kicked off a new program that encourages businesses to support FISH with a monthly donation or significant ongoing service. To date, the following organizations and individuals are BFFs: C.E. John Company, Blairco Heating and Air Conditioning, Ginn Development, FSG Northwest, IB IT Services, Sustainable Wealth Management and Waste Connections. For more information on how to participate, visit www.fishvancouver.org/donate/business-friends-fish-bff

The FISH COUNT

Our Latest Annual Statistics - July 2016-June 2017

Total Pounds of Food Distributed **514,714+ lbs.**

Total Households Served **16,675***

Total Persons Served **46,149***

Volunteer Hours **22,074**

Children Served **30%**

Elderly Served **21%**

*Includes duplicated households and individuals

Learn About FISH! Volunteer! Donate!

Visit Us on Our Website at

www.fishvancouver.org

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Plus 100+ dedicated volunteers



Find us on:
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FISH Grants Make a Major Difference!



FISH of Vancouver Board of Directors members with representatives of the Joyce Miller Owens Charitable Foundation and the van generously funded by the foundation.

FISH of Vancouver has been the grateful recipient of grants from numerous foundations and family funds in the past year. Because of the generosity of the Joyce Miller Owens Charitable Foundation, we have been able to purchase a new Ford van for pick up of food donations at local grocery stores and the Clark County Food Bank and two commercial coolers for produce.

Every day, FISH volunteer fork lift drivers unload heavy pallets of food and place them in storage areas in the warehouse. We are extremely grateful to announce that we are able to replace our aging fork lift with a much newer, efficient model thanks to a generous grant from the Firstenburg Family Foundation. The grant will also allow us to improve technology at the pantry. FISH could not operate without such generosity.

ASK FISH: Food Banks and Food Pantries: What is the Difference?

One of the most frequent questions we are asked at FISH is “What is the difference between the Clark County Food Bank and a food pantry like FISH?” Because both tackle hunger by collecting and distributing food, it is easy to confuse the two. But, in fact, their roles in the community, which are both very important, are quite different.

In general, a food bank collects food from a variety of sources and stores it in a warehouse. It then distributes the food to pantries and other Partner Agency Sites that provide food directly to hungry families and individuals. The pantries, some of which are called food banks, also collect food for their clients.

The Clark County Food Bank is the designated Regional Food Bank for our area and donates more than 6 million pounds of food to FISH and more than 40 other Partner Agency Sites each year. FISH, which is 100% donor funded, and the other pantries distribute food from the food bank and other sources directly to clients in need. This partnership helps ensure that food donations are spread throughout the region and that access to food is equitable. And the CCFB and partner agencies are all working together to combat long-term hunger in our community.

**“If we can conquer space,
we can conquer childhood hunger.”**

Astronaut Buzz Aldrin



The FISH NET – You Can Get Involved! – Please Help Combat Hunger

There are many ways that you can get involved with FISH. Donations and volunteer time are always needed to ensure that families and individuals do not go hungry or cold this winter.

- **Most Needed and Effective Way to Support FISH:**
 - Financial donations to support FISH operations
 - Volunteers to work 3-hour weekly shifts between 9 am and 3 pm weekdays
- Canned soups
- Peanut butter and tuna fish
- Canned fruits and vegetables
- Baby food, formula and diapers
- Warm gloves, mittens and hats
- Heavy socks and weatherproof shoes
- Men’s pants and shoes
- Blankets, sleeping bags, tarps and coats
- Toiletries like soaps and shampoo
- Locations for FISH food donation barrels

Financial donations: Please mail to FISH of Vancouver, P.O. Box 585, Vancouver, WA 98666 or donate online at www.fishvancouver.org through our secure PayPal or Bloomerang online accounts.

Other donations: Please deliver to FISH at 906 Harney St. between 10 am and 2:45 pm Monday through Friday.





*Feeding Families,
Nourishing Children.*

FISH in Action!

Clockwise from the top left: Volunteer Matt Marciano with donated cooler from Ginn Development; volunteers Greg Flakus and Jim Van Doren with Wendy Bukoski, Operations Manager with donated coffee grinder from Portland Roasting; food monitor volunteer Barbara Samuels; LSW Architects repacking party, Hockinson volunteers repacking party: volunteer Carol Virgil

