

FISH Food Bank
September 2019
Coordinators Newsletter

September is here and we are now at the unofficial end of summer. I always think this is an exciting time of the year because it is a new school year, all the fruit is being picked and we have wonderful fall days.

I have been sharing some of the happenings at the FISH Food bank, many are sad but today with the sun shining and the thought of fall I wanted to share some positive happenings.

The other day a young lady called and ask if she could volunteer. She is now in college and had a little time before schools started. One of the cool parts is she had volunteered when in High School for the Leo's and wanted to continue to give back to our community. It was a delight to have her help.

Youth helping continues to be a growing trend, for example a family from Seattle that comes to Hood River to wind surf asked if their kids could volunteer. So teenage daughter who needs community service for school and her younger brother have helped several times this summer. The son really likes helping. One time his hands were full of blisters from wind surfing, but that did not stop him. He loved helping move the food and stock the shelves.

Another good example was one young student has helped at FISH before but was a little shy. This summer he helped at the Hood River Museum and decided he wanted to help again at FISH, so he showed up and was great help with the morning set-up.

In Parkdale, there have been students helping from time it opened. Many of the students helping in Parkdale are bilingual and are very important help with the Spanish speaking clients. The great part about the student volunteers in Parkdale is they keep recruiting replacements for themselves. In Cascade Locks you will find students at different times helping with distribution.

When we are talking about youth help we don't want to forget about the Leo's club, which is the youth Lions group. The Leo's distribute food every month at the Hood River FISH site on a Saturday and have been doing this for years. Also the Riverside Church Youth Group led by Elaine Thompson is responsible for working one night when it is Riverside Church's week to distribute food. Plus they should receive extra kudos because two months this summer they also took a Saturday distribution because I needed extra help. The Juntos from the Hood River Valley High School have also helped with distribute on Saturday's.

Youth volunteers are very important to the FISH organization, helping in many different roles. If you have had an opportunity to work with them, you see they are very positive

and always willing to help. So when you hear some of the negative comments about youth today, just remember there are many wonderful young people out there. Let's thank them for all their help.

Enjoy this wonderful fall weather.

Billie Stevens
FISH Food Bank

New Face at FISH

We were all sad to see Sidney Axtell, the JV/AmeriCorps member's year of service come to an end. Sidney was a very positive force in the Spirit of Grace/FISH Garden and working as a Community Health Specialist at the FISH sites. But we are very excited to introduce Tessa Yoo our new JV/AmeriCorps.

Tessa will now take over the work that Sidney was doing. You may see her at the Food Banks offering to take blood pressure for our clients or helping where ever is needed. She is also very fluent in Spanish so if she is around, feel free to ask her help with translation if needed.

Tessa is originally from Alberta, Canada, Tessa grew up in Denver, Colorado and attended Boston College where she studied Biology and Hispanic studies. Tessa enjoys running, skiing, hiking, baking, reading, and journaling and hopes to attend graduate school for public health or nursing after her JV year.

When you see Tessa around the food bank please be sure to welcome her.



FISH Open House to Commemorate 50 Years

FISH Food Bank will be celebrating 50 years of service to Hood River County on October 12 at the Hood River FISH site. This will be an open house, allowing you to view the

FISH Food Bank as well as tour the FISH Garden. There will be tasty treats, a special food quilt display and a chance to meet and greet the FISH Board of Directors. The Open House will start at 1:00 PM, so mark your calendar to come to help celebrate FISH Food Banks 50th Birthday.

Columbia Gorge Crop Walk—September 21

The Columbia Gorge CROP Hunger Walk is on Saturday, September 22 starting at 10:00 am, at the Hood River Valley Christian Church. This is the 50th year for the CROP Walk, and the 31 year that the Columbia Gorge area has participated. The walk will raise funds to fight hunger—locally & globally.

If you are not able to walk that day? Did you know you can walk for CROP virtually? Just go to <https://www.crophungerwalk.org/hoodriveror/> where you can register a team or as an individual, or just make a donation to Columbia Gorge CROP Walk. Many people who want to contribute to CROP Walk prefer using the online donation option. But for those who prefer to write a check make checks payable to: CWS CROP Walk.

If you want additional information contact Kathy Holsom, 541-386-2608, hrcchurch@gmail.com.

CROP Hunger Walk
Saturday September 21
Hood River Valley Christian Church
975 Indian Creek Road

9:30am Registration 10:00 am Walk begins

Golden Mile, 5k, or 10k - Choose your distance.

All ages welcome (children need to be accompanied by an adult)

These local food banks will share 25% of the total raised by CROP Hunger Walk: FISH Food Bank and Washington Gorge Action Program

Walk with us ~ help fight hunger locally and globally!

Thanks to all the Produce Donations

Fall is such a great time for donations, because everyone is so willing to share their extra fresh vegetables and fruit. We try very hard to get this wonderful donation out to all the sites. So please say thanks to everyone who has shared everything from tomatoes to peaches and don't forget the squash. Also we are getting some lovely items from the Garden behind the FISH Building.

FISH Board Meeting-September 11

The September FISH Board meeting is scheduled for Wednesday, September 11 at 12:00 Noon at the Hood River Tucker Road FISH Site. The meeting is open and anyone who would like to attend is welcome.

Important Dates to Put on Your Calendar

September 11	FISH Board of Directors meeting, 12:00 Noon
September 12	Oregon Food Bank Truck Delivery, 8:00 AM
September 26	Oregon Food Bank Truck Delivery, 8:00 AM
October 12	FISH 50 th Open House, 1130 Tucker Road

“This institution is an equal opportunity provider.”