Community Newsletter

Feb. 2017

City of North Plains, 31360 NW Commercial Street, North Plains, OR 97133
(503) 647-5555 info@northplains.org www.cityofnp.org Events: www.npfun.org

Your City Council: Mayor Teri Lenahan
Robert Kindel, Sherrie Simmons,
Larry Gonzales, Russ Sheldon, Cameron Martinez
Agendas/Minutes (←click here)

E-Water Bills

We are excited to announce that we are launching e-bills! Water customers will be able to view their statements online, but unfortunately payment is not able to be submitted directly through the statement view. That is our next goal! For the time being, you can always make a payment through the website www.cityofnp.org . Click the red button that says "Pay Online" and you will be directed to the payment portal.

To set up e-bills visit https://northplains.moonlightbpo.com/default.aspx First time users will need to register. Enter your name and account number exactly as it appears on your water statement. You will be able to register for e-bills after you have received your first paper bill in the mail.

Once registered go to your profile and select "send e-mail" under Delivery Method.
You will receive an e-mail to the e-mail address you provided during registration once the new water statements are ready, typically around the 1st of each month.

Library News

ANNOUNCEMENTS: ART MATTERS

The following fine objects of art will be on display in the library during January and February.

Quilt of the month

The quilt on display for January is the pattern Starry Pines (A Kimberly Elnimo pattern). This was quilted by Stephanie Hinsvard. Here is what she had to say about the quilt.

> "I didn't have a winter quilt so I decided to make the quilt pattern "Starry Pines" by Kimberly Elnimo. I fell in love with the pine trees located around the edge of the quilt. I chose a beige background with for the quilt because it reminded me of winter. I liked the stars in the center because of all of the stars located in the winter sky. I love covering up in this quilt on cold winter nights."

For February our quilt will be the annual raffle quilt. Asking for no recognition, the maker of this year's raffle quilt gave it anonymously to the guild and asked that it be used for a good cause. It was beautifully done in batiks with paper pieced medallions. It was not quite finished when given, so several members of the guild worked to complete it. Truly a team effort.

Artist's trading card

Each month Marie Buckley and other local artists meet to share Artist Trading Cards (ATCs). These miniature works of art are designed to match a set theme and are about the size of a baseball card. The event occurs at 6 p.m. on the third Thursday evening of each month. This is a fun way to meet other artists and exchange art creations. The ATC exchange is free and open to the public.

Our ATC topic for February is Books. The swap will occur on February 16.

In library art display

In January and February we will be pleased to host the fine Illustrations and photography of Steffan Lucas. Here is what we have learned about the artist:

Steffan Lucas has spent the bulk of his adult life becoming familiar with the world's philosophical and religious literature--his aim being to identify and dismantle the individual elements of his own belief systems in order to rebuild himself into a self-created mythic entity. In the meantime, Steffan amuses himself with an ever-changing melange of activities that include writing, dreaming, information processing, and consciousness-exploration.

Craft Guild Meeting.

Join our informal group of knitters, and quilters from 6 p.m. until 8 p.m. on the first Wednesday evening of each month. Anyone interested in gathering for camaraderie as you work on your individual projects is welcome to do so at the library. Bring your yarn or

cloth and needles (or other craft projects) and expect to make new friends and share ideas. This is intended to be an informal get-together of crafters not a formal class. Contact the library for more details.

ANNOUNCEMENTS: YOUTH SERVICES

The following items summarize our upcoming program offerings for younger library patrons.

Book Babies Storytimes.

Babies 0-12 months are invited to hear stories, enjoy finger plays, and share songs and rhymes with Early Childhood Specialist Lauren every Wednesday at 10:30 a.m. in the children's section of the library.

Storytimes.

Children ages 0-6 are invited to participate every Wednesday at 11:30 a.m. in the children's section of the library.

January 18. Special guest storytime with Dr. Tsui and his animal tales.

January 25. Mr. Will asks knight or night?

February 1. Mr. Will has hats for sale!

February 8. Barbara focuses on transportation – zoom.

Tutoring assistance

Math and Science tutoring help is available during the school year. Volunteer Aaron or Stacie will be available for half-hour segments each Saturday morning, from 10 a.m. until 10:30 a.m. and from 10:30 a.m. until 11 a.m. Half-hour segments will additionally be available from 6 p.m. until 6:30 p.m. and from 6:30 until 7 p.m. on Tuesday evenings. The tutors will provide help with math from an elementary school level through calculus. In science help will be provided from an elementary school level through college level. Call the library at (503) 647-5051 to book a free tutoring session.

First Friday Flick.

Join us at the Jessie Mays Community Hall on the First Friday of each month for a free showing of a PG-rated movie.

February 3 at 6:30 p.m. The Secret Life of Pets.

Max (Louis C.K.) is a spoiled terrier who enjoys a comfortable life in a New York building until his owner adopts Duke, a giant and unruly canine. During their walk outside, they encounter a group of ferocious alley cats and wind up in a truck that's bound for the pound. Luckily, a rebellious bunny named Snowball swoops in to save the doggy duo from captivity. In exchange, Snowball demands that Max and Duke join his gang of abandoned pets on a mission against the humans who've done them wrong.

ANNOUNCEMENTS: ADULT SERVICES

Here is a rundown on the adult focused news and programs that occurred recently or are scheduled to occur next month. All are welcome at our programs.

Foreign Film Night update

At this time we are still waiting for our $1120 check from the Oregon Cultural Coalition to start the foreign film series. As soon as the funds have been received we will start the subscription to Film Movement. We still hope that the first showing will be able to occur in February.

Say Hello to the Cloud Library

On January 26 2017 from 7 p.m. until 8 p.m. it's time to say hi to the WCCLS cloud library. The Library Director will give a presentation on what the cloud library is, how to install it on your devices and how to use it to get free e-books and audio books using your library card. He will also help members of the public who bring their own mobile devices get up and running with the cloud library.

Library Book Club.

New members are always welcome to join in the monthly discussions. The group meets regularly once a month, usually on the last Wednesday of each month at 7 p.m. at the North Plains Public Library. On Friday, January 27 at 6:30 p.m. the book club will host its Annual Potluck Party at the Library, during which we will announce the books chosen for the New Year.

ANNOUNCEMENTS: UPCOMING MEETINGS

The following is a listing of the library related meetings scheduled for this month and next.

Friends of the Library.

Our supportive Friends group usually meets on the second Monday of each month in the Library at 7 p.m. New members are invited to attend.

There will be a general meeting of the Friends on February 13 2017.

SAVE THE DATES: KEY DATES FOR LATER IN THE YEAR

Want to keep bee's? - February 4

Jeff Clark and his family keep bees in rural northern Washington County. He is the President of the Tualatin Valley beekeepers and a journeyman in the Oregon Master Beekeeper Program. This free presentation will cover:

- Hives and equipment
- Cost of getting started
- Local rules and regulations

- Resources for more information (local bee groups, and bee schools)

Why I Walked 444 Miles to Make a Memory – February 21 2017

Andra Watkins New York Times bestselling memoir ***Not Without My Father*** is about making memories, about turning I wish I had into I'm glad I did.

Andra's presentation challenges audiences to evaluate their relationships. She gives attendees concrete ideas and strategies to leave inspired to make a memory of their own. In a one-hour, high-energy performance, Andra shows everyone, whatever their phase of life, how to make memories that matter.

Acting With Mo 2017 - Contrasting Monologues, How To Get Into TV, Movies and Area Theatre, Do I Need An Agent?

Acting With Mo will be a bit different this year! Classes will start on March 6 and run through April 17th, from 3:30-5:30 at the Jessie Mays Community Hall. This is for children ages 10-14, and only 10 spots are available.

Instead of a play, we will be concentrating on helping your child learn contrasting monologues which they can use during auditions at a talent agency, for area theatres and to help boost their self-confidence!

We will be helping your children learn the ins and outs of acting websites offering free services to fees to join and be an actor on their page looking for jobs, how to audition in area theatres and how to obtain a professional head shot. We will be having guest speakers come and speak during part of the class and then work the rest of the class on the monologues with a final performance on April 17th!

For more information and to reserve your spot, call Maureen Hicks at 503 447-1263, or email at onceuponatime713@yahoo.com

Survival For Cardiac Patients

As part of Tualatin Valley Fire & Rescue's commitment to create safer communities, our team continues to work with community partners to strengthen the chain of survival for cardiac patients.

TVF&R remains dedicated in its efforts to work with community groups to teach hands-only CPR, encourage law enforcement partners to respond to cardiac emergencies equipped with automated external defibrillators, and invite community members willing to perform CPR to download TVF&R's free PulsePoint smartphone app so that they can be alerted when someone is in need of this lifesaving assistance.

We believe that the strength of an entire community fighting side by side will ultimately prove to be more powerful than the nation's No. 1 killer — heart disease.

Now is the time to learn about your risks for heart disease and stay "heart healthy" for yourself and your loved ones.

During American Heart Month, TVF&R invites you to join us in raising awareness of the signs and symptoms of a heart attack and the importance of immediately calling 911 in the event you or someone nearby experiences symptoms.

Unlike a sudden cardiac arrest that strikes suddenly and includes a loss of consciousness, a heart attack can develop slow enough that you are not aware you are having a medical emergency. A heart attack occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely.

Symptoms typically include:

- **Chest discomfort** in the center of the chest that lasts for more than a few minutes or goes away and returns. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Upper body discomfort**, such as pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath** before, during, or after other discomforts.
- **Other signs,** including breaking out in a cold sweat, nausea, or lightheadedness.

The heart is a muscle. It can deteriorate with each passing minute you delay medical treatment. Don't

ignore your symptoms, and don't drive yourself to the hospital.

TVF&R crews responded to 3,589 cardiac-related calls in 2016. Firefighters often hear heart attack patients say, "I wasn't sure it was a heart attack," or "I didn't want to bother anyone."

Remember, TVF&R crews are here for you. Our highly trained firefighter paramedics can diagnose a heart attack and start treatment right away. Crews can also relay your EKG information to the hospital, enabling its staff to activate special heart teams and prepare for your arrival.

A heart attack can cause sudden cardiac arrest, when the heart malfunctions and stops beating unexpectedly. Sudden cardiac arrest leads to death when the heart stops working properly. This can be reversed if CPR is performed and a defibrillator is used to shock the heart and restore a normal heart rhythm.

Studies show that CPR can double or triple a cardiac arrest patient's chance of survival, but only 46 percent of those who suffer cardiac arrest outside of a hospital get bystander help, according to the American Heart Association.

Every minute CPR is delayed, the chance of survival decreases by 10 percent.

Though local patients' odds of survival are among the best in the nation, emergency responders need the community's help to save more lives. Your assistance in performing hands-only CPR until crews arrive can make a difference.

Hands-only CPR has just two easy steps: Call 911 and push hard and fast in the center of the chest to the beat of the disco song "Stayin' Alive."

For more information about PulsePoint, symptoms of cardiac emergencies, and CPR training, visit www.tvfr.com. Thank you for your willingness to team up with our crews to save more lives and create a safer community.

News from the North Plains Senior Center

GROUNDHOG'S DAY DINNER—Thursday, February 2nd will be a breakfast at dinner event from 5:30 to 7:00 p.m. at the Senior Center. Cost is $6 and features all-you-can-eat french toast plus sausage, eggs, coffee and juice. Yum!!

RIGHT AROUND THE CORNER—We'll be serving up corned beef and cabbage for St. Patrick's Day. More info to come.

ARE YOU A LUCKY WINNER? Join us for BINGO, Wednesday, February 1st, and perhaps you'll be the winner of an entry fee, card and meal.

MUSIC MONDAY—D.T. & Country will play Monday, February 13th during lunch from 11:00 to 1:30.

DEEP IN THE HEART OF TAXES—AARP will soon be on site the end of January to review taxes. Call 503-647-5666 to reserve a spot.

VOLUNTEERS NEEDED—The North Plains Meals on Wheels program is always looking for volunteers. We need drivers to take meals to homebound senior citizens, as well as kitchen help (prep, serve, & cleanup) Monday-Friday every week. You can pick which days and hours fit your schedule.

FEBRUARY CALENDAR

Music at the Center—D.T. & Country will play at lunch the second Monday, February 13th from 11:00 to 1:30.

Bunco—February 9th and 23rd; 1:00 p.m.

February Calendar

02/03 **First Friday Flick** 6 p.m. at Jessie Mays

02/06 **City Council Meeting** 7 p.m. at North Plains Senior Center, 31450 NW Commercial Street

02/06 **Historical Society** 1 p.m. at Jessie Mays

02/08 **Planning Commission** 7 p.m. at North Plains Senior Center

02/09 **Food Pantry** 5:30 p.m. at the Yellow House, 31311 NW Commercial St

02/11 **Super Saturday** 1 p.m. at Jessie Mays

02/20 **President's Day** City Offices closed

02/20 **Lego Palooza** 11 a.m. at Jessie Mays

02/21 **City Council Meeting** 7 p.m. at North Plains Senior Center

02/22 **Parks Board** 6 p.m. at City Hall

02/24 **Food Pantry** 5:30 p.m. at the Yellow House

Listening Session

Our Oregon state representative, Janeen Sollman, is hosting a listening session on Saturday, February 4th at the fire station from 9:00-10:00 a.m. She invites anyone and everyone who would like to voice their concerns, opinions, or what they'd like to see for our amazing state of Oregon to attend.

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