Chili Cook-Off

Fire in the Bowl! It is time to register for the annual North Plains Chili Cook-off on Thursday, October 17th at Jessie Mays Community Center, 30975 NW Hillcrest Street, starting at 6:30 p.m. The event will be judged by 6-7 local folks.

People who wish to enter their best chili recipe will be allowed to make their chili entries at home and serve “samples” to people attending the event. The Senior Center will be serving a main chili meal to include hot dogs (CHILI DOGS) and corn bread. Dessert will be provided as well. This event is always FREE! Trophies and at least a year of “Bragging Rights” are awarded to best chili makers for:

- North Plains Chili Cook-Off Best Traditional Chili
- North Plains Chili Cook-Off Best Nontraditional Chili
- North Plains Chili Cook-Off People’s Choice
- North Plains Chili Cook-Off Judges Choice
- North Plains Chili Cook-Off Hottest Chili

Library Director’s Pick

If you don’t do scary, stop here! For October, if you’re looking for a spine-tingling, edge-of-your-seat read, The Chain by Adrian McKinty delivers. A demented kidnapping scheme demands payment and a new kidnap victim in custody before releasing your child. Set in New England, this quick-paced psychological suspense-thriller explores the lengths a parent will go to protect their loved ones. Paramount bought the movie rights so expect to see more buzz about this one. I was first introduced to McKinty through his Sean Duffy mystery series set in 1980’s Belfast, top notch mysteries for those who enjoy bad boy detectives and a historical setting.

*Announcement*

The North Plains Public Library is making a slight adjustment to our unofficial open hours. The library doors will unlock at 9 a.m. for an hour of self-service before our standard, published opening at 10 a.m. Monday-Friday. Previously, the doors unlocked at 8 a.m. Our book drop continues to be available at all hours in the parking lot behind the library. This change will go into effect on Nov. 1.
Mayor’s Corner
By Teri Lenahan

Random Acts of Kindness

When was the last time you surprised someone at work with a treat? How about paying it forward in the drive-thru at Starbucks? Or mowing your new neighbor’s yard “just because”? It can be a real joy to create a positive environment for our community through simple “random acts of kindness”. Good deeds help us feel pleasure and happiness on so many levels. There’s nothing complicated about a random act of kindness. In fact, it covers just about anything you do for someone else’s benefit.

Recently, Habitat for Humanity, Councilor James Fage and a dozen or so volunteers came together for a day of giving back to people in North Plains. They helped clean up yards, mend fences and paint houses. The empathy and compassion of the volunteers made a huge difference to the recipients of these kind acts. There is a saying, "One good turn deserves another." To me, that means if you do someone a favor, chances are they will pay it forward through another act of kindness. It can be a “ripple effect” and a game changer.

Last month, I challenged you to Smile and Wave to your neighbor. This month, I’m challenging you to pay it forward with a simple act of kindness. Don’t look for a reason to do it. Do it because it’s the right thing to do.

October Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/02</td>
<td>Economic Development Meeting</td>
<td>6 p.m.</td>
<td>North Plains Senior Center (downstairs)</td>
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<tr>
<td>10/03</td>
<td>Mind Your Yoga</td>
<td>7 p.m.</td>
<td>Jessie Mays</td>
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<tr>
<td>10/07</td>
<td>Historical Society Meeting</td>
<td>1 p.m.</td>
<td>Jessie Mays</td>
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<tr>
<td>10/07</td>
<td>City Council Meeting</td>
<td>7 p.m.</td>
<td>with 5:30 p.m. work session at North Plains</td>
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<td>Senior Center</td>
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<tr>
<td>10/08</td>
<td>Mind Your Yoga</td>
<td>7 p.m.</td>
<td>Jessie Mays</td>
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<tr>
<td>10/09</td>
<td>Planning Commission</td>
<td>7 p.m.</td>
<td>with 5:30 p.m. work session at North Plains</td>
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<td>Senior Center</td>
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<tr>
<td>10/10</td>
<td>Food Pantry</td>
<td>5 p.m.</td>
<td>the Yellow House, 31311 NW Commercial St</td>
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<tr>
<td>10/10</td>
<td>Mind Your Yoga</td>
<td>7 p.m.</td>
<td>at the <em>Senior Center</em></td>
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<tr>
<td>10/14</td>
<td>Parks &amp; Recreation Board</td>
<td>6 p.m.</td>
<td>at North Plains Senior Center</td>
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<td>10/15</td>
<td>Mind Your Yoga</td>
<td>7 p.m.</td>
<td>Jessie Mays</td>
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<tr>
<td>10/16</td>
<td>Library Board</td>
<td>7 p.m.</td>
<td>at the Library</td>
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<tr>
<td>10/17</td>
<td>Chili Cook-Off</td>
<td>6:30 p.m.</td>
<td>Jessie Mays</td>
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<tr>
<td>10/17</td>
<td>Mind Your Yoga</td>
<td>7 p.m.</td>
<td>at the <em>Senior Center</em></td>
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<tr>
<td>10/21</td>
<td>City Council Meeting</td>
<td>7 p.m.</td>
<td>at North Plains Senior Center with 6 p.m.</td>
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<td>work session</td>
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<td>10/22</td>
<td>Mind Your Yoga</td>
<td>7 p.m.</td>
<td>Jessie Mays</td>
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<td>10/24</td>
<td>Mind Your Yoga</td>
<td>7 p.m.</td>
<td>at the <em>Senior Center</em></td>
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<td>10/25</td>
<td>Food Pantry</td>
<td>5 p.m.</td>
<td>the Yellow House, 31311 NW Commercial St</td>
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<tr>
<td>10/31</td>
<td>Mind Your Yoga</td>
<td>7 p.m.</td>
<td>Jessie Mays</td>
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Senior Center News

News from the North Plains Senior Center & Meals on Wheels for October 2019

- Come join us for BINGO! Always the first Wednesday of the month. For the month of October, it falls on the 2nd from 6 pm- 8 pm. $5 at the door buys your first card. Every card, thereafter, is $1/per card. Hot dogs, soda, and chips will be available for a separate fee.
- For the month of October, Bunco will be held on the 3rd and 17th. Begins promptly at 1pm.
- DT & Country will be singing at the senior center on Monday, October 14th@ 11:00AM
- Liver and onions will be served on Monday, October 21st as the second entree.
- EXERCISE GROUP—The Exercise Group, open to the public and not just for seniors, meets
Monday, Wednesday and Friday from 9:30 to 10:30 a.m. in the lower level of the Senior Center. New cardio exercise included. Work at your own level. Bring a friend and enjoy the fun!

**Upcoming events:**
- **Calling all crafters, artisans, home businesses!** Please join us at the North Plains Senior Center for our annual **holiday bazaar** on **November 9th** from 9am-5pm. Get in touch now so we can reserve your spot or come on out and find that perfect holiday gift. Vendor tables are $10 per table. Contact Tracy Baslington @ 503-647-5666 for more info.
- **Senior Center Fall Dance with DT & Country,** **Saturday, October 26th** at Jessie Mays $5.00 per person, doors open at 6:00pm and music begins at 7:00pm. Snacks will be available.
- **DONATE DINNER – FALL 2019**
  We hope to recruit 1,500 volunteers to staff two-hour shifts at more than 30 locations throughout the greater metro area the five days before Thanksgiving, **Nov. 17 to 21,** to ask holiday shoppers to “donate dinner to a homebound senior”. Volunteer as a team leader or just sign on for a single shift.
- **VOLUNTEER AS A TEAM LEADER**
  A Team Leader will coordinate all the volunteers for one day at a single store location between 11 a.m. and 7 p.m. (you do not need to be at the store all day).
- **VOLUNTEER AS A STORE GREETER**
  A Store Greeter will volunteer as a greeter to hand out cards to customers.
  For the North Plains’ center, we are looking for teams to stand at Jim’s Thriftway in Banks, Oregon for shifts during the 5 days of the campaign. If you would like to participate, please call Angie Boyd, Nutrition Program Manager at the North Plains Senior Center for more information or to sign up at 503-647-5666.

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**Historical Society**

The North Plains Historical Society meets October 7th at Jessie Mays Community Center at 1 p.m. The program is on the Columbus Day Storm of Oct. 12, 1962. Everyone is welcome! Bring photos, news articles and memorabilia, and share your memories of this very memorable windstorm in Oregon’s history.

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**Fire Department News**

**Create a Fire Escape Map of Your Home and Practice Getting Out Safely**

October is Fire Prevention Month, and Tualatin Valley Fire & Rescue encourages you to be an everyday hero by creating and practicing a home fire escape plan today.

This year, the Oregon Office of State Fire Marshal campaign, “Not Every Hero Wears a Cape — Plan and Practice Your Escape,” focuses on the importance of knowing what to do in the event of a fire.

The two most common causes of Oregon residential fires in 2018 were cooking and heating, and the 3,122 residential structure fires resulted in 30 deaths, 125 civilian injuries, and $80 million in property and content loss.

The majority of people who die in a fire succumb to heat and smoke inhalation, not flames. Having working smoke alarms in your home greatly increases your chances of surviving a fire.

Smoke alarms are available for people who are deaf or hard of hearing. These alarms use strobe lights and/or vibration to alert residents.

Fire is nothing like what you see on television or in the movies. It produces dark and deadly smoke that can fill your home in minutes and can confuse you to the point that you never make it out. That is why every firefighter wears an air pack before entering a burning building and uses thermal imagers to search for victims.

Most fatal fires happen at night when people are sleeping. Working smoke alarms are designed to activate early to help ensure that you and your family have time to safely escape from your home.

We recommend drawing a map of your home with all members of your household and marking two exits from each room and a path to your designated safe meeting place outside from each exit. One of those exits could be a window.

Once you have an escape map, have a home fire drill and practice using different ways out. We recommend
closing doors behind you as you leave to help slow the spread of smoke, heat, and fire. It’s important to teach children how to escape on their own in case you can’t help them. Families with infants, toddlers, and loved ones with mobility needs should make special plans to ensure everyone gets out safely.

Once outside, remain outside, and call 911. Never go back inside a burning building for anything.

For more fire prevention tips and tools to create a fire escape plan, visit www.tvfr.com.

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**Council & Committee Vacancies**

Are you interested in serving your community? Consider volunteering on the North Plains City Council or Economic Development Committee! The City Council currently has a vacancy with a term ending December 31, 2022, and the Economic Development Committee has a vacancy with a term that ends December 31, 2020. For more information, go to www.northplains.org and submit applications to the City Recorder, Lori Lesmeister at lori.lesmeister@northplains.org.

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**TENINTY’S PIZZA & SUBS**

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WWW.TenintysPizzaAndSubs.COM

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Free Streusel

Buy any XL or Large pizza at menu price and receive a free cinnamon streusel

Cannot be combined with any other offers
Expires 12/31/2019.
CITY OF NORTH PLAINS & NPEA PRESENTS

CHILI COOK-OFF

JESSIE MAYS COMMUNITY CENTER

OCTOBER 17TH | 6:30 PM TO 8 PM

JUDGING CATEGORIES:
BEST TRADITIONAL CHILI
BEST NONTRADITIONAL CHILI
PEOPLE’S CHOICE
JUDGES CHOICE
HOTTEST CHILI

TO REGISTER GO TO:
WWW.NORTHPLAINS.ORG