

The Pioneers Projects and Programs Periodical

Canadian Pioneers Edition

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Canadian pioneers
a volunteer network



Join the Pioneers **Dish It Up** Project



Donate Healthier Food Options

Join Pioneers in Feeding One Million People

This September, we hope you will join us in celebrating the Pioneers 100 years of service, volunteerism and philanthropy by participating in one of the largest projects in our history - **Pioneers Dish It Up: Feeding Families Healthy Food.**

With the support of project partners like *Liberty Mutual* and *Feeding America*, Pioneers across North America will kick off **Pioneers Dish It Up** on September 11th, the National Day of Service and Remembrance. Numerous volunteer efforts focused on addressing hunger in our communities will run through September 25th.

During this time, Pioneers across the United States and Canada will be collecting healthy, nutritious,

non-perishable food donations, as well as transporting food to food banks, filling backpacks with healthy snacks or easy to prepare "weekend" food for children, and serving food at local shelters or soup kitchens.

Volunteer efforts are occurring in most states and many provinces and there just may be a project near you!

We welcome volunteers and encourage you to sign up today! To find a **Dish It Up** project in your area go to <https://pals.pioneersvolunteer.org/VM/search.aspx>, enter your company preference (if any), your state, click search and look for **Dish It Up** under the Health and Human Services category.

Dish It Up Focusing on Need for Healthier Food

In the United States 49 million people are "food insecure" and one of every four children is at risk of experiencing hunger. In Canada, over 800,000 individuals access food banks on a monthly basis. Over the last few years food banks have experienced severe shortages as charitable giving has declined and more families are in need of a helping hand.

While there are a lot of people doing great things around this issue, many families have to eat highly processed foods that are full of preservatives, high in calories, and lack nutritional value, as that is the only food available at their local food pantry or affordable at their grocery store.

Dish It Up aims to inform people across North America of the need for healthier food in food banks and help those making the food donations better informed of their options in selecting inexpensive, yet healthy food options.

You can help by donating items included on the food donation list:

- Whole wheat pastas
- Brown rice
- Canned fruit (packed in juice)
- Canned vegetables
- Canned meats (tuna, salmon, ham, chicken or turkey)
- Canned or dry beans (black, kidney, pinto, navy, garbanzo)
- Peanut butter (plastic jars only, please)

For a list of food collection and drop-off sites in your area, please go to <http://www.pioneersvolunteer.org/centennial/dishitup/participate/donatefood/default.aspx>

Donate Now - Every Dollar Helps Feed Eight Hungry People

While donating food to **Dish It Up** is a great hands-on volunteer experience and an activity that families can participate in together, your cash donations can go even further. A food bank or pantry can purchase food in bulk at a much greater discount than retail price. When you make a cash contribution to **Dish It Up**, your contributions benefit local food banks and hunger programs.

The easiest way to make a cash donation to **Dish It Up** is with our online form found at the link below. You will be immediately given a receipt and able to claim your donation as tax deductible - not to mention the fact that each dollar you give helps provide eight meals to people in need.

Donate now by going to <https://www.pioneersvolunteer.org/donations/Default.aspx> and click the radio button next to "I want to make a donation to **Dish It Up**."

A \$100 donation, in honor of 100 years of service, volunteerism and philanthropy, will help provide a meal to 800 hungry people.

100 Years Means Hundreds of Dish It Up Projects

Dish It Up projects are taking place all across North America. The following states and provinces have committed to efforts which aim to feed one million people: Alabama, Alaska, Arkansas, California, Florida, California, Colorado, Florida, Georgia, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, New Jersey, New Mexico, New York, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island, South Carolina, Tennessee, Texas, Utah, Virginia, Washington, West Virginia, Wisconsin, Wyoming, New Brunswick, Newfoundland, Nova Scotia and Saskatchewan.

Food security is defined as existing "when all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life." Food insecurity occurs when:

1. Sufficient quantities of food are not available on a consistent basis.
2. People don't have the resources to obtain appropriate foods for a nutritious diet.
3. Knowledge of basic nutrition and care, as well as adequate water and sanitation, are lacking.

Please help address this issue by volunteering your time, donating food, or donating money to the **Pioneers Dish It Up** project.



Help Pioneers Feed One Million People

contact us



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upcoming events

To find Pioneers-driven community service projects and events going on in your local area and across the US and Canada, please visit <https://pals.pioneersvolunteer.org/VM/index.aspx>

Centennial Rewards and Recognition



The following Pioneers have logged 100+ hours in VolunteerNow! from March 1, 2011 - July 31, 2011. Congratulations to everyone who has reached this milestone – keep up the good work!

AT&T

Marlene Abraham
Nola Adams
Sharon Adams
Shaun Adeoye
Catherine Adkins
Alice Aguilar
Eleanor Ahlstrom
Linda Anderson
Phyllis Anderson
Alice Andrade
Alice Andrews
Ellen Armstrong
Sandra Atherton
Diane Austin
Patricia Babbs
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L. Barfield
Gerald Barron
Myrna Barron
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Teresa Baxter
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Edward Bitolas
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Malissa Blackwell
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Bernice Borel
John Bowers Jr
Delphine Bowie
Billie Bowling
Nona Bowling
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I. Brown

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Wes Buss
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Robert Cahoon
Hazel Caldwell
Yolanda Calleja
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J. Canady
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Richard Carmona
Felicia Carter
Denise Caruso
Patricia Caruso
Sarah Case
Esther Ceglowski
Benjamin Chavez
Loretta Cherry
Carol Christensen
Pamela Clapper
Ouida Collins
Peggy Collins
Sharen Condley
Tricia Conte
Susan Conway
Frank Cope
Fay Corley
Evelyn Cowan
Karee Craig
Shirley Craig
Etoile Crain
Leona Cumbie
Rose Daniel
Albert Daspit
Cheryl Daughtry
Sandra Davidson
Corrine Davis
Marjorie Davis
Melinda Davis
Janice Dawson
Hazel Day
Marion Day
Stanley Dearing
Sally Deleenheer
Linda Dickinson
Susan Dixon
Harold Dobratz

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Janet Drais
Lloyd Drais
Johnette Drayton
Neysa Dreessen
Charlene Driscoll
Ray Dubuque
Freda Dudley
Donna Duncan
Barbara Dunlap
Hazel Duntley
Gary Dusenberry
Beverly Dye
Sandra Ehrman
Donna Ellis
Pamela Elrod
Cynthia England
Betty Fain
Sheila Ferguson
Edwin Finley
Mary Fischer
David Fisher
Helen Flynn
Ann Folsom
J. Fordham
Gina Foster
Joan Francois
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Patricia Gannis
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Gena Gibson
George Gibson
T. Gibson
Betty Gillespie
Harry Ginzl
Gloria Glenn
Ronald Glover
Theresa Gludovatz
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Dolores Gonzalez
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Ethel Gough
Gloria Grabowski
Richard Gramelt

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R Gray
C. Green
Valerie Green
Daryl Grier
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Shirley Hawkins
Steve Hazelton
Harold Heinrich
Norma Hernandez
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Laura Hill
Joseph Hodgson
Joe Holbert
Gertrude Holmes
Marilyn Holtz
Mabel Howard
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Sherry Howle
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Gaye Hughes
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Glenn Matson
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Frances May
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Donna Mccardell
Rosalie Mccaw
William Mccaw

Centennial Rewards and Recognition



The following Pioneers have logged 100+ hours in VolunteerNow! from March 1, 2011 - July 31, 2011. Congratulations to everyone who has reached this milestone – keep up the good work!

Annie Mccrimmon
Teresa Mcdaniel
Jimmy Mcelreath
Rita Mcgill
Shirley Mckinney
Laouida Mcknight
Frances Mcnair
Maxine Mcnatt
Lewis Meadows
Marcia Meyers
Alice Mikolay
Joseph Mikolay
Toni Miller
Larri Milligan
Elizabeth Mills
Joann Mize
Mary Jane Montemayor
James Mooney
Kyla Moore
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Doyle Mote
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Dianna Williams
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Marlene Beasley-Martin
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Marilyn Bedell
Kathleen Beechey
Lois Beedle

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Roberta Behrens
Jon Berquist
Joanne Boon
William Boon
Janet Brand
Carolyn Brown
Edith Bruce
Anne Cannon
Arleta Cantrell
Michael Ceballos
Marilynn Charlesworth
Clareen Claeyes
Miriam Colledge
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Gerald Wild
Olive Wilkison
Lillian Willcock
Roger Winkler
Jack Witt
Patricia Witt
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Alan Zeuke

New Outlook

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Margaret Beslanovits
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Chick Body
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