



## May – June 2011

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

### Help at the Women in Trades Fair – May 14

The annual Women in Trades Fair, sponsored by Oregon Tradeswomen and co-sponsored by PGE, is a great opportunity to attract the next generation of women into our workforce and for you to learn more about what it's like to work in the trades. This year, more volunteers than ever are needed to help with the pole climbing and bucket truck activities for attendees. Volunteers are needed in three-hours shifts. Interested? Sign up directly with [Maureen Fallt](#) at 503-464-7296 to help with this annual outreach.

### Join the Start! Heart & Stroke Walk – May 21

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

Join the fight against heart disease and stroke with Jim Piro as he leads PGE Power Walker teams on the 5K Greater Portland Start! Heart & Stroke Walk on Saturday, May 21. Join or contribute to Jim's "Know Your Numbers" team or one of the other 17 PGE teams listed at [GreaterPortlandHeartWalk.org](http://GreaterPortlandHeartWalk.org). PGE teams will meet at 9 a.m. in the 2WTC Plaza for a team photo and then start the 5K family-, stroller- and wheelchair-friendly walk from the Eastbank Esplanade in Portland at 10 a.m.

**Note: Have your health screen done, and PGE will donate \$5 (up to \$5,000) to the AHA per employee!**

### Show your heart at Tribute Booth – May 21

Interested in joining in the fun, but don't want to commit to the walk? Volunteers are needed to help at the PGE-hosted Tribute Booth at the Heart Walk Festival. The festival offers information, food and activities for the whole family and takes place before, during and following the walk at the Vera Katz Eastbank Esplanade Plaza. Volunteers are needed to help Community Affairs staff set up the booth then give tribute stickers to walk participants wanting to pay tribute to a loved one. This is fun, rewarding, and helps to remind all of us to take care of our hearts.



### Did you know ...

American Heart Association funded research, which has:

- Led to the discovery of diuretics as an effective treatment for congestive heart failure and high blood pressure.
- Facilitated implantation of the first externally powered pacemaker.
- Developed CPR.
- Provided preliminary data for understanding of how the stent would work.
- Launched "Get with the Guidelines," a quality care initiative that encourages healthcare providers to follow proven standards and procedures.

## Reach the Beach with PGE – May 21

Dave Robertson, vice president of Public Policy, is leading PGE's Reach the Beach challenge to support the important work of the American Lung Association. The cost to participate in Reach the Beach is \$35 plus \$100 in fundraising. Spots are limited and have been filling quickly, and our friends at the ALA encourage PGE employees to register today at [ReachTheBeach.org](http://ReachTheBeach.org) so you don't miss out on the fun (be sure to enter "PGE" as your company name). Once registered, contact PGE team captains, [Dorothy Sosnowski](#) or [Dean Smith](#), to be added to the PGE team roster so you'll be kept in the loop about training rides, team photos and more. This is a beautiful, fun-filled ride for cyclists of almost any ability, from one of four start points of varying distances, all ending up in beautiful Pacific City on the Oregon Coast.

## Help out at Grand Ronde stop – May 21

Interested in joining in the fun, but don't want to commit to the bike ride? Volunteers are needed to help at the PGE-sponsored lunch stop in Grand Ronde. All 3,000 Reach the Beach cyclists come through Grande Ronde and have voted it the best stop of the ride for several years. The American Lung Association provides lunch, and PGE volunteers provide the fun and excitement while helping to serve lunch, direct traffic and cyclists, staff the water table, keep the grounds clean and encourage cyclists as they recharge at our lunch stop.

So bring your family, volunteer at Grand Ronde and then enjoy the finish line festivities at beautiful Pacific City following your shift. Twenty volunteers are needed for the morning shift, and 10 are needed in the afternoon.

## Starlight Parade cleanup – June 4

Once again, PGE volunteers have a great opportunity to help keep the Portland Rose Festival the "Cleanest in the World." Our reputation for a livable city is magnified by our commitment to keeping it clean, and the part we play in the PGE/SOLV Starlight Parade cleanup is key.

Volunteers are needed to distribute empty bags at 7 p.m. and collect filled bags starting around 10 p.m. This is a truly amazing experience and keeps our Rose Festival and our beautiful city clean!

## Grand Floral Parade cleanup – June 11

The Rose Festival is the cleanest festival in the WORLD because our volunteers help keep it that way! Volunteers can sign up on the Volunteer Power Tool to distribute SOLV trash bags at 8:30 a.m. or collect filled bags immediately following the parade.



## May 14 – St. Johns Parade

Kick off the summer parade season by walking and waving in the annual St. Johns Parade, a popular North Portland tradition. The parade route is about 1 mile long and winds through the streets of St. Johns. Families are welcome to volunteer together. Contact [Terry Clelen](#) at 503-464-2428 if you'd like to be Larry the Lightbulb!

## June 19 – Portland Pride Parade

Walk with PGE GALEForce in the Portland Pride Parade! Bring a friend and meet at 10 a.m. in the North Park Blocks on Sunday, June 19, for some pre-festival goodies and to decorate the truck/float.



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, call

[Paige Haxton](#), 503-464-7618.