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October 26, 2015

## Greetings!

Our classmate, Emily Fields Karakashian, is an active member of the all volunteer non-profit Bay Area organization, White Pony Express. WPE is one of ClassACT's Bridge projects and Emily is its ClassACT sponsor. White Pony Express is dedicated to helping eliminate hunger and poverty in Contra Costa County by relaying the abundance all around us to those in need. The program freely distributes fresh nutritious food and new and gently used clothing, toys and children's books and games to people in need throughout Contra Costa County. Check [White Pony Express](#) out!

ClassACT board member, Marion Dry, has been working with Emily to put together a ClassACT/ White Pony Express "work and play" day for classmates, your families and friends, and members of the San Francisco Harvard Club.

We invite you to join us for a morning of work with White Pony Express-helping with either the food rescue program or the clothing preparation workshop. The proximity to Thanksgiving will likely make this a busy and important day. After we have helped out, HR73 folks/family/friends will proceed to a nearby restaurant to have lunch together. Who knows, if the spirit moves us, we may end up hanging out together all afternoon! Take a look at the particulars and Emily's description of why she sponsors WPE.

If you plan to come, please [email us](#) so we know how many to expect.

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## The PARTICULARS

### When:

Saturday, November 21, 2015  
8:30am - 11:30am. WPE Orientation for all volunteers at 8:45 am.

### Where:

Food rescue volunteers: 1326 Boulevard Way, Walnut Creek

Clothing and toy workshop volunteers: 3380 Vincent Rd., Pleasant Hill

### What:

Sign up to volunteer in either the food rescue program or clothing preparation program.

**Food rescue** involves sorting, distributing, and loading fresh surplus food for delivery to recipients by regularly scheduled food runners. It requires some lifting and bending. Wear comfortable casual clothes. After orientation, food rescue volunteers will caravan to the food rescue site at 1326 Boulevard Way in Walnut Creek.

**Clothing and toy preparation** involves standing or sitting to sort clothing and toy donations and prepare them to be given to recipients directly through partner nonprofits or at Mobile

Boutiques throughout the County. Clothing preparation volunteers will remain at 3380 Vincent Rd.

**Then:** Luncheon gathering at a nearby restaurant (TBD) with HR73 classmates, family and friends

**Questions? Contact Emily:** [emilytheok@gmail.com](mailto:emilytheok@gmail.com)

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### **Why I volunteer for White Pony Express - Emily Fields Karakashian**

White Pony Express got its start in my neighborhood, just a few blocks away from our house. As soon as I heard about it, I knew I wanted to spend as much time as I could supporting this wonderful program. We live in an area characterized by economic extremes: areas of tremendous abundance and areas that are deeply underserved. There is a large homeless population in upscale Walnut Creek. There are cities where the majority of residents live at or below the poverty level and cannot adequately clothe or feed their families. I always wondered, "What can I do? How can I help my neighbors?"



**White Pony Express** allows me to help in a way that is direct, immediate, and real.

Through its principles of unity and service, which form the basis for the food rescue and clothing distribution programs, White Pony Express is helping end poverty and hunger in Contra Costa County. The concept of sharing the abundance all around us with those in need is simple but powerful. In my role as volunteer coordinator, I see it in action every day. Volunteers gravitate to the program because it allows them to support their neighbors in a way that is loving and direct. I hear them say, "The time I spend volunteering with WPE is the happiest and most satisfying time in my week." And I agree wholeheartedly!

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Going to join us? **Let us know!**

Hoping to see you soon!

Emily and Marion

**Web:** [www.classacthr73.org](http://www.classacthr73.org)

**Email:** [classacthr73@gmail.com](mailto:classacthr73@gmail.com)

**Facebook:** <https://www.facebook.com/groups/1673038329594181/>

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