

Gig Harbor Peninsula FISH Food Bank & Community Services

Physical address: 4425 Burnham Drive, Gig Harbor, WA 98332

Mailing address: PO Box 154, Gig Harbor, WA 98335

www.ghpfish.org (253) 858-6179

Thank you, Gig Harbor, for your wonderful support!

As the number of our neighbors needing assistance continues to grow, creative efforts on the part of individuals, businesses, organizations and churches are helping us meet the increasing need. Here are just a few examples of how the Gig Harbor community is making a vital difference in the lives of our neighbors.

Fairway Mortgage challenged another company to collect food. As other businesses learned of the effort, they joined in and the food drive was named "Business 2 Business" or (**B2B**). This combined project generated 3,275 food items and \$110. The **Canterwood ladies golf groups** appealed to their community and donated \$9,225 plus 2,740 food items, backpacks and school supplies. **Safeway shoppers** contributed 16,945 food items and \$8,547 on the first Friday and Saturday of the month over the past year. **Individuals** regularly drop off food donations at the food bank and gardeners share their beautiful produce.

While this is a lot of food, *it is gone in a matter of days*, as we provide an average of 17,500 meals a month to families, elderly and disabled persons. Increasing rent, illness, injury and many other situations put neighbors in need of help.

Cash donations enable us to buy perishables and provide emergency aid to clients. Financial gifts also let us help qualified college and trade school students with funds for books, transportation and other expenses to improve their job opportunities.

As we plan for a much-needed new facility, **Swim With FISH** raised \$28,900, which will be matched. **Chapel Hill Presbyterian Church** has promised a \$100,000 matching grant over three years. **St. John's Episcopal Church** raised \$7,240 as a matching grant in one day. With support like this, FISH volunteers believe this community will continue to provide compassionate help long into the future.

Add to this, the thousands of volunteer hours that make everything work, and you have a community that really cares for our neighbors.

Ron Coen, President, GHP FISH



Save the Dates

VOLUNTEERS

Help out in the busy holiday months and see firsthand how GHP FISH helps our neighbors. Download a volunteer application at the website, www.ghpfish.org.

Donate on Giving Tuesday, Dec. 3.

CLIENTS

Apply for Christmas toys and/or food baskets from Nov. 13 to Dec. 13

Times to apply:
Mondays & Fridays 12-3 pm
Wednesdays & Thursdays 12-5 pm

Applicants must live within our service zip codes and be low income. Bring photo ID, proof of residence and income to appointment.

Distribution:

TOYS: Dec. 16

FOOD BASKETS: Dec. 17

'Incredible person' retires from board, but not from service

Barb T. is retiring as GHP FISH secretary, but not from serving our neighbors in need. Over 22 years on the board, Barb has "done everything" to help the organization and its clients thrive, said founder Jan Coen.



"Barb's an absolutely incredible person. We're so grateful for all she's done."

With her background as a social worker, Barb has always appreciated GHP FISH's breadth of services, especially its financial aid for higher education and support for counseling and outreach programs in Peninsula public schools. "It's so much more than a food bank. It shows we care about the total person," she said.

Barb "thought long and hard about stepping off, and decided maybe it's time for fresh eyes." Those eyes and considerable skills belong to attorney Carrie S., whose local volunteer contributions include numerous leadership roles with her church and with Gig Harbor High School and its booster groups.

Barb's board stint began with a Sunday bulletin notice announcing GHP FISH's need for a board secretary. She remains deeply involved in her church's ministries, including Bible studies, youth mentorship and partnership with the tiny Bolivian village of Uspha Uspha.

Along with spending time with her young granddaughter, Barb will continue to fill in wherever needed at the food bank, write GHP FISH's thank you notes and represents it on the Greater Gig Harbor Foundation's Community Harvest committee.

Drivers and helpers urgently needed to transport and unload groceries

Could you give a few hours a week to help move groceries from local stores and organizations to the food bank? There are shifts for pickup truck drivers and/or loaders on Monday, Wednesday and Friday mornings. For details, download a volunteer form at <http://www.ghpfish.org/server.html#volunteer> or call 253/858-6179.

LIFESAVING ASSISTANCE – Thanks to you!

"During July 2019 this food bank and its volunteers helped me over imminent homelessness and from being in a state of temporary (1 month) malnutrition and starvation at a level of the latter very unusually extreme for my situation.

"I am extremely grateful for the treatment I received by the staff here and feel also that they might have even saved my life. God bless them and hope they will continue to pass on these fundamental resources to their clients.

"Thank you for your time and consideration."

Sincerely,

A grateful aid recipient

Here are two tax-savvy ways to donate

Along with helping our neighbors in need, some donors may be able to lower their income taxes through strategic giving. While many people no longer itemize their charitable gifts due to the significant 2018 increase in the standard deduction, there still are a few tax-advantaged ways to give. Ask your tax adviser about these options:

- **Qualified charitable distributions (QCDs):** Retirees over 70½ years who must take a required minimum distribution from their retirement account may be able to reduce their annual taxable income by having their IRA custodian write a check directly to an IRS-qualified non-profit such as GHP FISH. The check must be made out to the organization, and you'll still need a receipt.
- **Appreciated stock:** Donating appreciated stock has a couple of potential advantages. If you are itemizing your deductions, this qualifies just like a cash donation. For example, let's say you own 100 shares of a stock and paid \$10 a share, and now it's worth \$20 a share. You could donate \$2,000, get the deduction and only have paid for the initial investment of \$1,000.

GHP FISH can receive and acknowledge such gifts, but consult your qualified tax adviser or the [IRS](#) to be sure of the rules.

Former student follows teacher's Safeway footsteps



Call it the changing of the Safeway guard. When newly retired history teacher Jim V. (at right) ended his 29-year stint as a Safeway Food Drive volunteer, a former student accepted the call to take his 4-6 p.m. Friday shift.

Stephen R. (left) now is Lighthouse Christian School principal, and says he always looked up to Mr. V. He shares Jim's love of people and service and finds "being the smiling face of FISH that reminds others to give to people in need" is a great fit for service.



The educators also like sharing the experience with the next generation. Jim volunteered alongside his Kopachuck Middle School students for more than 20 years, then partnered with his daughter, Celia. Stephen is bringing his daughters, Jadyn and Kalli, too. "It's important to serve together," he said. Both volunteers praise Safeway—especially manager Bob—for being "super supportive" all these years. Jim and his wife Anca now are teaching English in Vietnam.

Safeway Food Drives are held the first Friday and Saturday of each month. More Friday volunteers are needed. Contact ghpfvol@gmail.com for information or download an application at <http://www.ghpfish.org/server.html#volunteer>.

Congratulations Kayci, Student of Distinction

Kayci G., one of our teen volunteers, recently graduated from Henderson Bay High School as one of Peninsula School District's 2019 *Students of Distinction*. For her senior internship, Kayci worked at GHP FISH doing, literally, a little bit of everything including creative work on our website and promotional materials.

This engaging and determined 19-year-old prevailed over some extremely challenging circumstances in her short life—a difficult childhood, substance abuse, and her own weight and addiction problems—to become the unique, talented young woman she is today. Her next goal is to complete training as a counselor to help people struggling with addiction.



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Or current resident

#GIVINGTUESDAY

After Thanksgiving, Black Friday and Cyber Monday comes **Giving Tuesday**, a global celebration of generosity and community. Dec. 3 will kick off the holiday giving season with reminders that we all have something to give, whether money, time, food or a simple act of kindness

It's a great day to support GHP FISH by donating online at www.ghpfish.org or mailing a check to PO Box 154 in Gig Harbor, 98335. The food bank is closed on Tuesday, but you can drop off a gift on Monday or Wednesday.

GHP FISH volunteers thank everyone who has helped care for our neighbors in need. To remove your name from this mailing list, please call (253) 858-6179. **To receive a paperless version, send your email address to ghpFISHmedia@gmail.com**

Hours of Operation

Monday –
9:30 AM – 3:30 PM
Tuesday - closed
Wednesday –
9:30 AM – 6:00 PM
Thursday -
9:30 AM – 6:00 PM
Friday –
9:30 AM – 3:30 PM
Saturday/Sunday –
Closed

Holidays Closed

President's Day
Memorial Day
Labor Day
Columbus Day
Veteran's Day
Thanksgiving
Christmas
New Year's Day