

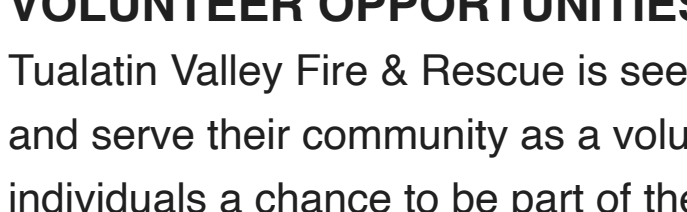
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SRN Email Newsline
 Email: newsline@srmidx.org
 Subscribe at: SRNPDIX.ORG
 Facebook Group: [Skyline Ridge Neighbors Portland OR](#)



Date: **January 31, 2025**



VOLUNTEER OPPORTUNITIES

Tualatin Valley Fire & Rescue is seeking individuals willing to donate their time and serve their community as a volunteer. This exciting opportunity gives individuals a chance to be part of their fire district's mission to create safer communities.

Choose from two ways to serve your community:
INCIDENT SUPPORT VOLUNTEER

- Support firefighters at incidents in a non-firefighter capacity
- Participate in public education
- Attend parades and support community events and activities
- Attend monthly drills

AUXILIARY VOLUNTEER

- Restore and maintain antique apparatus
- Attend parades and support community events and activities
- Participate in public education

APPLY NOW! Applications will be accepted until February 10.

Learn more at <https://www.tvfr.com/471/Volunteer-Program>

Regards,

Mike Gordon | Volunteer Captain
 Tualatin Valley Fire & Rescue
 Station 372
 Direct: [503-259-1772](tel:503-259-1772)
www.tvfr.com

TVF&R ASKS YOU TO RAISE HEART ATTACK AWARENESS

If you think it's a heart attack, call 911 right away

During American Heart Month, Tualatin Valley Fire & Rescue 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're not aware you're having a medical emergency. It 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 most common heart attack symptom for women and men is chest pain or discomfort. However, women are more likely to experience other symptoms, particularly shortness of breath, nausea or vomiting, back or jaw pain, pressure in the lower chest or upper abdomen, dizziness, fainting, or extreme fatigue.

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.

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.

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, visit www.tvfr.com.



Skyline Grange #894
 11275 NW Skyline Blvd., Portland, OR 97231
 Website: www.SkylineGrange894.org
 General Email: SkylineGrange894@msn.com
 Rental Email: SkylineGrange894@gmail.com

GRANGE NEWS

February 2 LAST CHANCE TO ORDER PLANTS for Mostly Tree Seedling Sale (MTSS)

DATES: Deadline to submit pre-order is this Sunday, February 2, 2025 at 9 p.m.

DETAILS:

- BY PRE-ORDER ONLY. No in-person sales.
- Get your pre-order in asap, since the seedlings and plants in the MTSS tend to sell out quickly. Orders are filled on a first come, first served basis.
- Sale includes 13 species of native tree seedlings and 11 species of shrubs and 14 wildflowers species that may be hard to obtain for our large April Tree & Native Plant Sale.
- Buying seedlings is an economical way to purchase trees, especially when desiring larger quantities.
- Planting them in late winter/early spring also better assures water (rain) for a good early start.

PRE-ORDERING: Obtain a Pre-Order Form & Descriptions of Species by:

- Emailing a request to skylinegrange894@msn.com
- Downloading forms [Native Plant Sales – Skyline Grange #894](#)
- Picking up forms at Plainview Grocery (corner of Skyline & Cornelius Pass Rd)
- Picking up forms at Skyline Grange (in plastic box to the right of main entrance)

FEBRUARY 16, COMMUNITY BRUNCH: PANCAKES, ETC.

WHEN: Sunday, February 16, 2025

TIME: Serving 9:30-11:30 a.m.

WHERE: Skyline Grange, 11275 NW Skyline Blvd.

DETAILS:

- We cook, you enjoy. Pancakes, quiches, breakfast meats & breads, fresh fruit. A winter tradition at Skyline Grange with the community sharing a satisfying brunch together.
- Suggested donation of \$10 for ages 14 & older; \$5 for ages 5-13; free for under age 5.
- Proceeds go to our Capital Improvement Fund.

DONATIONS WANTED: Donate to Grange's Garage Sale

This is the perfect time to clean out your sheds, house, attics and sort through toys and equipment your children have out grown ... and donate to a good community resource.

- Our Spring Garage Sale is Friday, February 28 & Saturday, March 1, 2025.
- All proceeds go to our Capital Improvement Fundraising Campaign to increase accessibility, safety, inclusivity, and functionality of our building.
- Donations for capital improvements are not considered tax-deductible by the IRS. By donating, you do support improvements to a place where local residents can connect, become informed and engaged in activities and in the well-being of our community.
- All donations must be clean & in working condition. See list below of items generally accepted and not accepted.
- DO NOT leave items at the Grange at other times without permission. We assess all potential donations for salability, condition, and whether if unsold can be donated to our non-profit recipients.
- QUESTIONS, email skylinegrange894@msn.com.

DROP-OFF DATES

- Fri., Feb. 7 (10:15-11:15 a.m.) lighter, smaller donations only (no furniture, etc.)
- Sun., Feb. 16 (noon-1 p.m.) both lighter and heavy, bulkier donations accepted
- Fri., Feb. 21 (10:15 a.m. – 2 p.m.) both lighter and heavy, bulkier donations accepted
- Sat., Feb. 22 (10 a.m. – 2 p.m.) both lighter and heavy, bulkier donations accepted
- Sun., Feb. 23 (10 a.m. – 2 p.m.) both lighter and heavy, bulkier donations accepted

DONATION DEADLINE: Sunday, February 23, 2025 at 2 p.m.

ITEMS ACCEPTED:

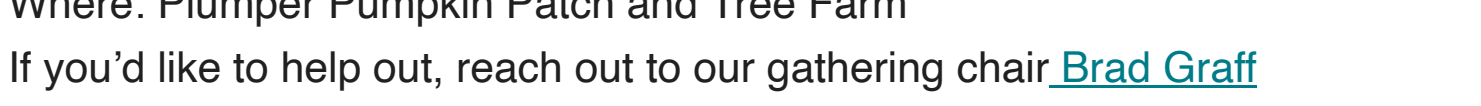
- All donations must be clean & in working condition.
- In general, we accept donation from all sections of the household, tool shed, barn, furniture, pet/equine equipment, books, DVDs, vinyl records, toys, games, linen, kids' stuff.
- Clothing must be clean and in perfect condition.
- Did we say tools, yes tools, please.
- Though we appreciate your good intentions, we must assess all potential donations for salability, condition, and whether if unsold can be donated to one of our non-profit recipients.

ITEMS REJECTED: Please

- No televisions
- No computers, printers, or accessories
- No large exercise equipment
- No audiotapes or VHS tapes
- No child car seats, cribs, potties
- No skis or helmets
- No artificial flowers, Christmas trees or plants
- No dirty, broken, or uncomplete items.



CLASSIFIED ADS



COMMUNITY CALENDAR

What: 2025 Summer Gathering

When: Saturday July 19 2025

Where: Plumper Pumpkin Patch and Tree Farm

If you'd like to help out, reach out to our gathering chair [Brad Graf](#)

Skyline Ridge Neighbors Board Meetings: 2nd Thursdays; Contact sm@srmidx.org for location

Skyline Grange 894 Events

<https://skylinegrange894.org/calendar/> Email: skylinegrange894@msn.com
 Yoga - [See Calendar for Dates and Times](#)

Grange Meetings: 2nd Mondays; Contact SkylineGrange894@msn.com to confirm

Talk: More than Flowers: What Your Garden Needs to Support Pollinators

Date/Time/Loc: Wed. 1/22/25 / 7-8:30 / Skyline Grange

Plant Sale #1 Feb 2

Plant Sale #2 April 4-5

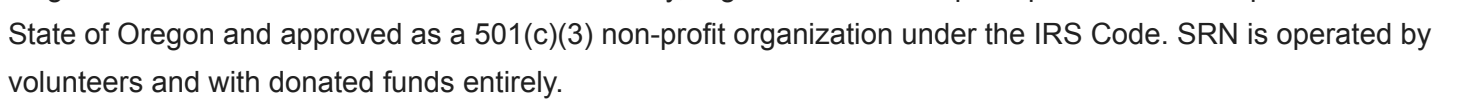
See [Grange website](#) for details and preorder forms

Community Brunch: Pancakes, ETC Sunday, February 16, 9:30 to 11:30 am

Grange Spring Garage Sale Feb 28 - Mar 1

Skyline Ridge Wildfire Ready Workshop; Saturday, May 3, 2025, from 9:00 am to 4:00 pm at Skyline Grange #894. This event will be free, registration required, and include lunch. See our site (www.swcd.org) and newsletter for registration in the spring!

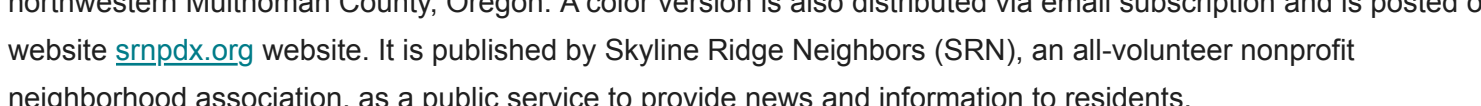
NET Meetings: Contact SkylineRidgeNET@gmail.com



Advertise in the Newsline
 We welcome classified ads from individuals, families, and home-based businesses within the SRN boundaries. Ads are limited to 50 words, and be sure to include your contact information. Send them to newsline@srmidx.org and indicate how many times you want your ad to run.

Prices for Newsline ads are as follows:
 Families & individuals: First issue is free, then \$5 for each additional repeat of the same ad.
 Home-based businesses: \$7.50 per Newsline issue
 Commercial businesses: \$10/issue

Please pay for your ad in advance by mailing a check payable to Skyline Ridge Neighbors, Inc. to our Treasurer, Rachael Brake, 14109 NW Rock Creek Rd., Portland 97231. Be sure to indicate which Newsline ad you are paying for.



Skyline Ridge Neighbors, Inc Website
<https://www.srmidx.org/>

About Skyline Ridge Neighbors
 SRN is a neighborhood association serving much of unincorporated northwest Multnomah County and some adjacent areas within the city of Portland. (<https://www.srmidx.org/boundary-map.html>) SRN is registered as a neighborhood association within Multnomah County, registered as a non-profit public benefit corporation with the State of Oregon and approved as a 501(c)(3) non-profit organization under the IRS Code. SRN is operated by volunteers and with donated funds entirely.

If you would like to donate to SRN in support of its activities, such as this free Newsline service and the publication of its quarterly Skyline Ridge Runner, send your donation to "Skyline Ridge Neighbors", c/o Rachael Brake, 14109 NW Rock Creek Rd, Portland OR 97231. Contributions are tax deductible to the extent allowed by law.

About the Newsline
 Skyline Rural Watch Newsline is a part of Skyline Ridge Neighbors (SRN) and has been produced since June 1994 as a means to communicate neighborhood information. The Newsline is produced by Laurel Erhardt (editor). The Newsline depends on you as a source of accurate information about local crimes, upcoming events, and other news pertinent to the area. If you have information you would like considered for the Newsline, you may do so by e-mailing the information to newsline@srmidx.org, or leaving a message at (503) 821-3501. You can subscribe to the Newsline at SRNPDIX.org [Get the Newsline](#) tab.

About the Ridge Runner
 The Skyline Ridge Runner is a free quarterly publication mailed to approximately 1400 households in rural northwestern Multnomah County, Oregon. A color version is also distributed via email subscription and is posted on website srmidx.org website. It is published by Skyline Ridge Neighbors (SRN), an all-volunteer nonprofit neighborhood association, as a public service to provide news and information to residents.

If you have any ads, calendar listings, news items, stories, letters, photos, etc. that you would like to submit for publication, please email them to Miles at rdgeowner@srmidx.org. Please note that the Ridge Runner may not reach mailboxes until the middle of the month of publication (April, July, October, January) Deadlines for all ad submissions are the 15th of March, June, September and December.

