



MEETING THE RISING TIDE OF COMMUNITY NEED

FISH of Vancouver has seen a significant increase in the number of clients visiting our pantry since the beginning of 2023. This surge is believed to be a result of several factors, including the elimination of COVID-19-era SNAP benefits, rising grocery costs, and an increase in the overall cost of living. This has led to more people experiencing food instability and seeking assistance from us.



As a community resource, FISH plays a crucial role in providing nourishing food to those who need it most. Despite the increase in demand, we are committed to meeting this challenge with compassion and patience. We are determined to continue providing the same high-quality service to its clients, regardless of these challenges.

We could not provide this essential service without the support of our generous donors and volunteers. Donations transform into a hot meal for a family in the evenings, they become school lunches, they keep our shelves stocked with fresh produce, vegetables, snacks, shelf stable foods, and more. Those funds become a sense of dignity and comfort through our shopping-style grocery mart.

Continued on page seven.

The FISH Team

James Fitzgerald, Executive Director of FISH of Vancouver



Exciting times are unfolding here at FISH, where things are always bustling with growth and change. I'm delighted to share several updates with you today, covering new resources, food distribution, and our upcoming expansion.

We're thrilled to enter the second year of our Mobile Food Pantry program, which has been exceeding expectations in every way. This year, we're expanding our reach to new locations, ensuring that we can assist even more individuals facing transportation challenges. Additionally, we recently celebrated the one-year anniversary of our Shopping Style Food Pantry, and it has been a resounding success. Clients appreciate the dignity and comfort to choose the items their families need. However, as our number of clients has more than doubled in the past year, the demand for additional food and warehouse space has increased accordingly.

To address this challenge, we've purchased a new Box Truck capable of transporting six pallets of food at a time. We extend a heartfelt thank you to the Joyce Miller Owens Charitable Foundation for their generous grant of \$50,000 towards this acquisition. We're actively seeking donated food and making strategic purchases to ensure that we can meet the growing needs of our community. Looking towards the future, we're expanding our capacity into an additional 4,000 sq ft space to provide more warehouse, pantry, and administration facilities within our building. Stay tuned for further updates on this exciting development.

In addition, we're thrilled to welcome Cassie Ruud to our team as the Development & Communications Manager. With her background in community journalism, event management, and technical writing, she's a perfect fit for helping us share our story of community impact. Cassie will be instrumental in crafting newsletters, managing our social media presence, coordinating email communications, and assisting in development. We're truly excited to have her on board.

We can't express enough gratitude for your ongoing support as we continue to serve our community. Your generosity and commitment enable us to make a meaningful difference in the lives of others. Thank you for being an essential part of making a difference in Clark County.

Megan Brown
Volunteer Coordinator



"I coordinate and schedule a dynamic team of volunteers to run essential duties at our food pantry, with patience, kindness, and wisdom."

Anina Estrem
Operations Manager



"I keep a steady flow of food and resources circulating through our pantry, while bringing high energy, hustle, and positivity to our clients' lives."

Cassie Ruud
Dev. & Comm. Manager



"I tell the incredible stories of FISH of Vancouver, the lives we impact, and encourage continued donation and support of this essential nonprofit."

Meet Our New Board Members



Syble Crow

Syble became a member of the FISH Board in December 2022. Syble has been a community advocate for many years, currently serving on the Parks Foundation of Clark County Board and the Vancouver Parks and Recreation Commission, where she held leadership roles. She also served on the Clark County Drug and Alcohol Board, Share, YWCA, Friends of Doernbecher, Furry Friends - as well as numerous non-profit boards, local charities, and community activities. Syble received her Bachelor of Arts Degree in Communications and Social Sciences from Marylhurst University, is Certified in Conflict Resolution and Mediation, and in Trauma Intervention. She received the President's Citation for the Rotarian of the Year from the Rotary Club of Vancouver Metro Sunset. Syble moved to Vancouver from Portland, OR in 1970, worked for the Boettcher Law Firm, then 8

years at Educational Service District 112 and 189, and retired from her 34-year career in management at Vancouver Housing Authority. Her interests include community volunteering, her passion for challenged children, elderly and animals, nature, outdoor activities, gardening, and being with friends, family, and her animals.



Debra Bauman

Debra became a member of the FISH of Vancouver Board of Directors in spring of 2023.

Originally from the east coast, she's lived on the west coast for close to 40 years, running a chiropractic practice with her husband in Vancouver. She has held a variety of careers over the years, from selling real estate to professional dancing, and a love for art has followed her through each one. These days she is focused on the business she and her husband own, their investments, and raising their children. Debra connected with FISH of Vancouver through current board member Terry Murphy when they were on the Parks Foundation Board and found the nonprofit was a good vehicle for her passion for social justice and equity. "Food shouldn't be a hardship for anyone," she said. "I strongly believe that everyone deserves to feed themselves and their families."

FISH of Vancouver Board of Directors

Katlin Smith, President
Retired Principal, UrbanWords Group

Thomas Lingo, Secretary
Retired Account Manager, Alcoa

Alice Davies, Treasurer
Retired & Community Volunteer

Bennett Brandenburg
Attorney at Law

Syble Crow
Retired & Community Volunteer

Bob Durgan
Vice President, Development Services,
Andersen Construction

John H. Greves, MD
The Vancouver Clinic

George Laing
Retired Human Resources Manager, Clark
Public Utilities

Debra Bauman
Community advocate, local business owner

Beth Lee, MD
Retired, Family Physician

Terry Murphy
Sole Proprietor, Terry Murphy Interiors

Betty Sue Morris
Retired County Commissioner &
Community Volunteer

Eddie Odoms
President, Odoms Home Mold Remediation

Bruce Paris
Retired, Banking Executive

Sandford Plant, MD
Retired, Physician & Medical Director

Larry Smith
Community Advocate & Past Vancouver
Council Member

George Kaufer, Emeritus
Past President, FISH of Vancouver, Retired
CPA & IRS Official

STAFF

James Fitzgerald, Executive Director

Anina Estrem, Operations Manager

Megan Brown, Volunteer Coordinator

Cassie Ruud, Development &
Communications Manager

Leaving a Legacy of Compassion: Planned Giving with FISH of Vancouver



Planned giving is a beautiful and compassionate act that allows someone to leave a lasting impact on the causes they hold dear. When it comes to addressing the pressing issue of food insecurity in Vancouver, FISH of Vancouver has been at the forefront, providing vital nourishment to those in need. By considering planned giving with FISH of Vancouver, you can ensure that our mission continues well into the future, leaving behind a legacy of compassion and support.

Why FISH of Vancouver?

FISH of Vancouver serves as a shopping-style food pantry, serving nearly 3,000 individuals each week with fresh and nutritious food. Our commitment extends beyond merely providing sustenance; we strive to create a diverse and inclusive community that supports families, new parents, senior citizens, refugees, and anyone facing food insecurity. However, sustaining such impactful initiatives requires ongoing support, making planned giving an essential consideration.

How it works

Embarking on the journey of planned giving with FISH of Vancouver is a thoughtful one. The first step involves contacting your legal counsel to discuss the specifics of leaving behind funds for the nonprofit of your choice in your will. It's also crucial to meet with the leaders of the organization you want to give to, to learn about their planned giving process and seek guidance. This helps ensure that your intentions align with the organization's goals.

Aligning your legacy with FISH of Vancouver

As an integral part of planned giving, it is essential to familiarize yourself with FISH of Vancouver's mission and values. Take the time to learn everything you can about our initiatives, impact, and the people we serve. By understanding our work, you can determine if FISH of Vancouver aligns with the legacy you envision and if it resonates with your philanthropic goals. Our mission is to end hunger in Clark County, by providing nourishing food to anyone who declares their need, and empowering community members experiencing food insecurity.

Connect with FISH of Vancouver

If you are interested in making a lasting difference through planned giving with FISH of Vancouver, reaching out to our Executive Director, James Fitzgerald, is the next step. You can send an email to JamesF@FISHVancouver.org or call 360-433-2244 to initiate the conversation about leaving a legacy of compassion.

Planned giving provides an incredible opportunity to leave a lasting impact on the causes that matter most to you. By considering planned giving with FISH of Vancouver, you can help ensure that our essential work in addressing food insecurity continues for years to come. Contact us today and embark on a journey that will leave a legacy of compassion, nourishment, and support in your community.

Thank you to longtime FISH supporters Carol and Greg Flakus for being our first planned giving donors, and helping us establish this program. Their commitment to feeding those in need is a beautiful act of community compassion.



Thank You To Our Generous Donors For Your Community Compassion!



If you donated to FISH of Vancouver in 2023, your support so far has helped:
17,234 households,
7,039 new clients,
And fed a total of 52,710 people.

Thank you for your donation of pure compassion to your community.

A generous donation from the Church of Jesus Christ of Latter-day Saints to FISH of more than 20,000 lbs of food in July 2023.

Why Our Clients Come To FISH

“I appreciate the ability to pick out my own food in the amounts that I need, since I know everyone’s needs are different.” - Bruce

“You can take what you need and grab what you want. I have a small family who are very particular, so I like being able to pick out what we’ll eat.” - Vanessa

“I used to spend \$100 a month on supplements, but then I realized if I just ate enough fruits and vegetables of different colors, then I wouldn’t need to do that. And I can get all the produce I need here!” – A FISH client

“It’s been a hellish week. I’m just in survival mode. It can be really hard to wind down, but then I come here and you just work so hard to make this a safe space that you can even melt my cold heart! This place is really incredible.” – A FISH client



FISH Updates:

FISH got that Giving Feeling!

Thanks to generous matching grants from our board and other donors, in addition to online donations, FISH of Vancouver raised \$79,040.69 during GiveBIG 2023! Those funds are helping us nourish the communities we serve. Thank you to everyone who donated funds, time, and spread the word online.

A growing need

Stay tuned for exciting developments at FISH of Vancouver. With the number of people we serve increasing, we are looking to expand our capacity to meet the growing need. Support our mission at www.fishvancouver.org.

A new truck

Thanks to generous donations and the support of the Joyce Miller Owens Charitable Foundation, we were able to purchase a new box truck. This allows us to bring in an additional 10,000 pounds of fresh, nourishing food each week for our clients.



Food & Resources

- Diapers (sizes 4 to 6 / pull ups) & baby food
- Canned meat, soup, fruit, and fish
- Peanut butter
- Breakfast cereal
- Dried pasta
- Pet food
- Gluten-free, specialty diet food
- Travel size shampoo, conditioner, bodywash

Volunteer at FISH

- Warehouse / stocking shelves
- Floor host
- Check in clients
- Check out clients
- Shopping cart assistant
- Snack window
- Truck driver



Our FISH Wishlist

While much of our food comes from the Clark County Food Bank and local grocery stores, we are always on the lookout for specific, high-demand items. If you have the following (unopened, unexpired, and unspoiled), please drop by our 906 Harney Street warehouse and pantry!

FISH of Vancouver's donation hours are 9 a.m. to 3 p.m. Monday - Friday.

Front page story, continued:

With incoming donations we have put our focus on resources – thanks to generous donors, we invested in a large food truck to bring in additional food and we are looking for ways to expand our capacity. These additions will allow us to feed more people and provide those experiencing food instability with nourishment.

And none of this could be done without our volunteers, keeping the energy in our pantry bright and positive, answering client questions, and keeping our tight ship running.

No one wakes up excited to go to a food pantry – the experience can bring up

feelings of anxiety and shame – and to combat this, FISH’s volunteers are committed to making our space feel safe and dignified for the communities we serve. With our client numbers increasing drastically, our Snack Window becoming busier (a resource we provide to clients who are living outside), the service we provide for those struggling with food insecurity has never been more prevalent. When you donate to FISH of Vancouver, whether through donated food, funds, or time, you are donating pure and complete compassion for your community.



The need for food stability in Clark County is on the rise – and we will rise to meet it.



**Nourish your community:
Volunteer with FISH of Vancouver!**

360-947-2368

Volunteer@FISHVancouver.org



FISH of Vancouver volunteers and staff at our downtown pantry, ready to serve our community.



FISH of Vancouver
Friends in Service to Humanity
906 Harney Street
Vancouver, WA 98660
FISHVancouver.org
360-695-4903

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FISH On The Move: Mobile Pantry Celebrates 1-year anniversary!



After reopening our shopping-style food pantry in 2022, we realized there was another need to meet in our mission to end hunger – accessibility. Unfortunately, not everyone has the time or ability to make it to our downtown food pantry at 906 Harney Street. The solution? FISH had to find a way to bring the food to the community.

Thus the FISH Mobile Pantry program was born, recently celebrating our 1-year anniversary. We invested in a large food truck, (funds donated by Hurley Development, Crossroads Community Church, and LSW Architects) which we bring to various locations around Vancouver every Friday of the spring, summer, and fall months. Locations include

senior and retirement apartments, low income housing, and medical centers. Our Mobile Pantry program has helped us expand our reach and feed more community members experiencing food insecurity, with fresh produce and pantry staples.

No one should go hungry – no matter where you are.

We are always looking for more volunteers to staff both our Mobile and downtown pantries! If you want to help nourish your community, send an email to Volunteer@FISHVancouver.org or call 360-947-2368.

To learn more about our Mobile Pantry Program, visit us online at FISHVancouver.org.