Solstice is here and summer is upon us!

We had a very strong June with a big Green Bag Day on the 11th, and our presence at the Art Festival brought us over 80 new volunteers joining us with green bags to fill!!!

We have reopened our pantry to clients, again allowing guests to shop themselves. Feedback so far is excellent, it adds a level of dignity to be able to shop for your own groceries vs having them selected.

Remember as well to share the news about DoorDash—We have many nurses now who call for patients who are laid up short term. We can deliver our food boxes directly to their house at no cost to the client.

Summer is here and the heat is on, we hope you get a chance to cool off and relax a bit, and know that your good work here at the FISH is making a difference!

David Graham
Executive Director
The FISH of Roseburg

CHANGE

There's an old saying "Change is inevitable growth is optional". For some, change is uncomfortable. For others change is a new opportunity to grow and take hold of new challenges. The FISH pantry is always under change and lately a lot of change has occurred. New volunteers, a new director and a new way for the client's to shop. All of these changes are just part of life and without these changes we would be stagnant, as a group and as individuals. I guess the moral to this story is that it is good if we can all embrace change instead of fight it like it's a bad omen. Remember, this change will be the old way of doing things one day. Then before we know it we will be looking at yet another new way of doing change.

SUMMER STRAWBERRY SALAD

Ingredients

For the dressing
- 1 1/2 cups sliced strawberries
- 2 tablespoons maple syrup
- 2 tablespoons cider vinegar
- 1/4 cup olive oil
- 1/4 teaspoon salt (Kosher salt)

For the Salad
- 1 cup sliced strawberries
- 1 handful thin sliced red onion
- 5 cups baby spinach leaves
- 3 cups mixed greens
- 1/4 cup chopped pecans

Instructions

In a blender mix all dressing ingredients, then in a bowl mix salad ingredients. Combine both and enjoy!!!
WE ♡ OUR VOLUNTEERS

David and Lyn Mathweg are part of The FISH pantry Friday volunteer team. They are always giving 100% and are always willing to jump in and help with any task that may arise. They have been with the pantry for about five years. They are originally from Minnesota. They moved to Germany when they were first married and David served in the Army and Lyn was an elementary school teacher. The couple moved to Roseburg Oregon in 1974 and started a family. David went to work as a Forester. Lyn was a stay at home mom for some time raising three children, two boys (twins) and one girl. David retired as a forester from BLM and Lyn retired as a school teacher from Green Elementary. When they are not volunteering at the pantry David is volunteering at Habitat for Humanity and Lyn volunteers at the Roseburg Library. In addition to volunteering they love to spend time with their three grandchildren.

ROSEBURG FOOD PROJECT CORRDINATORS/DONORS

Words are not enough to thank all the volunteers who give their time on an on-going basis through the Roseburg Food Project. FISH is blessed to have people like Karla Rody the Project Coordinator, and Neysa Hemingway, Michelle Johnson, Gail McCart, and Penny Reed who serve as District Coordinators to help keep the RFP moving along. Then there are Neighborhood Coordinators who welcome food donors, deliver green bags, send out reminders and then collect the filled bags every other month bringing them to the pantry. And of course if it weren’t for the donors we wouldn’t have all the wonderful variety of food selections to give out to client’s. The Roseburg Food Project provides the FISH pantry with about 10,000 pounds of donated food every other month, this has brought much needed support to our budget and variety to our selves. All of you make a huge difference in our community.

Notices and Updates

♦ On June 24—26 The Roseburg Food Project had a booth at the Roseburg Art festival and what an amazing turn-out, We generated 83 new donors.

♦ The Roseburg FISH pantry is now open for clients to come in and do their own shopping.

♦ The Roseburg FISH is offering DoorDash to clients who are unable to get to the pantry to shop and what a huge success this is turning out to be.