



## March & April 2011

*Sign up to volunteer for all of these volunteer events and more on PGE Volunteer Power Tool at [EasyMatch.com/PGEVP](http://EasyMatch.com/PGEVP).*

### Sort & Stock Oregon Food Bank West — March 3

Volunteer in the new westside Oregon Food Bank, 6 to 8:30 p.m. Thursday, March 3. Volunteers will repack bulk food, sort canned food, label packages and complete mailing projects. Join your co-workers and friends for an evening of fun and rewarding work at Oregon Food Bank WEST on Southwest 173rd in Beaverton. Volunteers must be at least 6 years old to participate.

### Plant Trees with Friends of Trees — March 5

Help Friends of Trees restore our urban canopy by helping plant thousands of trees throughout the Portland area. Volunteers of all ages are welcome to take part in this neighborhood tree planting on Saturday, March 5 in Montavilla/Mt. Tabor neighborhoods in Southeast Portland.

The project begins at 9 a.m. and ends at approximately 1 p.m. All tools and training are provided and no previous planting experience is necessary. This is a great family activity that literally lasts a lifetime. Dress for the weather and come on down!

### Finish sorting batteries to recycle — March 10

Spend an hour with your co-workers as we ready the last few buckets of batteries for recycling. We'll meet on Thursday, March 10, between 12 and 1 p.m. and separate the alkaline from the lithium batteries while we rock out, chat and laugh together as we help rid PGE and our earth of a few hundred dead "volts."

Everything you need, including easy instructions for separating the batteries, cookies and great company are supplied!

### SOLV Spring Beach Cleanup — March 26

The SOLV Spring Beach Cleanup will take place all along our beautiful Oregon coast on Saturday, March 26. Simply decide which beach you want to clean and check in with the SOLV volunteers at 10 a.m. at your selected beach on the day of the event. The clean up ends at 1 p.m. Check SOLV.org for details.

Be sure to dress for the weather, wear your PGE volunteer T-shirt and



**2010 Outstanding  
PGE Volunteer  
Melissa Swenson**

### Nominate a 2011 Outstanding PGE Volunteer!

Each year, PGE celebrates our exceptional volunteers by presenting Outstanding PGE Volunteer Awards. Please take a moment to nominate a PGE employee or retiree (or yourself) who is actively involved in service to a nonprofit or school. To receive this special recognition, your nominee can be an on-the-ground volunteer, mentor, fundraiser, coach or board/committee member.

Three Outstanding Volunteers will be selected by May 30 and will receive \$500 for the nonprofit organizations or schools of their choice.

Just for nominating an Outstanding PGE Volunteer, you'll be entered to win a \$250 grant to your favorite nonprofit or school.

The deadline to submit nominations is April 30.

register your hours on the Power Tool. And, mark your calendars now for the PGE-sponsored SOLV Fall Beach Cleanup at Fort Stevens State Park on Saturday, Sept. 17.

### SOLV IT with Wetlands Conservancy — April 16

Sign up now for this family-friendly task of sprucing up a beautiful wetlands maintained by the Wetlands Conservancy near Cedar Mill on Friday, April 15. The primary task is to pull stakes previously used to mark newly planted trees and shrubs out of the ground.

We'll also pick up trash and cut blackberries. Bring your own clippers, loppers, gloves and boots if you are willing to get wet — all other tools will be provided. Hardier volunteers are also needed to pull stakes from areas where hip- or chest-waders are needed.

This project promises to truly demonstrate the difference a couple of hours of service can make. Lunch will be provided.

### Love your heart! Join Jim Piro's Start! Walking Power Break! — April 6

Jim Piro, president and CEO, is a strong proponent of creating and maintaining healthy workplaces at PGE. In preparation for the Start! Heart Walk on May 21, Jim is inviting employees to join him for a 30-minute stroll around the Portland waterfront, in conjunction with national Start! Walking Day, to remind us to take a break and get moving every day. We'll meet Wednesday, April 6, at 12 p.m. at the 2WTC Plaza. Watch for more info about this event, which kicks off our 2011 Power Break series of events, on "Headline News."

### Join Jim Piro as a team captain or walker for the Start! Heart Walk — May 21

Cardiovascular disease is the No. 1 killer in the United States — it accounts for 38 percent of deaths every year. PGE is proud to sponsor the American Heart Association's Start! Heart Walk, which provides an opportunity for businesses and individuals to support education and programs that help save lives right here in Oregon.

Join the fight against heart disease and stroke with Jim Piro as he leads PGE PowerWalker teams during the Greater Portland Start! Heart & Stroke Walk Saturday, May 21. Join Jim's team, one of the other PGE teams or start a PGE team of your own at [PDXheartwalk.org](http://PDXheartwalk.org). PGE teammates will meet at 9 a.m. in the 2WTC Plaza for a team photo and start the 5K family- and wheelchair-friendly walk at 10 a.m. at the East Bank Esplanade in Portland.

### Join PGE cyclers for Reach the Beach — May 21

Dave Robertson, vice president of Public Policy, is inviting all PGE cyclists to join him for Reach the Beach to support the important work of the American Lung Association. If you're interested in participating in training rides and joining Dave and other PGE cyclists for Reach the Beach, sign up at [reachthebeach.org](http://reachthebeach.org) then contact PGE team captain, Dean Smith at 503-464-7769. Cost in \$25 entry fees and \$100 in fundraising.

Simply go to [PortlandGeneral.com/volunteer](http://PortlandGeneral.com/volunteer) and nominate your favorite volunteer.

Questions? Contact Terry Clelen at 503-464-2428.



For information about the PGE Volunteer Power Tool or volunteer opportunities, contact **Terry Clelen**, 503-464-2428.

If you need a Volunteer Power T-shirt, contact **Paige Haxton**, 503-464-7618.