



January / February 2013

Sign up to volunteer for all of these PGE-sponsored events and more on the PGE Volunteer Power Tool at EasyMatch.com/PGEVP.

Help take a bite out of hunger in Oregon

January presents lots of opportunities to make a difference in the state's ongoing battle against hunger:

* Jan. 7 – Jan. 31: Participate in PGE's Annual Food Drive

Help restock Oregon Food Bank shelves after the holiday rush. Donors are generous during the holidays, but people are hungry all year long. Donations of nonperishable food items may be dropped off at the World Trade Center's third, sixth or 17th floors or in the 3WTC elevator lobby, or at CCC/Wilsonville, Beaver, CSS/ERC, Salem Line, TCC and Woodburn offices between now and Jan. 31.



* Jan 8: Prepare meals for seniors at Loaves & Fishes

Help prepare meals in the kitchen at Loaves & Fishes headquarters that will be delivered that same day by Meals on Wheels volunteers. Experience what it takes to prepare and get a hot meal into the hands of seniors confined to their homes. Volunteers will meet in the main lobby and reception area at about 9:50 a.m. and receive a welcome and brief history of Loaves & Fishes and a description of the work we'll be doing that day. You can then stay and enjoy a free lunch with seniors across the street at the Multnomah Arts/Senior Center at noon. Note: Be sure to get your manager approval to attend this weekday project.



* Jan. 31: Pack & Stack at Oregon Food Bank

PGE employees will have collected food for Oregon Food Bank throughout January, and we will celebrate our drive's success by delivering and unloading filled barrels on Thursday, Jan. 31. Volunteers will then "pack and stack" in the Volunteer Action Center to help restock food bank shelves following a busy holiday season. Bring your family and friends and plan to join your co-workers for this fun and rewarding volunteer activity. If you can join us, please reserve your spot at least one week in advance. The food bank needs an accurate count of our volunteers to supply us with just the right amount of work for our group. And PLEASE, if you sign up, be sure to show up. The food bank counts on us to help them get the food out the door and onto the dinner table!

* Volunteer at a food pantry near you

PGE employees and retirees are great at finding ways to help others, and 2013 is no exception. Through the years, we've repackaged tons of donated food through Oregon Food Bank, but have you ever wondered what happens next or how the food gets into the hands of those who



Community Service Grant deadline is Jan. 31!

If you've volunteered at least 16 hours for a nonprofit organization or school, you may be eligible to apply for up to \$500 for your organization. Simply record your volunteer hours and apply for a grant on the PGE Volunteer Power Tool. Contact [Terry Clelen](mailto:Terry.Clelen@pge.com) at 503-464-2428 with questions.

Record your volunteer hours by Jan. 11

Stand up and be counted! Whether you coach a youth sports team, serve on a board of directors, or tutor a student, be sure to enter your volunteer hours on the PGE Volunteer Power Tool.



Wear your blue Volunteer Power T-shirt when you volunteer

Contact [Melissa Sircy](mailto:Melissa.Sircy@pge.com), 503-464-7618, to order your T-shirt today!

need it? If you have, maybe it's time to try something new and volunteer at a food pantry near you, stocking the shelves or helping customers "shop" for their groceries. To learn more or volunteer at a local food pantry, go to www.FoodPantries.org, which lists hundreds of food pantries throughout Oregon, including 67 sites in Portland, five in Salem and Oregon City, four in Beaverton, three in Woodburn, two in Madras, and many others that would be grateful for a couple hours of your time.

* Become a Meals on Wheels volunteer

Be the friendly knock at the door with a warm smile and a hot meal on Thursdays for seniors in NE Portland. Join the friendly cadre of PGE volunteers who take turns delivering Meals on Wheels in teams of two to seniors in NE Portland every Thursday. Pick-up and delivery of the meals takes about 90 minutes. Cherie Hull, team leader of the group, can answer all your questions; contact her at 503-464-8414.

Dig in with Friends of Trees — Jan. 12, Feb. 9, Feb. 23 and March 2

Join Bill Nicholson and plant a tree in the Lents, Powellhurst, Gilbert neighborhoods in Southeast Portland on Saturday, Jan. 12. Additional PGE-sponsored plantings are set for:



- Feb. 9 in a Gresham greenspace near the Springwater Corridor
- Feb. 23 in a Wilsonville greenspace
- March 2 in Montavilla and Mt. Tabor neighborhoods

Registration begins at 8:45 a.m. with hot coffee and breakfast treats, and projects begin

promptly at 9 a.m. Friends of Trees provides gloves, tools and training, so all you have to do is show up dressed for the weather and be ready to dig in. Projects wrap up around 1 p.m. with a warm and tasty lunch for volunteers at each of the neighborhood meeting sites. Sign up on the Volunteer Power Tool.

GO RED – Feb 1

Wear red on Feb. 1 and show your support of the American Heart Association while raising awareness about the risk of heart disease and stroke. Then enter the GO RED photo/video contest by Feb. 4. Submit entries to Ariana.white@pgn.com.