

# The F.I.S.H. Line

NEWBERG F.I.S.H. EMERGENCY SERVICE  
Friends In Service to Humanity – since 1970  
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## February 2015 Newsletter

### Thank you Newberg Thrift Shop for your continued support!

In 2014, the Newberg Charitable Organization - Newberg Thrift shop donated over \$15,000 to F.I.S.H. With their help and the help of many other donors we were able to distribute 4,500 regular or holiday food boxes to needy families.



This is Newberg Charitable Organizations 60th anniversary of helping our community. With over 10,143 hours in 2014 and 40 volunteers Newberg Thrift store helps not just F.I.S.H. but many others organizations. All the proceeds stay in our community. Other organizations that have benefited from the sales of the thrift store are: Providence Newberg Medical Center, Newberg Fire Department, Dundee Fire Department, and Faith in Action, Newberg VFW Post 4015, Newberg/Dundee Police Department, Newberg High School A.E.D., Dundee Promise Pantry, and other miscellaneous organizations.



Pictured: Volunteers Lenora Franey, Julia Thatch, Bonnie Turner, Sylvia Wood, Connie Gray, Anita Fredericks

Please donate your unwanted items to them and the funds stay right here in our community!

They are located next to the Newberg Police Department on Howard Street. Open 6 days a week from 11am – 4pm they are always in need of clean useful items like clothes, books, toys kitchen items, electronics, medical supplies and collectibles.

### Volunteer Spotlight: Phyllis Gross



Phyllis has volunteered at Newberg F.I.S.H. since 1989. Her husband Mike started volunteering in 1988 and after 30 years she retired from a photo processing plant in Salem, and joined her husband.

Phyllis is a warehouse daily team leader. She organizes donations

that come in from food drives, logs and charts all weight of donations, supervises other volunteers and fills food boxes. Phyllis says that her favorite part of volunteering at Newberg F.I.S.H. is that she is doing something for others, especially those in her community.

After 25 years of being a part of the F.I.S.H. family, one experience still stays with her; talking to an elderly woman that came into F.I.S.H. at closing, supporting herself only by social security, she explained that her daughter had a meth addiction and had just dropped off her 3 children and left her to care for them. She was unable to feed the children and that they were hungry.

We never turn away an individual or family that is hungry. She filled boxes of food and took them out to the women's car. This is why I volunteer, to help people.

In a world where there's plenty for everyone, no one should go hungry. Newberg F.I.S.H. is working hard to ensure that no one goes hungry; it takes all of us, and is a community effort.

### Volunteer Grant Programs and Businesses that give back!

Many companies give back to non-profit organizations when their employees engage in outreach and volunteerism to make our communities a better place to live. Many companies support employees giving their time and talent to qualified non profits and allow the employees opportunity to earn money for organizations that are meaningful to them.

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, religion, political beliefs or disability."

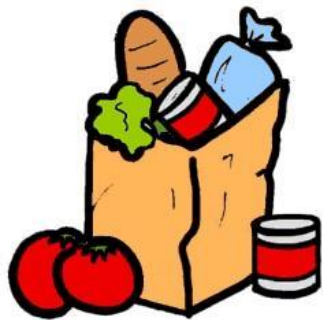
Check with your company, volunteer and support those in need.

Many other companies that give back for just doing business with them like Thrivent Financial for Lutherans, who provided more than \$100 million to help congregations, communities and individuals in need. The Thrivent Choice program offers Thrivent members a way to recommend where Thrivent Financial distributes some of its charitable outreach funds.

Eligible members are designated Choice Dollars, based on insurance premiums, contract values and Thrivent Financial volunteer leadership. These dollars are directed to thousands of nonprofit organizations nationwide, including Newberg F.I.S.H. If you are eligible to direct Choice Dollars, you will receive a letter in the mail at the point you become eligible. In 2013, Newberg F.I.S.H. received \$91.00 and in 2014 received \$2994.00 in designated Choice dollars. If you are a Thrivent Financial member and have Choice® dollars to designate, please consider directing them to Newberg F.I.S.H.

## F.I.S.H. Nutritional Program

Making food from scratch is more economical and a healthier way to eat. Combining fresh produce and food from our pantry to staple ingredients and to also introduce people to foods not familiar to them, clients can come into F.I.S.H. monthly, try samples, receive recipes and learn other



ways to use healthy foods not normally in their diet. Volunteers prepare samples at a certified kitchen at Zion Lutheran Church. They create, and make recipes easy and tasty. Samples are available every 2 weeks in our lobby.

## VOLUNTEERS NEEDED

Newberg F.I.S.H. is in need of volunteers to process clients, answer phones, and provide office support and to fill in when other volunteers are away. A typical shift is 3 - 5 hours.

You can volunteer one day a week or several days a month.

### Volunteer Today!



Volunteers improve people's lives, bringing joy and hope to countless families and individuals who experience hunger. Training and support are provided. Call our office at 503-538-4444.

## Use Amazon Smile and Newberg F.I.S.H. can benefit!

AmazonSmile is a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. The difference is that when customers shop on AmazonSmile (smile.amazon.com), the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to the charitable organizations selected by customers.

### How does AmazonSmile work?

When first visiting AmazonSmile, customers are prompted to select a charitable organization from almost one million eligible organizations. In order to browse or shop at AmazonSmile, customers must first select a charitable organization. For eligible purchases at AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price to the customer's selected charitable organization.



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[HTTPS://WWW.FACEBOOK.COM/NEWBERGFISH](https://www.facebook.com/newbergfish)

## MORE WAYS TO HELP...

### 1. Bring us your recyclables:

-Drop off your **cardboard, newspapers and glass bottles** at our bins in the lot at 3rd & River Street.



-Bring your **refundable beverage containers** to the F.I.S.H. building. Be

sure to remove caps from plastic water bottles.

### 2. Collect and turn in your **Nap's Receipts**.

Nap's Thriftway donates 1% of the total dollar amount reflected on the receipts.

### Find Us On the Web!

[www.newbergfish.com](http://www.newbergfish.com)



Open Monday, Tuesday and Thursday

Donations welcome 9:00 AM to 2:00 PM

Food boxes available 10:00 AM to 1:00 PM