



**Food Pantry and Clothing**  
 Serving the Community Since 1975

# NEWS

July 2022



## PRESIDENT'S MESSAGE

Fellow FISH Volunteers:

Welcome to the Dog Days of Summer! As we enter that stretch of the year when temperatures start to exceed our ages (!), we can count on an ever-increasing number of clients who need, and appreciate, our assistance. We believe that the additional visibility that we have on Second Street is a major contributor to the increase we are seeing in our client numbers, which includes a marked increase in new clients.

Correspondingly, we have had an uptick in both new and returning volunteers. To each of you who have joined or re-joined our team, welcome and thank you. FISH volunteers exhibit, without exception, the most selfless desire to help our fellow citizens and we've never had a more critical mission.

There are a couple of items I'd like to emphasize for all of us. First, the tremendous importance that inter-team communications plays in our success. We have established a brief, simple-to-use duty log (thank you, Maura Rush) that lets each team identify significant issues or problems that occur during its tour and how these were either resolved or forwarded for resolution. Following teams should review these log entries to be better prepared for similar issues. Second, we must all recognize the importance of documenting our generous donors and their donations. Remember to fill out the donor worksheet in the notebook at the rear of the Food Pantry and make sure that the donor's name and address are complete. If possible, take a photo of the donor and send the photo with the donor's name and a description of the donation to me so we can submit it to the Virginia Gazette or WYDaily.

As I've mentioned before, Holly and I are working with Longevity Wellness (LWell), a large company of Registered Dietitian Nutritionists headquartered in Williamsburg, to evaluate the nutritional value of the food we provide our client families. We anticipate getting their report later this Summer, and are committed to making required modifications, if any.

Finally, we have begun collecting used bicycles to donate to the Bicycle Co-Op of Williamsburg, who this Spring began offering refurbished bikes to our clients who have no other means of transportation. So, if you have an old bike or two in your basement or garage and want it to have a worthwhile home, please let me know. We'll pick up your donation at your residence and get it to the Bicycle Co-Op (more on page 2).

To all my favorite people, have a safe and healthy July.

Thank you,  
 Jack  
 jtrotte21@gmail.com

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312 Second Street  
 Williamsburg, VA 23185  
 757-220-9379  
 fishwilliamsburgnews@gmail.com



The Bicycle Co-Op of Williamsburg volunteers refurbish donated bikes to be reliable and safe transportation. All of the bikes for sale at the Co-Op are bargain bikes because they are a fraction of what they cost new.

Sales of bicycles enable the Co-Op to meet monthly operational costs, and make it possible to fulfill their Mission: providing free bicycles and helmets to those referred to them by these social service agencies: the City of Williamsburg Human Services, James City County Social Services, York County Social Services, FISH, the Williamsburg House of Mercy, Grove Christian Outreach Center, 3e Restoration, and the Avalon Center.

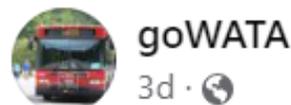
James-York Plaza  
601-E Merrimac Trail  
Williamsburg, VA 23188  
bikecoop@bikewalkwilliamsburg.org  
757-603-8594

Thursdays: 5:00-7:00 PM  
Fridays: Noon-3:00 PM  
Saturdays: 10:00 AM-3:00 PM

*On Saturday, FISH collected 11 adult and 3 kids bikes to give to the Co-Op, establishing good synergy between two cooperating non-profits. Donors were Ginger Miller, Don Butts, Holly & Jack Trotter and their neighbor!*

*Contact Jack Trotter if you have a bike to donate at jtrotte21@gmail.com. Tax receipts are available.*

## New WATA Stop



You may have noticed some changes on Route 3

Route 3 is now rerouting after Stop 1119 Penniman Rd. at James York Plaza to the new location of Williamsburg FISH Inc. at 312 Second St.

There will be three stops here each day, at 10:41 am, 12:41 pm, and 2:41 pm. Following the stop, the bus will continue to Stop 1120 Merrimac on Trail Plaza and resume Route 3's regular inbound schedule.

*While this new bus stop is still in the trial period, we look forward to it becoming a full-fledged stop. Thanks to Zach Trogdon and his team for working with us to ease the burden of our clients, and to enhance access to businesses in The Edge District.*



[edgedistrictva.com](http://edgedistrictva.com)



Sheila Tice generously donated a full carload of groceries and housewares at the end of June and plans to donate the last day of July also.

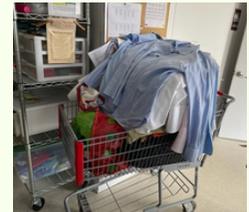
Sheila not only obtained and packaged these items, but drove them from Newport News!

Sheila, thank you for your donation, time, effort and gasoline!

Receiving the donation from Sheila is Don Butts, FISH volunteer.

**THANKYOU**

The Williamsburg community has been very generous with clothing donations for FISH to help those in need. Thank you!



We are happy to finally have a nice Dropbox. These pictures show the box after volunteers have opened to retrieve the donations.

Donations arriving during the day may be brought inside the 314 Donations Door, reserving the Dropbox for After Hours Only.



Online donations may be made by clicking the Donate button on our website at

[williamsburgfish.weebly.com](http://williamsburgfish.weebly.com)

**Donate**



All donations directly support FISH services to our neighbors in need.

*thank you*

Read the Virginia Gazette article "FISH, Inc. Moves to Second Street, Honors Late Founder" (7/11/2022) [here](#).



## A FISH Story

### A Helping Hand

A homeless man recently came to FISH. He had just gotten a job at a fast-food restaurant and asked if he might be able to get some clothes that would be an acceptable uniform to work. He asked for a black t-shirt, black pants, black shoes, and some underwear.

Fortunately, we were able to find suitable clothes for him in his size. He also asked if he might clean up in our bathroom that day before reporting to work. He was so thankful for the caring support that he received from FISH.

It was a great opportunity for FISH to provide a helping hand to someone in need. After all, isn't that why we are here?

--Dan Fontaine

FISH donated \$1,000 to the **Children's Summer Lunch Program** which feeds 240 kids lunch for 12 weeks during a time they do not have access to school lunches. This is an increase of 40 children over last year, and children are being added weekly to receive daily nutritious food prepared by Meals on Wheels.

## Attention Volunteers

It is recommended that volunteers who handle food take the ServSafe Food Handler Guide for Food Banking course offered by the Virginia Peninsula Food Bank. It is an online course that takes one hour, and a certificate is issued after course completion.

1. Access the course at <https://hrfoodbank.org/food-safety/>
2. Scroll to the bottom of the page.
3. Click the arrow to start the video.
4. When asked, please use the FISH account number A482.
5. Share your certificate with Martha Buell or Holly Trotter.

Thank you!

## New Volunteers

John Foldberg  
Susan Elsass

Welcome to FISH!

## *Editor's Note*

You have noticed that we are now producing the newsletter monthly, instead of bi-monthly.

With the uptick in FISH activity, we want to bring you current news that is quick to digest.

On another note, it has been nearly a year since I began as newsletter editor, and at that time I read FISH newsletters back to 2014, and was impressed at the loyalty, fondness, and united efforts of the volunteers--changing and adding roles to meet the needs of the clients and the organization.

All of that still stands true, even though we've been through significant changes this year. I am honored to serve with these amazing, selfless, community-caring volunteers!

I am also impressed by the donors whose generosity goes far beyond expectations! Without you, there would be no FISH!

Kathleen Pock  
Newsletter Editor

*Feel free to contact me with suggestions.*  
[fishwilliamsburgnews@gmail.com](mailto:fishwilliamsburgnews@gmail.com)