

**FISH Food Bank**  
**April 2017**  
**Coordinators Newsletter**

Spring is a great time of year, it is a time of new beginnings and everyone seems to have smiles on their faces. This winter was tough for a lot of the FISH clients as well as volunteers. As I talk with our clients everyone is looking forward to spring and always willing to share their stories. Often times their stories touch my heart. When I spoke with one client, he said he spent the winter at the warming shelter and is now living in a tent. But he felt it was pretty safe because it was down a hill side and no one would go down to his site. As he was leaving he said, "You are so nice, maybe I should follow you home and do your yardwork." Another women who lives at the In-Lieu Sites, gave me a big hug, then gave me her necklace and said "you do not realize how many people you really help."

But you know it is not always just the clients who benefit, one long time volunteer was moving, so we thanked her for all her help and support. She replied; "the food bank has done more for me than I did for the food bank." I know many volunteers feel they receive much from their work at the food bank. I am thinking this is why we have over 550 volunteers help FISH each year; they receive more than they give when. Another example is one volunteer who had just finished a shift of helping distribute food, told me that she had such a great time helping the clients and one of the clients was trying to teach her Spanish as they shopped.

I also enjoy watching the clients interact with each other. Often times they come with friends or family to shop, but many times they just start up conversations with the other clients. It is not unusual to hear them laughing and talking among themselves, many times they are from two different walks of life. When we have little children at the sites, they always bring out the smiles among the clients.

Just a little history, it was two years this month that we started the process of moving to the new FISH Building on Tucker Road. We did the volunteer training in April, started moving the food and then opened the doors on May 4? The Mid-Valley FISH site building has had a new owner for 1 year and he is still allowing us to use the building free of charge.

Thanks to everyone for helping bring the smiles to our client's faces and for all your help.

Billie Stevens  
FISH Food Bank

## **Hood River Tucker Road Weekly Rotation Roaster**

Each week on Monday, Wednesday and Friday a different church is responsible for finding volunteers to "man" the food distribution at the Tucker Road site. There are 9 churches in the rotation. Church coordinators should have received the list for the next 4 months rotation. But if you did not receive it here is a copy of the list:

### ***FOR THE WEEK OF                      CONGREGATION SERVING***

May 1 – 3 – 5	St Mark's Episcopal
May 8 – 10 – 12	St. Mary's Catholic
May 15 – 17 – 19	Faith Bible Church
May 22 – 24 – 26	Spirit of Grace Church

### ***Closed May 29 Memorial Day***

May 31 – June 2	Shepherd of the Valley Bible
June 5 – 7 – 9	Valley Christian Church
June 12 – 14 – 16	Immanuel Lutheran Church
June 19 – 21 – 23	Unitarian Fellowship
June 26 – 28 – 30	Riverside Community

July 3 – 5 – 7	St Mark's Episcopal
July 10 – 12 – 14	St Mary's Catholic
July 17 – 19 – 21	Faith Bible Church
July 24 – 26 – 28	Spirit of Grace Church

July 31 – August 2 – 4	Shepherd of the Valley Bible
August 7 – 9 –	Valley Christian Church
August 14 – 16 – 18	Immanuel Lutheran Church
August 21 – 23 – 25	Unitarian Fellowship
August 28 – 30 – Sept 1	Riverside Community

### ***Closed September 4 Labor Day***

September 6 – 8	St Mark's Episcopal
September 11 – 13 – 15	St Mary's Catholic
September 18 – 20 – 22	Faith Bible Church
September 25 – 27 – 29	Spirit of Grace Church

## **Civil Rights Training-Required for Volunteers**

Each year volunteers are required to review the Civil Right information to insure that we are treating everyone equally. There are two ways to do this, one is to review and sign

the Civil Rights Training form or you can watch a short video on the web, then sign a form that you looked at the video. As the church or group coordinator, I am asking you to make sure all your volunteers to sign the forms.

**Forms are at each site and should be signed returned to me at the Hood River FISH Site.**

If anyone prefers to watch the video it can be found at:  
<https://pdx.oregonfoodbank.org/2017CivilRightsTraining/>. This is a very well done video.

Thanks for making sure this happens.

### **What to do if someone asked for FISH records?**

If for some reason, anyone would come to the FISH Food Bank and request to look at a client list, it is important everyone knows how to handle such a request.

First it is important to know that we may not release or disclose any client information to anyone unless we are presented with a court order or subpoena.

Consequently you are not authorized to turn over any records. If this were to happen you would need to immediately contact either myself or a FISH Board Officers. In turn we are required to immediately inform Oregon Food Bank.

This issue deals with client confidentiality and it an agreement with have with Oregon Food Bank.

### **FISH Website**

Many thanks to Julie Clark who was the FISH webmaster for many years. At a time when most of the FISH volunteers were computer illiterate, Julie created a FISH website and gave us a presence on the internet. After many years of keeping the website up to date Julie has handed this job over to Yvonne Ellsworth.

Yvonne has added her touches to the website and is about ready to go live in the next week. I encourage you to take a look at the website and if you have comments or suggestion give them to me and I will share them with Yvonne. The website address is:  
<http://fish-food-bank.com/>.

Thank you to Yvonne for taking on this project and many thanks to Julie for all the years she keep the website for FISH.

### **Keep the Plastic Bags Coming**

So far we have not dealt the issue of not having a supply of plastic bags coming from the Hood River grocery stores. We still have a supply of bags and individuals must have a stash of bags they are willing to share.

One thing you could do to help is ask your friends and family to save plastic bags they receive at other places and donate them to FISH.

We still need the brown paper bags, so if you have them we also accept them as donations. Ideally the clients would bring their own bags and we are seeing a little of this but most do not think about it.

Thanks for helping keep our expenses down.

### **FISH Board Meeting-April 12**

The monthly FISH Board meeting will be on April 12 at 12:00 noon. The meeting is held in the Hood River Tucker Road meeting room. The meetings are open to anyone interested.

**“This institution is an equal opportunity provider.”**