



## FRIENDS IN SERVICE HELPING

### Clinton Wallwork Gets a Leg Up at the Ross Clinic

Clinton Wallwork used to work full-time in Hawaii at a Ronald McDonald House where families can stay while their children receive medical treatments at nearby facilities. His mother, who lives in Carson City, was having some issues as she aged, so Clinton quit his job and moved here to help. Clinton quickly found a job and a place to live as an apartment manager, but while cleaning up around some bushes he injured his lower leg. His leg began to swell and over-the-counter products did not help. The pain became so severe that he was unable to keep his job.



Clinton had no job or medical insurance, and he felt that he shouldn't go to the emergency room, because that was for "really sick people." Nearly a year after his injury, Clinton could barely walk. Luckily, someone told him about the Ross Clinic at FISH. The clinic provides treatment for chronically ill patients who have little money and no insurance. Clinton was not suffering from diabetes, heart disease, or lung disease like most Ross Clinic patients, but when the doctor saw his wound, they took him on as a patient in an effort to save his leg.

The Ross Clinic provided him with antibiotics, regularly cleaned and redressed his wounds, performed blood tests, and gave him compression socks to enhance the blood circulation in his leg. Everything was provided at no cost. Clinton said that his first visit to FISH

Dr. Baggett and pre-med student Brian Green examine Clinton's leg.

was "a day that changed my life. The folks at FISH were all so kind and helpful to me... not only have [they] been helping me with my leg, but they have taken the time to investigate my entire health."

Today, his leg is much improved and the clinic is now treating Clinton for a few different health issues as well as helped him sign up for Medicaid. FISH will continue to help him free of charge until his first Medicaid doctor's appointment scheduled for December 2014. Clinton concludes, "I again just want to say how grateful and thankful I am to the FISH Center and Dr. Rex Baggett and the Ross Clinic. If not for them, I am not sure where me and my leg might be right now."

**FISH provides food, clothing, shelter and medical aid to the homeless and hungry within our community, with the objective to provide programs and referrals to families and individuals so that they may become self-sufficient.**



#### **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**

**A Message From Executive Director Jim Peckham**

It was great to see many of you at the Governor's Mansion honoring our Member Donors, volunteers, and employees. The free annual event gives us a chance to mingle with the "heroes" of our community. By giving their Time, Talent, and/or Treasure to our community through FISH, they literally save lives—these are our modern-day heroes.

Even though we are optimistic about our economy, reality has not yet caught up to our optimism. Much to our surprise, FISH has set

new records for the number of people helped in half of the months this year and near-record highs in the other half. We are seeing an average of 128 new families every month. While many families are finding self-sufficiency through our services, many more are seeking help for the first time. We still need more heroes!



At the Governor's Mansion FISH launched our "iServe: My Community" program. We gave out shirts with this slogan and our logo. The back of the shirt says, "Ask me how you can too!" I am hopeful that the shirts will generate more conversations, more volunteers and donors. Conversations about the

continued need for Food, Instruction, Shelter, and Healthcare. Volunteers who have computer skills and can help clients set goals and change behaviors, or volunteers with skills in the construction trades (drywall, electricians, etc.). And yes, more community members who are willing to donate to our thrift stores or donate cash, knowing that the donations will help those here in our community. Find out how you can serve your community through FISH—it's never too late to become a hero.

**FISH  
Board of Directors**



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**Welcome New Employees!**

**Kelsey Poole, Development Associate**



Kelsey writes grant requests to fund all of FISH's great programs. She is passionate about social justice and is excited to help people directly. Originally from Memphis, TN, Kelsey likes to hike, snowboard, travel, and read.



**Duane Williams, Bookkeeper**

Duane served in the Navy for eight years before learning to be a bookkeeper. He moved to Carson City from the Bay area last year and is now managing the financial accounts at FISH. Duane enjoys designing websites and biking.



## FRIENDS IN SERVICE HELPING

### Trick or Treat for FISH

It's that time of year again: time for our 15<sup>th</sup> annual "Trick or Treat for FISH" fall school food drive. FISH along with the local schools in Carson City will be conducting a food drive contest for students to collect non-perishable food to replenish the inventory at the FISH food bank. Our food bank shelves are nearly empty and the school drive can make an enormous difference as we head in to the holiday season. This is an excellent opportunity for students in Carson to learn about the needs in our community and have the enriching experience of knowing they can make a difference. The food drive is also a



FISH staff collect donations from the Trick or Treat food drive.

competition between students and schools as we offer prizes for the top collectors of the food drive.

FISH would like to thank the following organizations for sponsoring the Trick or Treat food drive: First Christian Church of Carson City, Galaxy Theatre, Grocery Outlet of Carson City, HobbyTown USA, Model Dairy, and Parent Teacher Aids.

As the students engage in this collection effort, please show your support by generously giving non-perishable food to help our food bank serve the needs right here in our neighborhood. One in six Americans struggle with hunger, but you can help. Our students will be collecting from October 15 through November 3. Any non-perishable food will help; however, the need for protein foods such as chili and beans, hearty soups, and canned vegetables are all in short supply. Your food donations will feed hungry people in our community and provide a hand up to a better life.

### Black Rock Solar and NV Energy Provide Clean Energy and Big Savings

FISH would like to extend a huge thank you to Black Rock Solar and NV Energy for their contribution and installation of solar panels on the roof of FISH's building in Carson City. Black Rock Solar is a Reno-based nonprofit that provides solar panels for other nonprofit organizations for free or at low cost. In November 2013 and May 2014, Black Rock Solar installed solar panels that convert sunlight into electricity to power the thrift store and the family dining room. NV Energy generously funded the project. While they do not cover all of FISH's power needs, the solar panels have saved a total of \$8,000 on utilities this year alone. The savings allow FISH to provide even more of the food, shelter and services that touch so many lives in this community.



The solar panels on top of FISH's thrift store in Carson City. Photo courtesy of Black Rock Solar.

In addition, Black Rock Solar donated a home solar array for FISH to use as a fundraising raffle prize. Congratulations to our winners, Karen and Sean Thompson, and thanks to everyone who supported FISH by purchasing a raffle ticket!



## FRIENDS IN SERVICE HELPING

### Family Dining Room Volunteers Feed Thousands

The Carson City Family Dining Room serves more than 30,000 free, hot, nutritious meals every year, all thanks to our team of dedicated volunteers. Meet just a few of the generous and compassionate heroes who work hard every day to feed hungry people in our community.



Lori Scatamacchia and Joan Wong serve meals, prepare food, clean the dining room, and wash dishes—anything head chef Jimbo needs! Lori has volunteered in the dining room for eight years and enjoys working with “friendly, good-hearted people.” Joan has been volunteering for three years because it’s very rewarding and she “likes to help the community.”

Mary McGranaghan and Florence “Flo” Connelly prepare meals and log the many donations the dining room receives from the community, such as pastries and vegetables. Mary has volunteered for nine years because “it’s very worthwhile—you receive more than you’re giving.” Flo saw an ad for volunteers 24 years ago and has been coming to FISH ever since! She likes to use her time for a “good thing” for the people who eat at the dining room.



Del Gilgert has done “whatever [the dining room] needs” two days a week for 22 years. Her motivation? The “satisfaction of helping out” and the “camaraderie with other volunteers.” Bruce Henderson is a local minister who wanted to do something beneficial on his day off. Over 21 years he has prepared and served food for a lot of people. He recently ran into a former client who thanked Bruce for helping him get his life back on track!



### Gardnerville Thrift Store Wins Award

Congratulations to the Gardnerville Thrift Store for winning the Record Courier’s Best Thrift Store in the Carson Valley! People love shopping for treasures at great prices at this funky little store. When you visit, say “hi” to staff members Katrina and Kathy and be sure to meet the friendly, dedicated volunteers, some of whom have served there for more than 17 years!



All three FISH thrift stores welcome donations of clothes, furniture, kitchen items, toys, books, shoes, and anything else that is clean and in sellable condition. Pickups of large items can be arranged by calling your nearest thrift store. FISH uses all store profits to fund our emergency services and referral programs. Shop today to support your community!

Madelyn is a long-time volunteer at the Gardnerville thrift store.



## FRIENDS IN SERVICE HELPING

### Carson Valley Fundraising Close to Goal

The Ranchos Family Dining Room and Coaching Center will be opening soon in Douglas County! The new Family Dining Room will be located in a community densely populated with low-income school-aged children. FISH expects to serve more than 36,000 meals in the dining room's first year of operation. The food we serve daily will help these families stretch their food and overall household budgets. In addition, the Coaching Center will refer clients to other resources within the valley to get the services they need to become self-sufficient.

The community is very excited about the facility—FISH already has volunteers lining up at the door!



Some of the celebrity wait staff at the 1st annual luau.

All money donated from the generous community in the Carson Valley for the Family Dining

Room stays in the Carson Valley. FISH has received support from local grants, private donations, and several fundraisers within the Carson Valley.

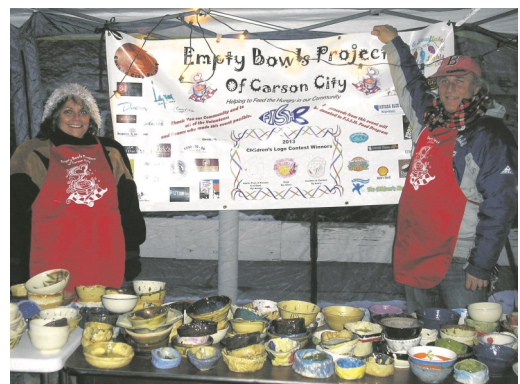
The most recent fundraiser was FISH's 1<sup>st</sup> Annual Celebrity Waiter Luau held at David Walley's. Well-known community members volunteered to be waiters and earned their tips by serving their tables and competing in some wacky waiter contests. The waiters were vying for the coveted Golden Pineapple Award for earning the most tips. This year's winner was Pastor Jim Beilstein from Trinity Lutheran Church, who made over \$1200 in tips! Ticket sales and a raffle rounded out a very successful and entertaining fundraising evening. Mark your calendars for next year's Celebrity Waiter Luau, set for Friday, August 7<sup>th</sup>.

Local heroes have already raised over \$85,000 to secure rent, modify the building, and purchase kitchen and office equipment. FISH is now only \$15,000 short of our goal! Become a Carson Valley Member to receive special recognition in the new facility—find out how on pages 6 and 7. Regardless of how much you contribute, you can be a hero for your community and donate to provide hope and dignity to families in need.

### Fill an Empty Bowl to Support FISH

The Empty Bowls Project is a creative, hands-on fundraiser that is quickly expanding across the country. Participants shape, paint and glaze bowls and donate them for the fundraising event. For a minimum donation of \$12, you choose a bowl and fill it with delicious soup from local restaurants. The artisan bowl is yours to keep as a reminder that there are still empty bowls in our community.

This year's event is part of Carson City's annual Christmas tree lighting on Dec. 5. You can support FISH by purchasing a bowl or bidding at the silent auction. For more information please visit [www.EmptyBowlsCarsonCity.com](http://www.EmptyBowlsCarsonCity.com).



Last year's Empty Bowls event was a huge success!



## FRIENDS IN SERVICE HELPING

### Thank You FISH Members!

Families and individuals that donate at least \$500 and organizations that donate \$1,000 or more in one year become FISH members. Since the membership program began in 2012 we have inducted more than 200 members! As a special thank you, FISH would like to recognize all of these community heroes below. If you would like to become a member, you can donate in person, over the phone, by mail, by payroll deduction or automatic withdrawal, or on our website. Donors may choose to remain anonymous, but FISH will honor all other members on plaques in our thrift stores and in our newsletter.

\*Starred names are members in both Carson City and Carson Valley.

#### Carson City Members

3D Concrete, Inc.  
 7-11 Convenience Stores  
 Donald & Alyce Albus  
 Shelley & Jay Aldean  
 Joseph & Helen Allegretti  
 Carol Allen  
 George & Barbara Allison  
 Allison, MacKenzie, Pavlakis, Wright & Fagan, Ltd.  
 Arby's  
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 Auto Doctors  
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 Jim & Lori Bagwell  
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 Bank of America  
 Jeanne Baret  
 Peter & Barbara Beck  
 Bed, Bath & Beyond  
 Mike Bennert  
 Benson's Feed & Tack  
 Bethlehem Lutheran Church  
 Big Lots  
 Bill Miller Engineering  
 Black Rock Solar  
 Ronald & Deborah Borland  
 Ruth Braswell  
 Jim & Midge Breeden  
 Greg Brower  
 Mary Jo & Bob Brummer  
 Molly Bundy-Toral  
 Calvary Chapel Carson City  
 Capital Christian Center  
 Capital Ford Hyundai  
 Capital Glass, Inc.  
 Lynn & Ralph Capurro  
 Carson City Attorney General  
 Carson City Downtown Business Association  
 Carson City Grocery Outlet  
 Carson City Noon Rotary Club  
 Carson City Nugget  
 Carson City Toyota Scion  
 Carson Douglas Medical Society Alliance  
 Carson Tahoe Hospital  
 Carson Tahoe Regional Healthcare Foundation  
 The Change Companies  
 Charis Fund  
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 Community Foundation of Western Nevada  
 Complete Millwork Services, Inc.  
 Corpus Christi Catholic Church  
 Jim Costa  
 Costco  
 Cottonwood Mobile Home Park  
 A.L. Craig  
 Bob & Susan Crowell  
 Marica Bernard Cuccaro  
 Donald & Alice Cunningham  
 Fred & Renate Daniels  
 Sean & Nancy Davison  
 Evalyn Dearmin  
 E.L. Cord Foundation  
 El Dorado Savings Bank  
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 First Christian Church of Carson City  
 First Church of Christ, Scientist  
 First Presbyterian Church  
 First United Methodist Church  
 Richard Fiscus  
 Laura Fitzsimmons  
 David & Kelly Fluitt  
 L. Fowler & J. Gerardi  
 Ken & Phyllis Furlong  
 Marcus & Jamie Gilson  
 Mark Girard  
 Glen Eagles Restaurant  
 Glenbrook Company  
 Greater Nevada Credit Union  
 Greenhouse Garden Center  
 Nancy Grundy  
 Steve & Cathy Halen  
 Arthur & Joanne Hall\*  
 Geoffrey Hall  
 Michael Hampton  
 Jerry Hampton  
 David & Karen Hardy  
 Harley-Davidson Financial Services  
 Thomas & Mattia Healy  
 Barry & Virginia Hensler  
 Jennifer & Ollie Herald  
 Erik & Shannon Hess  
 Julie & Chris Higbee  
 Holland & Hart Foundation  
 Thomas & Theresa Horgan  
 Lynn Hunter  
 In Memory of Patt Fiscus  
 In Memory of Raymond & Rebecca Foote  
 In Memory of Don Toral & Jeanne & Gus Bundy  
 Eric & Carolyn Ingbar  
 Harold & Alice Jacobsen  
 Bob & Barbara Jepsen  
 Daniel Jones  
 Paul Jorgensen  
 K2 Pilates LLC  
 Jerry & Betsy Kanago  
 James Kingsbury  
 Kirk & Mary Kay Kinne  
 Mark Kirschenman  
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 Theresa Kovacevic  
 Richard Kudrna, Sr.\*  
 Thomas Kuracina  
 Albert & Rosie Laird  
 David & Kathy Landis  
 Robert Latzy & Phyllis Goni  
 Eva J. Layton  
 Mark & Carizandra Leonard  
 Michael & Mary Lewis  
 LifePoint Church\*  
 Michael & Elizabeth Lindeburg  
 John & Mary Liveratti  
 Stephen & Kristen Loos  
 Betty Lowe  
 Joe Lushina  
 Andrew Mackenzie & Karen Peterson  
 Charles & Anne MacQuarie  
 Stewart Macritchie  
 Marilyn Potter Trust



## FRIENDS IN SERVICE HELPING

Ray & Dianne Masayko  
Bill & Caroll Massie  
maurices  
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John & Sharon McCloskey  
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John Miller  
Tim & Brenda Milligan  
Mission Foods Corporation  
Barbara Morgan  
Edward & Anne Moser  
Maud Naroll & David Gissen  
The Nara Fund  
Nature's Bakery  
The Nell J. Redfield Foundation  
Nevada Attorney General Office  
Nevada Endoscopy Management  
Nevada State Bank  
Jose & Carol Noriega-Paz  
Northern Nevada Coin & Bullion  
NV Energy  
Olive Garden  
James R. Padilla  
Anthony & Kathleen Plazzolo  
Jeff & Marietta Paul  
Kenneth & Vicki Pearson  
Jim & Suzanne Peckham  
Dennis & Mona Deidre Pederson  
Thomas Perkins  
Ullrich Porzig  
Raley's  
Garth & Joan Richards  
Rick's Floor Covering

Robert Z. Hawkins Foundation  
Lester & Mary Robertson  
Lester Robertson & Dave Becher  
Jonathan & Sally Rogers  
Roger's Carpet One  
Edward R. Rose  
Ross Dress for Less  
Dan Rowe  
Todd & Jeanne Russell  
Jim Satterfield  
Save-Mart  
Nackey Scagliotti  
John Scarcelli  
Scott & Kay Scherer  
Schwab Charitable Fund  
Gary & JoAnn Sheerin  
Keith & Caroline Shonnard  
Sierra Le Bone  
Sierra Veterinary Hospital  
Silver Collector Car Auctions, Inc.  
Diane Simbari  
Dennis & Nina Small  
Julian & Joanna Smith  
Smith's Food & Drug  
Snap-on Tools  
Snell & Wilmer  
Soroptimist International of Carson City  
Southwest Gas Corporation Foundation  
Susan & Don Southwick\*  
Bruce A. Spero  
St. Teresa of Avila Catholic Church  
Starbucks  
Alex Talmant

The Terry Law Firm  
David & Elizabeth Thomson  
James Turner  
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Patricia Tyson  
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US Bank  
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Western Alliance Bank  
Barbara & Bradley Williams  
Art Wilson  
Don & Paula Winne  
John & Rita Wisely  
Billy & Theresa Witt  
Marian Wood  
Roger & Marena Works

### **Carson Valley Members**

Carson Valley Lion's Club  
Carson Valley Sertoma  
Carson Valley United Methodist Church  
Genoa Community Church  
Charles & Mary Lou Gervie  
MEFIYI Foundation  
Tahoe Tony's Jammin' Jerky  
Valley Christian Fellowship



***You Have A Heart For Our Community***

**FISH welcomes donations of any size!**

**Here's how you can reach us:**

**Address: 138 E. Long St.**

**Carson City, NV 89706**

**Phone: 775-882-3474**

**Website: [www.nvfish.com](http://www.nvfish.com)**

## Friends In Service Helping

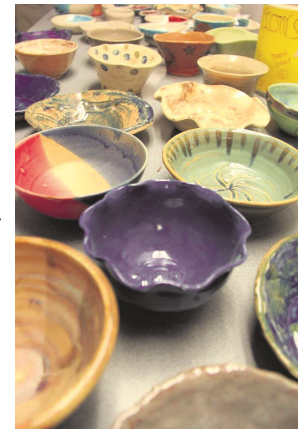
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Carson City, NV 89706  
775-882-FISH (3474)  
www.nvfish.com

Return Service Requested

Non-Profit Org.  
U.S. Postage  
PAID  
Carson City, NV  
89706  
Permit No. 194

## Upcoming Events

- Oct. 15-31: Trick or Treat for FISH. Donate non-perishable food items to restock FISH's food bank and help your school win the top prize!
- Nov. 3: Holiday basket signups begin. Eligible families can sign up to receive free food baskets for their holiday meals.
- Nov. 24-26: Thanksgiving basket distribution at the FISH food bank. Volunteers needed!
- Nov. 27, 11am-1pm: Carson Nugget Community Thanksgiving Dinner. Volunteers serve a holiday meal to Carson City residents in the 60th installment of this free event.
- Dec. 2: Giving Tuesday. Get into the spirit of the holiday season and donate to FISH online—check our Facebook page for more information.
- Dec. 5, 5:30-8pm: Empty Bowls Fundraiser. Support FISH by purchasing soup from Empty Bowls at the downtown Carson City Christmas tree lighting.
- Dec. 22-24: Christmas basket distribution at the FISH food bank. Volunteers needed!
- Jan. 12-16: Penny Wars. Carson Valley Middle School students compete to raise funds for the new Family Dining Room and Coaching Center in the Ranchos of Douglas County.



Fill an empty bowl for FISH!



Facebook.com/NVFISH

