

Community Connections

In May, Douglas Open People participated in a nutrition and cooking class at the OSU extension office.

The class learned about knife safety, differences between whole grains and refined grains, and prepared a delicious veggie burrito soup!



Jessica, Ivory and Larry are preparing to serve a meal they have helped put together for the class.

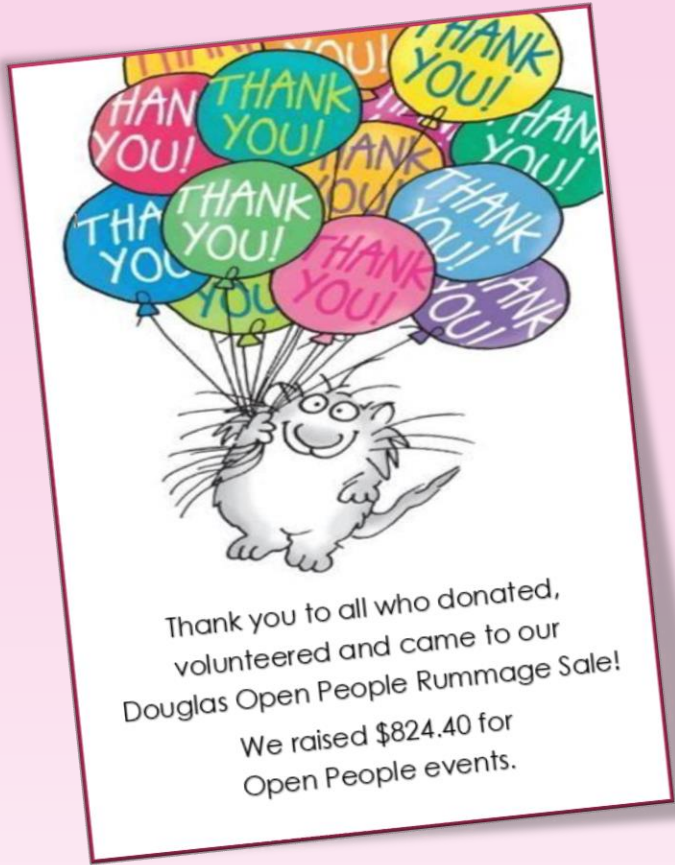


Fire Up the Grill Safely This Summer

If you plan to barbecue anytime this summer, keep yourself, children, pets, and property safe.

- Only use your grill outside. Keep it away from siding and deck rails.
- Wear short sleeves or roll them up when cooking on the grill.
- Open your gas grill before lighting.
- Use long-handled barbecue tools.
- Keep a 3-foot safe zone around grills, fire pits, and campfires.
- Never leave your grill, fire pit, or patio torches unattended.
- Clean your grill after each use. This will remove grease that can start a fire.
- Place the coals on your grill in a metal can with a lid once they have cooled.





Looking Ahead...

Upcoming BBQs

- Klamath Falls – August
- Coos Bay – September
- Douglas – September

Open People

Curry

1st Tuesday of
each month
2-4 pm
@ Library Annex Bldg
Tera – Contact Person

Coos

2nd Thursday of
each month
2-4 pm
@ the SORB Office
Kelly – Contact Person

Klamath

3rd Friday of each month
Friend's Church 11am
(1918 Oregon Ave
Klamath Falls, OR 97601)
Cecilia – Contact Person

Douglas

4th Tuesday of
each month
2-4 pm
@ the SORB Office
Ashley - Contact Person

Birthdays of the Month

June Birthdays

Clancy F.	Leeroy C.	Jonathan B.	Colby H.	Maurice B.
Ernest M.	Dylan L.		Steven D.	Andrew M.
Jamie H.	Crystal B.		Joseph M.	Nicholas M.
Michael B.	Katie G.		Esther F.	Tosha I.
Amanda M.	Cheryl M.		Jesus H.	Thomas G.
Randall J.	Ricky T.		Ryan M.	Betsy W.
Charles D.	Roy G.		Rick A.	Nickolas K.
Robert G.	Dale G.		Betty E.	Jacob F.
Ryan W.	Brian L.		Alec C.	David E.
Steven M.	Jacob M.		Susan M.	Ronald E.
Craig M.	Thomas S.	Nicholas B.	Moriece M.	Clancy F.

