



FRIENDS IN SERVICE HELPING

FISH IS A LOCAL ORGANIZATION, PROVIDING FOR OUR NEIGHBORS



A Message From Executive Director Jim Peckham

Please excuse our dust. Over the last several months we have been undergoing renovations to make our thrift stores cleaner, better organized and easier to shop in. This is important because the only way we can afford to provide 4000 meals every week, is if you generously donate or shop at our thrift stores. The renovations are just one of the ways that we are working to make your shopping and donating easier and more enjoyable.

Special thanks to our customers who have been enduring our dust through the transition. Also to Shelly Aldean and the Glenbrook Company for donating used recessed lighting that was available due to remodeling for the new

Ross Store. These lights are more efficient than what we had, giving more light and a cleaner look. This upgrade combined with new paint, reconditioned floors, and used shelving donated by Ross Stores, has the Carson City Thrift Store looking better than ever. A NV Energy grant to update our outdoor lighting in Carson has helped to emphasize our new parking lot signs... and other design changes will continue to be evident as the summer goes on. The Carson City store phone number is 882-3474.

The Moundhouse store is completely remodeled. We have partnered with CenterPoint church to move our Lyon County food bank, making food more accessible to the people who live in the Dayton area. This allowed us to move the Moundhouse store entrance to the front of the store. Now as you walk into the store, the first thing you will see is a beautiful furniture show room. Special thanks to new store manager Katy Kendall and her volunteers who have completely transformed

this store. Our Moundhouse store is on HWY 50, five minutes out of Carson on the left, next to Second-Hand Rose (just past the industrial park). The Moundhouse store phone number is 246-7654.

Our Gardnerville store continues to be a beautiful store that has recently received upgraded lighting, installed a cooling system to enhance summer shopping, and will soon have signage on HWY 395 to direct more shoppers there. If you are not familiar with its location: drive South on HWY 395, two blocks past Meeks Lumber, turn left by Job's Peak Veterinary hospital, then left onto Service where you will see the store on your left. The Gardnerville store phone number is 783-1455.

We look forward to seeing you donate or shop at one of our thrift stores in the near future! Let us know what you think of the changes.



2013—What Did FISH Do All Year?

- People Served: 19,142
- Households Served: 8,435
- Number of meals served: 207,819
- Holiday Food Baskets: 2119
- Nights of Shelter: 15,477
- Thrift Store Vouchers: 1,302
- Utility Assistance: \$32,257
- Showers: 1,683
- Laundry Loads: 1,104
- Medical Clients: 966
- Prescriptions: 291
- Winter Coats: 447
- Scarves, Hats, Gloves: 300
- Gas/Bus/Misc. Vouchers: 1,185
- Referrals: 1,403



Smiles?
Uncountable!

FISH on the Web



www.nvfish.com



Thrift Store Locations

- Carson City: 138 E. Long St. Carson City, NV 89706
- Gardnerville: 1231 Service Dr. Gardnerville, NV 89410
- Moundhouse: 10126 Hwy 50E, Moundhouse, NV 89706

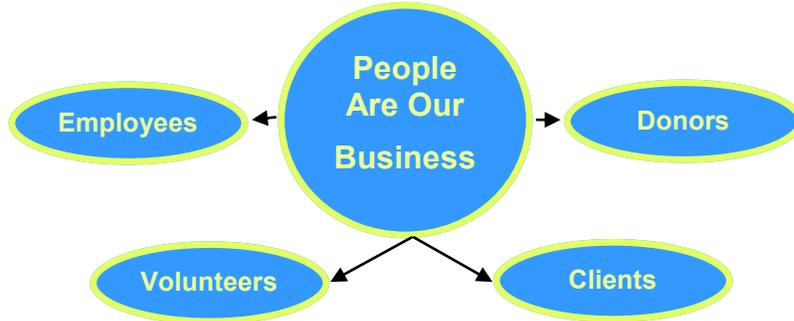
- 775-882-FISH (3474)
- 775-783-1455
- 775-246-7654



FRIENDS IN SERVICE HELPING

Putting A Face On FISH

It's the people that make FISH successful! We measure success by the people we have helped—by providing emergency services and helping the person to their feet! FISH is able to provide services to needy people because everyone works together!



**FISH
Board of Directors**



Lori Bagwell
Chair

Charlie's Grilled Subs

Scott Scherer

Chair-Elect
Holland & Hart LLP

Jennifer Herald

Treasurer
Bank Of The West

Renee Plain

Secretary
In Plain Sight Marketing

Fr. Jeff Paul

Rector
St. Peter's Episcopal Church

Lynn Hunter

Retired Nurse
Human Services

Sister Marie McGloin

Pastoral Associate
St. Teresa of Avila

Kelly Fluitt

Nurse Practitioner
Carson Medical Group

Barbara D'Anneo

Retired
Healthcare Development

Gary Gladwill

Owner
F&G Construction Ltd.



**Client Spotlight
Kenny Dunkle**

Kenny Dunkle came to FISH at a time when he needed emergency support while he finished his treatment for a drug addiction. He was admitted to the FOCUS House men's shelter, staying from March 2013 through August 2013.

Although the shelter stay is normally limited to 90 days, Kenny was granted an exception while he finished his rehabilitation program. During the time he was in the shelter, he worked at several part-time jobs and decided that if he really wanted to earn a good living he would need an education. He subsequently obtained his OSHA-10 certification, state certification for flagging, and MSHA certification to work in the mines. Friends helped him enroll in school and apply for government grants and scholarships. He is now living in his own apartment, attending school and working toward his degree in project management. Kenny tells FISH he is drug-free and sees bright hope for his future. He plans to stay off drugs and continue his schooling so that he can accomplish his dreams. Kenny has recently received a great job that will help him be successful!

**A Great Big Thank-You to
Volunteer Tax Preparers!**

Everyone knows how stressful tax season can be, especially when you aren't familiar with the process and need help. This is sometimes further complicated by lack of funds to pay someone for help. FISH has good news! Each year tax preparers donate their time and talent to prepare FISH client income taxes for free! See below for a list of these heroes!



- Stew McRitchie since 1994
- Carol Davis since 2002
- Frank Furnari since 2003
- Peggy Saville since 2004
- Joe Beben since 2011

**Welcome
New Employee!**



Deborah Skiles—Cashier

Deborah Skiles started in the Carson City Thrift Store as a cashier on January 3, 2014. ***"I love working at a place that helps the community. It makes me proud of myself that I am a part of this. There is always something to do at the thrift store. I had no idea of the interesting things that come into a thrift store through donations – like an egg incubator!"*** Deborah loves to read and walk. She has one daughter, 16, who is currently attending Carson High school.



FRIENDS IN SERVICE HELPING



Volunteer Spotlight

Jim Kelly

let them know I wanted to do anything to

help and they put me in Intake & Referral". He has worked in the I&R ever since.

When asked what he enjoyed about his position, Jim stated, "I enjoy most that I am able to put into practice: *'when I was hungry you fed me and when I was homeless you took me in.'* I enjoy meeting people and I feel I am helping people. I

help first with their self-worth, that they are valuable human beings who just have a need."

This position is critical for FISH to provide services to clients. I&R Volunteers conduct face-to-face interviews, gather information and assess needs, then provide services and referrals as appropriate. (By the way, we need more I&R volunteers, so call Tony at 775-882-3474 or email: tony@nvfish.com if you are interested).

Jim is 81 years old. He has been retired for 10 years and says he needs to keep active. His work at FISH

keeps him busy two mornings a week, which is cut down from the five mornings he used to work. Jim has a Master's degree in Physics and a Master's degree in Divinity from a seminary in Rochester, New York. He spent most of his working career as a counselor; then taught physics at the university level for some years.

When he is not volunteering at FISH, Jim takes care of his 'big, fat, twelve-year-old' cat Jezebel, and he likes to work on the computer.

Thank you, Jim, for having a heart for our community and volunteering your time to help others!

Jim Kelly has been volunteering at FISH for over 3 years. When he first came to FISH asking to volunteer, he said he wanted to do anything he could to help, even just sweeping floors. ***"I've never had a chance to tell people how much I love this work,"*** he states, ***"I feel I have a purpose. At my age it's easy to feel useless, but FISH has given me value and meaning. When I first volunteered, I***

It's All About.....



One of the primary benefits FISH brings to needy people is FOOD! FISH serves over 200,000 meals each year. For grins, let's just say that one meal is approximately 1.5 pounds — that's over 330,000 pounds or 176 tons of food transported in and out of FISH over a twelve month period. Even if we're way off on the numbers, this gives a picture of the huge amount of food that goes in and out of FISH each day!

Where does all this food come from you ask? The short answer is — you! We have been asked that question before, so we will provide you with an overview of how the community works together to provide food for its needy citizens.

What a great community we have! Most food comes to FISH through donations, however, we do purchase food as needed.

Food is purchased from the Northern Nevada Food Bank and from Raley's

through it's Food for Families Program. This program is funded by customer donations at the cash register. Smith's also has a donation box at the checkout, and FISH receives some cash from your donations at your local Smith's on Highway 50 in Carson City.

Most donated food comes through grocery stores and restaurants. And, yes, pets get food too! The establishments that donate to FISH are listed in alphabetical order: Arby's, Carson Tahoe Hospital, Costco, Grocery Outlet, Nature's Bakery, Northern Nevada Food Bank, Pets of the Homeless, Raley's, Save Mart (East, South, North), 7-Eleven, Sierra Vet Hospital, Smith's, Starbucks, Walmart.

Next time you are in one of these establishments, be sure to thank them for their generosity!

Donations also come through individuals who spontaneously bring donations to the food bank at 138 E. Long

St., Carson City. Whether store bought or out of the garden, we thank everyone who brings food. We also need plastic grocery bags, which mostly come from individual people who donate their used bags.

Several food drives are held throughout the year. One important food drive is the annual school drive entitled "Trick or Treat for FISH". Check the 2013 results of this drive at www.nvfish.com.

Another important food drive is the Postal Carriers Food Drive, which is held in May each year. The next drive is scheduled for May 10. This drive benefits FISH, the Ron Wood Family Resource Center and Advocates to End Domestic Violence. You can help by giving canned food to your postal carrier or taking it to your local post office.

We hope this has answered your questions! FISH wishes you a blessed and happy 2014!

We are asking the community to please help us restock our Food Bank shelves directly or as a part of the postal carriers food drive. The holiday food donations are quickly disappearing and families will need assistance during the long summer months when school food programs are on break.



FRIENDS IN SERVICE HELPING

FISH Helping People Help Themselves Through Education Thanks to *The Change Companies*®

Helping people overcome economic hardship is a priority for FISH. We invest in our clients through on-the-job-training, life skills education, and referrals to other agencies that help in specific areas, such as employment, education, and housing. Life skills education is a necessary ingredient of success for FISH Clients. Clients receive self-paced interactive training free of charge, targeted to their area of greatest need. The training is donated to FISH by *The Change Companies*®,

Companies®, you might well ask, as did I! I contacted the company and was invited to tour their facility in Carson City. I pulled into the parking lot of



Cynthia Pennington and Frankie Lemus

a plain light blue building which did nothing to prepare me for the absolutely delightful interior! At the entrance I was greeted by a three foot tall metal troll into whose outstretched hand I was invited to place my business card. Past the troll and into the entrance stood a similar metal skunk band member carrying his musical instrument. Large

open work area without walls. Office décor includes fish tanks, hanging swings, games, hula hoops, and pipe cleaner creations, to mention just a few. It is no wonder this company produces such effective training resources.

are focused on helping individuals process positive personal change. *The Change Companies*® now has customers all over the U.S. and in many other countries as well.



Sales housing

Don is also the author of *The Adventures of Binder-Man and how he changed his world (kind of)*, published in 2012 by Health Communications, Inc. (ISBN 0757317472). This inspirational book would be a great addition to any library, especially businesses that exist to encourage people. Don is also the author of the blog entitled *Mindful Midweek* which can be found at: <http://changecompanies.net/mindfulmidweek/>. If you subscribe to the blog, you will receive weekly inspirational stories to lift and encourage you throughout the week.

Thank you, *The Change Companies*®, for your generosity to the people of Carson City. You have a heart for our community!
- Shannon Oien



which donated 840 Interactive training books and one free lunch-and-learn to FISH last year.

These books were distributed to FISH clients to help them gain the skills needed to succeed in their self-sufficiency goals. What is *The Change*

metal animals loomed over me and colorful artwork caught my eye. Employees are placed in an imagination-friendly environment which produces imaginative results. The sales department is housed in individual units resembling a small town located next to a very miniature golf course. Graphic artists and writers are seated in an

I was graciously received by Frankie Lemus, Senior Vice President, and Cynthia Pennington, Client Resources Manager, who together gave me a full tour of the facilities and spent an hour of their valuable time with me. Their motto: "We play a lot & we work really hard." This is a family-oriented company that takes care of its employees.

The Change Companies® was founded by Don Kuhl in 1988 in Madison, Wisconsin. Don and his wife, Sherry, moved the company to Carson City, Nevada, about 12 years ago. The company produces interactive journals in many subjects; substance use, justice services, impaired driving, healthcare and education which



Teri Covert, Print Room Operator



FISH Distributes Winter Clothing

Every winter FISH attempts to mitigate the effects of cold weather on needy people by distributing winter clothing. Over this last winter, FISH distributed more than 400 winter coats, over 300 hand-made scarves and hundreds of socks and gloves.

Where do these items come from?

Needy people have warm winter clothing because the community gives it. Community support is incredible and heart-warming. Donors come from

all walks of life and just give what they can to help others.

Thanks first goes to **Burlington Coat Factory** which donates warm winter coats of every size and weight each year to FISH. Because of Burlington Coat Factory, FISH has never run out of

winter coats. Clients can choose from a wide assortment.

LifePoint Church in Minden, hosts a



"Warm-Up Weekend" each winter.

This year the event was held in January. Mark Marsella, Connections Pastor, states the congregation collected 3606 socks, 586 gloves, 37 hats, and 16 scarves. All of these items were distributed to needy people.

Individual people also bring in warm clothing items.

Margie Clements donated approxi-



mately 300 hand-crocheted scarves this winter. Each scarf was lovingly made with specific colors and long enough to wind around the head and neck.

Other scarves were donated by **Carol Allen** and her group entitled **Scarves of Love**. If you would like to join Carol to make scarves for needy people, please contact her at 882-0160.

Together We Make A Difference!





FRIENDS IN SERVICE HELPING

Solar Array Raffle!

How would you like to:

1. Harness the power of the sun
2. Reduce your home electric bills
3. And.... support FISH at the same time?



PURCHASE TICKETS

at the FISH

Administrative office
138 E. Long Street
Carson City, NV
89706

775-882-3474



Black Rock Solar has donated a home solar array to FISH. We are selling raffle tickets to raise money for our operations, and to replace our aging shelter van.

Thank you Black Rock Solar!

Only 750 Tickets will be sold.

\$25 each or 5 for \$100

Winner will be announced by July 1, or as soon thereafter as the tickets have been sold. Get your tickets early!

Winner will receive a fully installed solar array

2 kilowatt DC / 1.732 kilowatt AC solar photovoltaic array using state of the art micro inverters.
Value: \$8,000 Estimated yearly savings from system power production \$461

For more information, call FISH at 775-882-3474 or visit the FISH website

www.nvfish.com



Help FISH replace our Emergency Shelter Van!



We are asking the community to help us replace our aging emergency shelter van.

Each morning the van brings shelter residents into town where they can eat in the dining room, go to work, volunteer at FISH, or attend job interviews or other appointments needed to fulfill their personal action plan for self-sufficiency. Shelter residents are required to work on their action plan which means they do not stay at the shelter during the day. Rather, they come into town and conduct activities which move them step by step toward independence and financial solvency. Every evening the van transports the residents from town back to the shelter. The shelter manager also uses the van to maintain the shelter grounds and buildings and

transports residents to emergency or medical appointments.

Over the last 12 months FISH provided 7,675 nights of shelter in the Men's Focus House and the Women's Wylie House. The shelter van is critical to ensuring that these shelter residents reach their goals of independence.

FISH has a two-part mission: the first part is to provide food, clothing, medical services and shelter to the homeless and hungry in our community. The second part is to provide programs and referrals for people so that they may become self-sufficient. This is important because people who learn and apply basic living skills (such as job skills, budgeting and money management) are less likely to become chronically homeless than people who do not learn such skills. The shelter van is a critical part of this process.

Our current shelter van is a 15-passenger 2000 Chevy Express 3500 with 227,000 miles on the odometer. It has no back seat and so actually seats only 10 people plus the driver, thereby necessitating multiple trips to transport all shelter residents.

The van requires many repairs including an oil leak from the block, it needs a new engine, it has a number of electrical problems and leaks, starting the motor is problematic (which requires frequent starter replacement.)

The back "luggage" doors have broken hinges and one of the passenger doors does not work well—it has only one hinge. Maintaining safety and functionality has created a proverbial "money pit". We have collected \$16,000 of

the \$30,000 needed to replace this van. Please help us with the balance—donate at www.nvfish.com/donations

**Together,
we make a
difference!**

*"I love working at a place that helps the community. It makes me proud of myself that I am a part of this."
Deborah Skiles*

Friends In Service Helping

138 E. Long Street
Carson City, NV 89706
775-882-FISH (3474)
www.nvfish.com

Return Service Requested

Non-Profit Org.

U.S. Postage

PAID

Carson City, NV
89706

Permit No. 194

Thank you FISH Donors!

Each calendar year, families that donate at least \$500 and organizations that donate \$1,000 or more become FISH members. \$10,000 donors receive special recognition. **Donors may choose to remain anonymous**, but FISH will honor all other Members on plaques located in our thrift stores and other service locations, give public recognition in our newsletter, on our website and in the paper. Donations can be made in person at our thrift stores or our administrative office at 138 E. Long St., Carson City, NV 89706, over the phone at 775-882-3474, by mail, by payroll deduction, automatic withdrawal, or on our website: www.nvfish.com. Many families and organizations are well on their way to renewing their membership with periodic donations. **Carson Valley Dining Room Charter Members will soon be added to these lists**, as of this printing the following have renewed their memberships or joined as new 2014 members..

Renewing 2012 Charter Members!

Jim & Lori Bagwell
Jim Costa
Brian & Shelley Ferenz
Bill & Theresa Witt
LifePoint Church
NV Energy
Southwest Gas
George & Barbara Allison
Tim & Sandra McFarren
Thomas & Theresa Horgan
Timothy & Ceclia Kness
Carson City Toyota Scion
Starbucks
Raleys
Save Mart
Shawnda Lacy Purdy

Jim & Suzanne Peckham
7-11 Convenience Stores
Bed, Bath & Beyond
Costco
Mark Kirschenman
Grocery Outlet
Olive Garden
Charles & Jo Kilpatrick
Harley-Davidson Financial Services
Marcus & Jamie Gilson
Glenbrook Company

Renewing 2013 Members!

Carson Nugget
Carson Tahoe Hospital
Sierra Veterinary Hospital
Sierra Le Bone

2014 New Members!

3D Concrete
Ross Dress For Less
Bruce A. Spero
Glen Eagles Restaurant
Capital Ford Hyundai
Edward Rose
Eric & Shannon Hess
Laura Fitzsimmons
maurices
Wayne Louis Kirk
Beverly Margaret Parker
Soroptimists of Carson City

2014 Douglas County Carson Valley Charter Members!

Glen D. & Susan Southwick
Charles & Mary Lou Gervie

FISH on the Web



www.nvfish.com

