North Tabor
Neighborhood Association
Calendar of Events

NTNA Meetings:
Generally held on the third Tuesday of the month from 7:00pm to 8:30pm
Providence Cancer Center, Conf Room D
(unless otherwise announced)
All Neighbors Encouraged to Attend
Email chair@northtabor.org or (503) 928-4655
to add items or receive agenda,
get additional information or confirm meeting dates and locations.

January 19, 2010
February 16, 2010
March 15, 2010
Call 503-928-4655 to confirm time and place.

Rosemont Bluff Work Parties
Fourth Saturday of the Month
9am to Noon, NE 68th & Hassalo
rosemontbluff@northtabor.org
Please call (503) 928-4655 or email (see above) to confirm the Winter schedule.

2009 Community Events
Friend a Tree
The North Tabor schedule:
Deadline to register is November 23, 2009
Planting date is January 23, 2010

Got Trees?
Call 503-928-4655 or check out the 2nd
to register for Friends of Trees Planting

Community Education Classes
Mt. Tabor SUN Community School
5800 SE Ash Street
Call 503-916-2915 for more information
Online registration will be available in mid-November at www.portlandarks.org

Portland Plan Workshops
For more information or to take the survey
http://www.portlandonline.com/portlandplan/
November 19: 6:30-9:00 pm
David Douglas High School
1001 SE 135th Ave.
December 1: 6:30-9:00 pm
St. John’s Community Center
1001 SE 135th Ave.

Festive Food Gifts From your Pantry
Chris Musser
Homemade food gifts make an economical, unique, thoughtful treat for everyone on your list, but finding the time to make food gifts during the busy holiday season can be a challenge. Stock your pantry or freezer with ingredients for making when you have some spare time.
If you don’t already have some fabric, raffia, or ribbon on hand, pick some up so you can decorate your gifts.
(See Page 6 for some great recipes)

North Tabor neighborhood volunteers planting trees last March.

Start Seeing Trees
Joe Recker
Sign-up Ends November 23rd for 2010 Planting
November 23rd is the last day to sign up for the North Tabor Neighborhood Tree Planting!
In partnership with Friends of Trees and the Laurelhurst, Sunnyside and Kerns neighborhoods, the North Tabor neighborhood has scheduled a tree planting for January 23, 2010 with special low rates for North Tabor residents. You must sign up at www.friendsfortrees.org by November 23rd to take advantage of this offer!!!

Planting a tree in your yard or parking strip creates long lasting benefits enjoyed by everyone! Did you know that trees remove pollutants from the air? A typical tree absorbs 10 pounds of pollutants, cleans 330 pounds of carbon dioxide, and creates 260 pounds of oxygen each year!
Trees also help intercept and retain 760 gallons of rainfall per year, which help keep our rivers clean and save us money on stormwater fees!
Trees can cool our homes in the summer and shade our city which helps us stay cool all summer! Trees raise the property value of your home by up to 20%.

This winter, the North Tabor Neighborhood Association and Friends of Trees have worked together to offer homeowners trees for their parking strip for $35.99 per tree!
That’s almost half what residents in other neighborhoods pay and it’s about half what you’d pay at a nursery for a similar-sized tree. You can also sign-up to plant a beautiful specimen tree in your yard for just $56.69. These prices include a site inspection by the Urban Forestry Department to ensure you choose the rig-sized tree for your parking strip, hole digging, help with planting your tree, stakes, mulch, ties, labels, follow-up monitoring, and information on proper tree care techniques! Again, please visit www.friendsfortrees.org to sign-up now!
Planning has begun for the North Tabor Tree Planting event, so contact Joe at Joe.recker@gmail.com or call 971-533-9393 get involved with this great event!

North Tabor volunteers work hard at this event for the betterment of the entire community. If you can’t help with the tree planting please consider signing up to volunteer at registration or to bring breakfast or lunch food for the work parties!
Don’t own your home? We can help! We can provide pointers in talking to your landlord or management company to plant one or more trees on their property or in the adjacent parking strip! Not everyone will sign up, but some will and it’s worth a try!
Don’t think you have enough room to plant a tree? – Don’t worry! We will send an inspector to measure your parking strip for you to ensure we only offer trees that will work for the space you have! Tree-lined streets create a memorable and special place to call home. Help make your street this beautiful!

Yes, We Can Make a Difference
Elizabeth Fairley
Did you know that Portland now has the largest number of people without homes (per capita) in the country? It is estimated that we have 1,600 unsheltered people living on the streets. Those numbers are growing, with the addition of the new economic refugees who have lost their homes. Hidden from our awareness, others are doubling or tripling up with family or friends. That solution is often short lived, when living spaces are too crowded, and resources are few. When safety nets break, people find themselves living in vehicles, (yes, even the “middle” class), and sleeping under bridges. Life becomes a matter of simple survival, moment to moment.
Those without homes are quite visible in Old Town, near West Burnside in downtown, because the services are clustered there. Yet “homeless” people can be found in every neighborhood, and that includes North Tabor. Do you hear the rattle of a grocery cart at 4am? The sound of bottles or cans banging against each other? Let that sound be a signal to open your heart and mind to the plight of the poorest of the poor. To feel grateful for the roof over your head, if indeed you are fortunate to have one. The day to day comforts most of us live with are largely absent in the lives of the “roofless,” as they are called in India. As Bob Davis points out, there are many stereotypes that need to be dispelled about the people we call “homeless.”
Bob is a North Tabor resident, one of the fortunate housed. He grew up in Iowa, and has been aware of systematic issues for some time. Travel opened his eyes and broadened his outlook.
After graduating with professional credentials as a chef, his skills enabled him to work in England, Australia France, and India. He’s been a union and community organizer, and lived in a political collective in Iowa. Now in his second year on the Board of People’s Co-Op, he began volunteering at Sisters of the Road a decade ago, and has been an employee for the past 18 months. Bob’s personal values are aligned with Sisters’ mission. (Note: this is Sisters new mission statement: “To build authentic, equitable relationships and alleviate the hunger of isolation in an atmosphere of non-violence and gentle personalism that nurtures the whole individual, while seeking systemic solutions that treat the roots of homelessness and poverty to end them forever.”)
Bob used to think of “street people” as a condition; now, he realizes it’s a subclass. Did you know that in Portland it is illegal to camp out, pitch tents, or even sleep in a vehicle? Yet there is so little affordable housing, and the wait lists for shelter beds are always long. “Our society has criminalized homelessness,” notes Bob. Bob wants to dispel the stereotypes about street people. Approximately 25% of those on the street are coping with addictions or mental illness, but they are the most visible.
(For more on your neighbor Bob and how you can help those less fortunate this winter season, see Page 6)

North Tabor News
www.northtabor.org
3534 SE Main St., Portland OR 97214
(503) 928-4655
November/December 2009
Volume One Issue Six

Southwest Uplift Neighborhood News
North Tabor Neighborhood Program
November 28, 2009
Printed in Oregon
Welcome To North Tabor

We encourage you to get involved! Neighborhood associations are a recognized voice in the City of Portland. Let your voice be part of the process. Participation is voluntary and open to all residents who live, work, own property, or own a business within the boundaries.

Hello Neighbors!

Joe Recker, Co-Chair
Welcome to another winter in North Tabor! There are a few things of note occurring in the neighborhood. The tree planting season is coming up and folks interested in planting trees in their yard or the planting strip between the sidewalk and street can register at www.friendsofTrees.org now through November 23rd.

The tree planting itself will occur on January 23rd. This is a great event to do something positive for the neighborhood and meet some of your neighbors! The Eastside MAX Station Communities Planning Project is finally reaching its conclusion. At our October meeting, the City presented their recommended implementation plan which includes rezoning much of Glisan to a more urban mixed-use zone so the street maintains and enhances the function and feel of a “main street” that people can feel comfortable walking through and using on a daily basis. This means the zoning will be similar to much of Fremont, Belmont and Division streets.

Three lucky neighbors won door prizes donated by the Providence Gift Shop ($2 20 certificates) and the Integrative Medicine Practice (½ hour massage).

Thank you, Providence!

Related to the zoning changes, the Willamette Pedestrian Coalition (WPC) came to a board meeting in September to ask for support on obstacles to safe and comfortable walking in the neighborhood. The lack of sidewalks on some streets, lack of safe crossings, and speeding on residential streets were identified as key obstacles, particularly around the MAX station area and I-84 on- and off-ramps. We will certainly have more ability to improve these environments by collectively registering our concern with the City and groups like the WPC. For more information, please visit their website, wpcwalk.org.

Speaking of taking action, the North Tabor Neighborhood Association Board is actively recruiting new members to fill a few vacancies on the board, on committees and on various working groups. The two-year board positions require only a minimal commitment from neighbors to attend the less than monthly board meetings and help with committees of your choosing. Three board working groups allow you to participate as much or as little as you desire while helping make North Tabor an even better place to live. Please consider coming to our meeting scheduled for Monday, January 19th if you’re interested or contact your current committee chair/calling 503-928-4655 or emailing volunteer@northtabor.org.

Other items of interest at the January board meeting include representatives from Multnomah County to present an update on the Juvenile Justice Facility next to I-84 and a draft letter of support for the City’s proposed implementation plan for zoning changes around the MAX station. I hope to see you there.

On a final note, the North Tabor Neighborhood Association website has been receiving lots of attention lately from our web volunteers, but needs one more thing – viewers and users like you – the residents of North Tabor! Check out the new website and start using the forums, set up an RSS feed to get updates, upload photos of the neighborhood and tell us more about the happenings in your part of the neighborhood! The website address is www.northtabor.org.

Communications Committee Looking for a Few Good Neighbors

The North Tabor Neighborhood’s Communications Committee strives to keep those interested informed on issues and activities relating to North Tabor. This currently involves three ongoing projects—the North Tabor News, www.northtabor.org website and operation of a voicemail system. As with everything the North Tabor Neighborhood Association does, these projects are made possible by volunteer efforts. The Committee strives to make sure that there is an open communications system functioning that is accessible by all.

The North Tabor News serves to make information available to all, and especially to those who do not have or choose not to have access to the internet. The newsletter working group actively seeks the involvement of neighbors who will help assure that all segments of our diverse neighborhood are represented. Listed below are some of the ways we can work together and contribute to this effort. Don’t let this be the last issue!

Our neighborhood website, www.northtabor.org, is a work in progress. We need active participation by neighbors to make it a success. Our goal is to provide a one-stop location for information about issues and events of interest to the community as well as provide a forum for discussion of issues that impact the neighborhood and as a way for neighbors to interface for the sharing of goods, services and interests. Some of the tasks required for maintenance require technical skills and others do not. Training is available for those wishing to help in some of the less technical areas.

North Tabor has its own GoogleVoice account. This allows individuals to call 503-928-4655 to leave a message that can be forwarded to a specified individual or a small group of people for action or response. We need a few core volunteers who can keep the messaging current and as backup monitors for checking and distributing messages.

North Tabor News:
Contact: editor@northtabor.org or call 503-928-4655

Content: Submissions of articles, photos and illustrations of items of interest to the neighborhood are always needed. If you can’t submit material directly, we are always open to suggestions for items to research and include.

Calendar: We would love someone to be the person to gather items for our Calendar of Events.

Proofreaders: It would be so helpful if we had a few people who could proofread our writing, (at least one or a pair of eyes and a sharp mind) to proofread and fact check submissions.

Layout and Design: It would be helpful to have some volunteers to assist our layout team.

Distribution: If you would like to get some exercise and meet some of your neighbors we can always use volunteers for hand deliveries—saving postage funds for other activities. Or you might be able to donate a database and is customized each issue. We can easily code sections for hand delivery and volunteers can specify the exact addresses chosen to deliver—1 block, 2 blocks, etc. If there are addresses on a route it may pose a challenge for hand delivery these addresses can be coded for mail delivery.

Advertising: Printing and mailing of the North Tabor News is expensive and we depend on paid advertising and a supplement from the City of Portland received through Southeast Uplift Neighborhood Association. Our rates are low and advertisers reach ~3000 plus local addresses. If you would like to help by advertising, or contribute your writing, contact tabornews@northtabor.org or volunteer@northtabor.org.

Website: www.northtabor.org
Contact: http://northtabor.org/contact or leave a message at 503-928-4655.

Website Development: We could use the expertise of volunteers familiar with Drupal and CivicRM to continue the development of features for the website. We also would like to hear from neighbors about features they would like to see on the website.

Content: If you know something that you feel would be of interest to the neighborhood, please let us know.

Groups: If you would like to start a neighborhood online group—book club, tools or services exchange, garden club, craft group, biking or walking group….whatever, let us know or post to the forums.

Business Directory: A healthy and vibrant business and commercial sector can add a lot to the livability and sustainability of your neighborhood. Help us develop a local business directory (web and print)

Monitors and managers: Areas that need regular updating and maintenance, such as our Calendar or moderating of postings on forums are tasks that can be spread among a core group of volunteers to assure relevance and security.

Advertise in the North Tabor News Rates start at 250. Reach over 2500 homes and businesses! email advertise@northtabor.org or call 503-204-4572
Portland's Help Line

Notice a streetlight or stoplight is out? Think there is a break in a water main? Been listening to the same barking dog or blaring music in the way too early morning? The City of Portland has an online number to get you help: (503) 823-4000

Dear Friends of Rosemont Bluff

After two years of hard work by the Friends it is time to evaluate the stewardship effort. The Friends have worked hard and we have spent countless hours removing clematis and ivy. This stewardship has been very productive, however we are concerned about the overwhelming nature of the weed infection.

We are particularly concerned by the blowup of Clematis and Morning-glory in the area where the friends have undertaken an effective ivy removal effort. We are also seeing Morning Glory invading the planting beds on top as well. We have refrained from using herbicides as an approach because this was what was requested. We believe the Friends of Rosemont Bluff will welcome the stewardship approach we are proposing.

This division of labor has been used very successfully at other stewardship locations. We have a number of sites where City Nature has been providing successful stewardship in partnership with a diverse group of friends and support organizations. If there is an interest we could arrange a tour at one of these sites so the Friends of Rosemont Bluff could see first hand the results of this stewardship approach.

Some background for the area:
The long buildings across 63rd were not dry shoots. This was the home and factory of a company that built large Steel Bridges that were shipped by rail in pieces to many locations. The company’s name was Poole, McGonigle & Dick. A son Harvey Dick returned home from Harvard and built a popular night club at the Hoyt Hotel.

The area south of Normandale Park was owned by another Steel Fabricating company. In the 1950's that area was used to store grain. The U.S. Govt. was buying surplus grain to stabilize the market price, and was running out of places to store it. It was a huge pile out of doors with no shelter. Dallas Dollan, North Tabor Neighbor.

Dear Editor:

After reading your article “Reminiscing over 80 years”, it reminded me of my early years living on NE 52nd Street and Oregon. I was born on October 6th, 1925 at the Portland Sanatorium on 60th and Belmont and stayed in this area until 1945 when I left for the Service. Now living in a comfortable home located on 61st and Davis St.

Lieve Helbous, I never left this Mt. Tabor area. There has been many of the stores, homes that have been long gone and when I again look at these areas over now, I see where Providence Hospital has slowly taken over. Where their first buildings where built, off of 47th St. was on a golf course. I and my twin used to cut across this on our way to All Saints School on 39th St. Corners such as 47th, 53rd and 60th and Glisan all had bridges to cross Sullivan’s Gulch and its Union Pacific railroad tracks. Us kids loved to go out on them when those steam engines smoked up everything.

They removed the north side of Hoyt St. for the “Freeway” from 50’ up through 60th St. One of the original stores that was located at 53rd and Glisan was Herb’s Grocery. At its height, this area had Zemner’s Meat Market, Vorolph’s Grocary, a women’s dress shop, a barber shop and a nice little church. All are just memories now but Herb’s Grocery which is now Happy Market.

I could go on and on about my memories of Mt. Tabor and my years growing up in a nice neighborhood.

Howard Alexander, North Tabor Neighbor

Are you interested in writing articles for and about North Tabor? Do you have a camera and would you like to get together with other neighbors to work on improving your photography skills and/or submit photos for the North Tabor News and the North Tabor website? We’d love to get a group of neighbors together to explore these options. Call 503-928-4655 or email editor@northtabor.org.

Take Your Best Shot Southeast

Southeast Uplift (SEUL) District Coalition launched it’s 20th photo contest dubbed, “Take Your Best Shot Southeast” on September 30, 2009. This photo contest aims photographers at SEUL’s twenty neighborhoods to capture Portland’s unique community spirit in action. This contest is open to everyone who works, lives and plays in the Southeast Uplift coalition area.

So, what makes a photograph a SEUL Uplift winner? Technical quality, clarity and composition are all important, but the ability to capture the essence of neighborhood spirit in a single click is what we are really looking for. The photographs must have been taken within the coalition boundaries and should depict neighborhoods, culture, recreation, human interest and/or community.

Photographs must have been taken within the last 10 years. The judging will take place in February 2010. Winners will be announced at the end of February. When an exhibition of the winning images will be first displayed at SEUL Uplift. After the initial gallery showing at SEUL Uplift, a mobile exhibit will display the photographs in coffee shops or other public locations the neighborhoods.

To submit your photograph, mail in or drop off up to three (3) photos on a CD. Send CD entries to SEUL Neighborhood Photo Contest, PO Box 5354 SE Main. Portland, OR 97214, or email to ruthann@southeastuplift.org.

All submissions must include information identifying location, a title or caption, photographer’s complete name, address, daytime phone number and email address.

For complete rules and contest guidelines visit the SEUL website at www.southeastuplift.org or call 503 232-0010. The deadline for submitting photographs is January 15, 2010.

Southeast Uplift Neighborhood Coalition is an independent non-profit organization (501c3) which contracts with the Office of Neighborhood Involvement to facilitate citizen participation services and related activities for the neighborhood associations and citizens within our geographically defined area.

Workshops Offered for Landlords

Effective property management and maintenance can have a positive impact on the health and safety of communities. Techniques have been developed which can be used to help stop the spread of illegal activity and property damage on rental property. Rental property owners or managers are invited by the Bureau of Development Services and the Portland Police bureau to attend the City of Portland’s Landlord Training Program.

The program is provided free of charge to rental property owners and managers. The program has been developed to teach rental owners and managers how to keep illegal activity out of rentals, to maintain property in compliance with City maintenance regulations and regulations with City Code and fire codes to maintain safe habitable housing, and to protect rental investments. This program benefits neighborhoods as well as landlords and can be instrumental in preventing illegal activity, property destruction and maintenance-related problems that would otherwise contribute to neighborhood decay.

The training is presented in a morning and afternoon session and covers topics such as: the impact of property management on the health of a community, techniques to screen out dishonest applicants and ensure that honest applicants are encouraged to apply, approaches to stop and control the spread of illegal activity, how to manage property in a way that discourages illegal behavior and/or property destruction, how to work with tenants and neighbors to keep illegal and destructive activity out of the neighborhood, how to keep property in compliance with City Property Maintenance regulations, how to use concepts of crime prevention through environmental design to reduce the likelihood of crime occurring in your area, to recognize drug activity and other problems, crisis resolution and eviction—the options, process and practical applications in various situations, and working with Portland Police and Housing Maintenance Inspectors—what to expect, what not to expect, how to get maximum cooperation.

There is no charge for the landlord training sessions. A printed manual is available for $20 and is available online at www.portlandonline.com/bds. This manual would be a good reference for landlords, tenants and homeowners as well. Manuals can be purchased at the workshops or by calling 503-823-7306. You can register for these classes through the website above or call 503-823-7955. This workshop also qualifies for 8 hours of CEU for realtors.

Date and Location of Landlord Workshop:

Registration begins at 8am and the workshops begin at 8:30 with a one-hour break for lunch (not provided) and end at 5pm. There is only one remaining session available for the fall. Call the numbers listed above to find out the schedule for workshops to be held next year.

Sat 11/21:
Portland Community College, Cascade Campus Terrell Hall, Room 122, 705 N Killingsworth

A GOOD LOCKSMITH
Your Security Is Our Profession
Mark Pederson CRL

5711 E. Burnside St.
503-232-3711

Al Work Guaranteed
Keys Locked
MAX station planning effort is still in progress!

Over the past year, this project included an analysis of the needs, opportunities and constraints in vicinities of the stations along the MAX Blue Line to inform the subsequent development of land use alternatives. The project will be part of a legislative package of zoning map amendments, which will be reviewed and adopted by Planning Commission and City Council in Spring 2010. The maps identifying these proposed map amendments for the NE 60th Avenue MAX station are shown above.

Proposals for this station area are intended to:
* Foster the main street character envisioned along portions of NE Glisan and NE Halsey Streets;
* Encourage new development that contributes to the character and identity of the residential and commercial areas;
* Promote quality development and ensure that infill development will be compatible with the neighborhood and enhance the area;
* Apply zoning which is consistent with the Comprehensive Plan; and
* Rezone some nonconforming uses and development to conform with zoning regulations.

Zoning changes proposed for the vicinity around the NE 60th Avenue MAX station are described below:

1. NE Glisan Street (shown on Map 1): Properties along NE Glisan Street between NE 52nd Avenue and NE 61st Avenue are currently zoned R1 and CN2. The R1 zone allows single-family residential development, while the CN2 zone allows a variety of uses, including retail and office. The CN2 allows for auto-accommodating retail and office uses. The proposal would change the zoning of these properties to CS (Storefront Commercial). The CS zone allows for the type of mixed-use development found in older commercial areas and retail and office development found along commercial streets. The existing gas stations at NE 60th and Glisan and NE 58th and Glisan would remain CN2 because drive-through facilities such as gas stations are not allowed in the CS zone.

2. Residential areas north and south of I-84 (shown on Map 1): Currently the residential areas north and south of the MAX station area are zoned R2 and R3. These zones allow low-density apartments and single-dwelling residential development, respectively. However, these areas are also zoned with Comprehensive Plan map designations of R1 and RH (High Density Residential). The Eastside MAX station areas project proposes to apply the higher density (R1 or RH) residential zoning to these sites as well as the “d” (Design) overlay.

3. Design overlay (shown on Map 2): The “d” (Design) overlay would be applied to the areas proposed for rezoning as part of the Eastside MAX station areas project, as well as some other properties nearby NE Glisan Street. This overlay requires an additional layer of design oversight to promote quality development and ensure infill development will be compatible with the neighborhood. New development and substantial alterations proposed within the “d” overlay must follow one of two design-related “tracks”. The two tracks are described in the Eastside MAX Design Overlay Zones description following this article.

Eastside MAX Design Overlay Zones

The purpose of the Design Overlay Zone is to promote quality development and to ensure infill development that will be compatible with the neighborhood and enhance the area. Design review process has two “tracks”:

1. Compliance with objective Community Design Standards with limited public review (permit only track).
2. Review under the discretionary Community Design Guidelines with public review (design review track).

The developer chooses which track to go through. If the project is unable to meet all of the Community Design Standards, then the project must go through the discretionary design review process. Adjustments to the Community Design Standards are prohibited.

Community Design Standards (permit track) include requirements such as landscaping between buildings and the street, buffer from adjacent single-dwelling zones, roofs to be pitched or have a cornice and main entrances must face the street, have front porches and ornamental columns. Community Design Guidelines (design review track) will evaluate the building design, placement, dimensions, height, and bulk; building materials, parking areas, open areas, pedestrian network, and landscaping.

To successfully contribute to the existing context, new residential projects should offer a mix of housing types, styles, and densities that, when viewed as a whole, complement and positively contribute to existing neighborhoods. The vision for the area builds on its eclectic mix of housing types and styles and encourages infill development to reflect and improve the strong pedestrian character of the area. New residential projects should:

a. Incorporate architectural and site development features of the early twentieth era houses, to include eave length, siding materials, window and door trim, and roof pitch;

b. Use landscaping to buffer and soften edges;

c. Reduce impact to adjacent houses if taller (consider height and massing);

d. Consider privacy when designing side and rear facades, without reducing window area;

e. Locate parking and vehicle areas toward the side or rear of residential dwellings; and

f. When available, alleys should be used for vehicle access to strengthen the pedestrian environment.

Compliance with objective Community Design Standards requires limited public review. Property owners who are constructing 5 or more new dwelling units would still be required to meet Neighborhood Contact Requirements. This process provides a setting for an applicant and neighborhood residents to discuss a project in an informal manner. Public notice is required as part of the design review process and neighbors are provided an opportunity to formally comment on projects. The process also allows for an appeal to the Design Commission.

Compiled from information supplied by Matt Wickstrom, Southeast District Liaison, City of Portland, Bureau of Planning and Sustainability.
Help Keep Portland Walkable!
The Willamette Pedestrian Coalition is a non-profit community-based membership organization in the greater Portland, Oregon area dedicated to promoting walking and making the conditions for walking safe and attractive.

We believe that…
Walking must be safe. Walking should get you there.
Walking is transportation which builds better communities. Walkable communities require careful design. Streets shared by pedestrians and others are the best streets. Everyone who lives near a pedestrian, whether it be a wheelchair, stroller, or foot, even to getting a motor vehicle or mass transit. Therefore, we advocate for better laws, enhanced enforcement, more sidewalks and signed crosswalks, education programs, community improvements designed for pedestrians, and increased funding to support these activities.

WPC was established in 1991 to provide an organized voice for pedestrians, advocate for pedestrian rights, and educate people about the benefits of walking. Since then, we have worked on legislation to improve the pedestrian environment, helped to establish a national pedestrian advocacy group, and raised awareness of pedestrian issues. Read more about our history at www.wpcwalks.org or call (503) 233-1597 to get involved.

Walkin’ & Talkin’ in the Neighborhood
Interview by DyLynn Robinson

For many years, I’ve been noticing a neighborhood elder out walking early in the morning on my way to work. Every morning I’d be rushing - late to work, and there she’d be, calmly walking at a steady pace. I saw her everywhere - on Glisan, near Normandale Park, crossing 60th or over off of Burnside. About a year ago, I finally had an opportunity to meet this wonder walker! We both attended a neighborhood meeting and recognized one another from the Center Pocket area. After our meeting we waved and said hello as we passed by on our way to various locales. One summer evening on my way home from work, I had chance to see her working in her garden and stopped to talk.

Ruth “Ruthie” Anderson keeps a beautiful garden from which she often shares flowers with polite passersby. While we stood appreciating I told her how much I admired her stamina to get out and walk every day. She said she lives in North Tobor, as ‘...it’s a nice neighborhood when you walk through it. You don’t see any real neglected places in the area.’

Ruth told me that she and her husband, Russell, began walking for health reasons many years ago.

On every evening they’d walk near Mt. Tabor and back. On their way they’d visit different coffee shops, meeting even more neighbors. One fella had watched them walk by his home time and time again so, he came out to say hello and began to enjoy walks with them as well. When my good friend Rainey walked over the bridge, without Russell’s knowing. And, much her own mild chagrin, there was to meet her on her way back over the bridge, stating “I thought I’d find you here!”

On the other hand, a couple of years ago, on the Providence Bridge Walks and after Russell passed away, she kept walking because “...it was easy and didn’t cost any money.”

She also had numerous encounters with neighbors and friends. Those impromptu meetings provide her the opportunity to keep track of what is happening in her immediate surroundings as well as the neighborhood as a whole. Issues such as parking on her street or the TriMet Station, or property developments can get her started equally ranting or raving. While she realizes there is a lack of parking surrounding the TriMet Station, she also doesn’t appreciate it when people are unfairly ticketed. She feels that TriMet does a great job of keeping the 60th Street Station clean, but is dismayed about the littering by the folks that use it.

The trouble with living on a corner and being outside alot is that you ‘...talk to everyone!’ When things rile her up she says she often feels like she’s yelling her head off as she shares her thoughts with others. In my experiences talking with her, she is really just showing that she is paying attention and cares what happens around her.

Ruth is also the person who planted the garden in the pedestrian island across 60th at Oregon Street and she still maintains it. So watch out if you see her out weeding and say hello before you call the police about something that isn’t as bad as one concerned neighbor did a while back. The officer approached her and asked what she was doing. She replied, “Well, what does it look like I’m doing.”

“Yeah, but you seem to be weeding a garden box?”

Caring does come natural for this neighbor.

She came to Portland from Alberta, working as a nurse and providing some of the first patient advocate counseling in the metro area. She and her husband, who worked in the shipyards, shared a life with many interesting experiences. “My husband got me into an awful lot of messes!” she says with good humor. Their good humor and friendly ways allowed them to appreciate the diversity of neighbors that have come and gone since moving to the area in 1956. She recalled one neighbor, who rented from them as ‘...a sweet and darling, man. An elderly bachelor. I would have thought he would back pack one day, and when I inquired what it was about, he stated he had washed his elder down pillows... he took the feathers out and washed them in the bathtub! “How do you get the smell off the stuff” asked him and he said he used a flower sifter and “...it’s taken me two days.” When Russell came home I said, “You are going to be plumbing all night!” Kind and thoughtful, Ruth offered advice to go ahead and wash them in the evenings next time.

Walking and talking, hmmm? Throw in some good humor, a bit of care and it’s a simple enough recipe for good health. She states, “It’s nice that you can go through life and meet really nice people...”

Yes, it is. People like Ruthie. And while her walks may have shortened over the years, her friendships are long and many.

Checking Out the Green Line
Gailen Frayne

On a fine Sunday morning in autumn I decided it was time to take a ride on the almost-spanking new green line, see how well it serves our well situated neighborhood. As usual, my timing was perfect; just as I crossed the 60th, the freeway, I looked below and caught sight of the “Clackamas” train pulling out of the station. That startling at traffic on I-84 is boring, but I did wonder if this train would arrive at fifteen intervals, as advertised on the TriMet website. Fortunately, I was not disappointed.

On the return trip a passenger named Richard was seated across from me with a suitcase, heading for the airport. I asked him about his experience with the green line. “I walked across from a hotel on the hotel on 82nd and got the bus, only took about ten minutes,” he said, not looking the least bit stressed. Ah, public transit as it ought to be, I thought. Then, as the train was about to leave, two bus policemen boarded the car and began asking passengers to show their tickets. There were no freeloaders on this particular day (most of the passengers presented bus transfer tickets—a good sign), and I told myself if there might be a better use for our police officers’ time than collecting tickets, but electronic turnstiles would be kind of un-Portland-like I suppose.

I decided to disembark at the Lents/Foster Road stop, just to see how another station sizes up. Like Clackamas Town Center, I found a clean and well designed platform, with a staircase leading down to a bus station serviced by three different bus lines. Back on the platform I asked a waiting passenger named Jose how he would rate the green line service. “Excellent,” he said. “Very good service, always on time.” He told me he occasionally rode the train “to walk around downtown” and had never experienced any safety problems. Five minutes later another train arrived and my journey continued. As we pulled into Lents/Foster, I was struck by the train running on the platform with his suitcase, glancing at his watch; I assumed that the red line would get him to his flight on time. After Gateway the train turns back down East 82nd. I was impressed by the Quarter Transit Center to parallel the yellow line into the city center, travelling north-south on the Portland Mall on 5th and 6th avenues, serving new stations between Union Station and Portland State University. All in all, riding the green line is a fine way to get around on a laid back Sunday, but whether it proves to be a viable alternative for working commuters remains to be seen.

Now if I could only get a rail line to run to my job in Woodburn...

Sullivan's Gulch Trail and the Bicycle Master Plan
Robert Jordan

On Oct 27th I testified at the Portland Planning Commission hearing on the update to the Bicycle Master Plan for 2030. The current plan dates from 1996, and while it was an excellent document for its time, the huge increase in bicycle use (a 600% increase issues like energy conservation and climate change makes it considerably out of date (see http://www.portlandonline.com/Transportation/index.cfm?a=71843&c=34812), for more detail.City staffers and citizens making up a Steering Committee and a (Continued on Page 6)
Sullivan’s Gulch (continued from Page 5)

Technical Advisory Committee prepared the revision. Once the Planning Commission agrees on a final recommendation, the document will be sent to the City Commissioners for approval or rejection. City staffers and citizens making up a Steering Committee and a Technical Advisory Committee prepared the draft recommendation. Once the Planning Commission agrees on a final recommendation, the document will be sent to the City Commissioners for approval or rejection.

I strongly urge you to read the proposed revision, I stated on behalf of the Sullivan’s Gulch Trail Committee that we believe that more emphasis should be given to multi-use trails that bar motorized traffic -such as our own project, the North Portland Greenway, and other similar routes.

The revised draft plan concentrates first on developing more “Bicycle Boulevards” in the city – shared roadways in which bicycles are given priority. While certainly a worthy concept, studies by Prof. Jennifer Dill at PSU, as well as by others, have shown that having cyclists completely separated from motorized traffic does more to encourage cycling (especially among women) than any other approach. Trails were also to be relegated to “Tier 2” status in the draft plan for 2030, which could have no other effect than to stop their development – a number of speakers protested this downgrading of Trails relative to other projects. City staff will take into account all the written and oral input and prepare a response before the Planning Commission forwards its final recommendation to the City Commissioners. While nearly everyone can see the benefit of having a multi-use trail parallel to the railroad tracks along the north side of Sullivan’s Gulch, actually getting there is a very long process indeed. Remaining active and appearing at relevant hearings to testify on behalf of the Trail is one of the primary functions of the Sullivan’s Gulch Trail Committee. For more information on the Trail and the Committee’s work, visit the website at http://www.sullivangulchtrail.org/index.php, or leave a message for Robert at 503-928-4655.

Make a difference... (cont. From page 1)

Sisters of the Road was founded 30 years ago by two social workers when street people revealed that what they most wanted was a place where they could barter for a meal if they didn’t have cash, and be treated with respect. Their “Gentle Personalism” seeks to recognize everyone’s humanity, regardless of their situation. Sisters’ focuses on identifying privileges, and awakening those impacted by decision making. (Think about all the privileges you may unconsciously carry with you. It could be race, ethnicity, sex, gender identification, an “able” body, or simply being in the accepted majority.)

Ask yourself how the mentally ill on the streets? And why are the streets a dumping ground for the addicted? A high percentage of people on the streets have been wiped out by medical challenges and the cost of medical care. Far from being lazy or shiftless, many are employed at part-time, minimum wage jobs, without benefits, and do not earn enough to obtain the most basic “affordable housing.”

Feeling hungry, homeless people on the streets are there because of physical or sexual abuse. The wait lists for a shelter bed are too long, the beds too few. Of course, shelters don’t address the long term situation of building a loving culture.

Bob feels that their need is “exclusionary,” identifies people solely by what they don’t possess, and implies “you don’t exist.” As one street person told the writer, “We are the invisible people.” So, where can we help? We must, our hearts go downtown to Sisters and sit at the counter and have a meal (Monday through Friday, 10am to 2pm.)

Look around you. Acknowledge others: with a smile, a nod, a friendly hello. Take a look at: www.sistersontheroad.org. You may feel moved to volunteer. Most importantly, the next time you see a person on the streets, simply acknowledge them – with a smile, how are you doing? People need to be recognized, their stories need to be heard. Let’s try to avoid assuming and judging. It’s all US, not us versus them. Let’s think about how we, as individuals, can make a difference. How much North Tabor’s influence is a difference.

Leave Your Donated Items at Commercial Refrigeration

In the spirit of giving, Bob Gallagher, owner of Commercial Refrigeration Inc., a longtime North Tabor business, has generously offered space in his building for a donations drop-off site for neighbors with the following items to donate to assist those in need this winter. You may drop off the following items Mon-Fri between 8am and 4:30 pm in the boxes provided at 5920 NE Glisan St. Questions may be directed to editor@northtabor.org or by calling 503-928-4655.

Please respect Commercial Refrigeration by dropping off only the items requested into the boxes provided and only during the hours and days listed.

Volunteers to help deliver collected items to appropriate organizations and agencies or to pick up or receive donations from those who are not able to drop them off. The donated boxes also need to call and email the contact information above.

Items needed include (new or gently used in clean and in good condition) sleeping bags, tarps, blankets, winter jackets & sweaters scarfs, hats, socks, for both men & women. boots travel size toiletries, protein bars/nuts, tubes of hand sanitizers with moisturizer, small flashlights.

What can you spare?

Family Warming Center Opens at 1435 NE 81st Ave

Elizabeth Fischer

Family homelessness is a genuine concern in our community. People are living in cars, tents, or other places not meant for human habitation. In response to this crisis, Human Solutions opened the Homeless Families Warming Center at 1435 NE Portland Avenue in this month. Open from 7pm to 7am every day, the center provides a safe place for homeless families to sleep.

Donations and Volunteers Needed!

Volunteer Needs: Recreation Room Attendant from 7pm to 9pm and Food pantry helpers from 7pm to 9pm. To volunteer, please contact Lauren, Director of Development, at 503-548-0228 or email ltimestad@human solutions.org.

Food Items needed:

- Pillows, blankets, sheets, pillow cases, baskets, coats for all ages, new scarves, hats, mittens, gloves, socks for all ages, strollers, back packs, new toiletries, new towels, toilet paper, paper towels, paper plates and bowls, plastic cups and eating utensils, late gloves, first aid supplies, hand sanitizer, disinfectant wipes.

Do yourself and your community a favor—if you have any of the listed items, stop by around noon and taking up space, consider donating them to the shelter, or pick up a few extras items while shopping. Please bring all donations to the Warming Center at 1435 NE 81st Avenue (Clackamas - Multnomah) during open hours from 7pm to 10pm.

Want to know more? Contact the writer at housingadvocatepdx@gmail.com.

Festive Foods (Continued from Page 1)

Raspberry Coulis, Makes 1 to 1 ½ cups

1 ½ frozen raspberries, thawed
1 cup sugar or syrup
1 tbsp orange liqueur

Puree the raspberries and any accumulated juice in a blender or food processor until smooth. Using the back of a large spoon, press the puree through a fine-meshed sieve into a bowl. Discard the seeds. Stir in the sugar and liqueur into the puree. Taste and adjust the sweetening, if necessary. The raspberry sauce can be refrigerated for up to 1 week or frozen for up to 1 month.

Candy Cane Cocoa

Mixes for 12 mugs
1 cup powdered milk
1 cup cocoa powder
1 cup sugar
½ cup crushed candy cane
½ cup mini chocolate chips
1 tsp salt

Add ingredients to a quart in the ordered list. Caps with a lid and decorate. Include the following directions with the container – a gift into a large bowl and stir ingredients together. Return to jar. Use ½ cup of mix per mug of hot water.

Limoncello, Makes 2 quarts. Start 3 weeks in advance.

10 lemons
1 liter vodka
3 cups sugar
4 cups water

Zest the lemons, and place zest into a large glass bottle or jar. Pour in vodka. Cover loosely and let infuse for one week at room temperature.

After one week, combine sugar and water in a medium saucepan. Bring to a boil. Do not stir. Boil for 15 minutes. Allow syrup to cool to room temperature. Stir vodka mixture into syrup. Strain into glass bottle. Cap. Let mixture age for 2 weeks at room temperature.

Chris Musser owns Lost Arts Kitchen and teaches cooking, baking, and food preservation classes at her home in NE Portland. Visit lostartskitchen.com for information about holiday class offerings.

Flu Season is Here

Catherine Lowe, LAc

A novel (new) virus, H1N1, previously called “swine flu”, has many people concerned for their health this year. This article will review the cause, symptoms, precautions and treatment of this new influenza from a western medicine (allopathic) and Chinese medicine perspective.

In both allopathic and Chinese theory the illness affects the lung system. The “virus” attaches itself to the lung tissue. The lungs become inflamed and the body reacts with “flu-like” symptoms. In Chinese theory a “warm heat” pathogen enters the body. The symptoms of this illness may include fever, cough, runny or stuffy nose, sore throat, headache, shortness of breath, body aches, sometimes vomiting or diarrhea, eye inflammation and fatigue.

Most people recover after rest and supportive care (rest, fluids, staying home for at least 24 hours after the fever is gone) except to seek medical care or other necessities). However, the emergency warning signs for a child include fast breathing or trouble breathing, bluish skin color, not drinking enough fluids, not waking up and interacting, being so irritable the child does not want to be held, flu symptoms that improve and then return with fever and worse cough, or fever with a rash. For adults the emergency signs are difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion or severe or persistent vomiting. For those with these symptoms, medical care is advised.

For H1N1 those at higher risk are people with asthma, diabetes, weakened or suppressed immune systems, heart or kidney disease, neurological (or continued on Page 7)
Saving On Your Water Bill
Robert Jordan

In a previous issue of the North Tabor News we talked about rain barrels and how to make and use them. Now, I think rain barrels are great (I have 5 of them) but the fact is that water is so cheap (about 4 gallons for a penny) that they aren’t really going to save you any money. But there are some things that you can do that will cost you nothing and result in immediate savings on your water bill:

1. The city Water Bureau will give you, free of charge, a number of devices that you can install yourself that will save water. These include toilet fill cycle diveters, bathroom and kitchen faucet aerators, water efficient showerheads, and other devices.

Flu Season (Continued from Page 6)
neuromuscular disorders, and pregnancy. Self care and prevention for other people includes staying home from work or school if ill, covering the nose and mouth when coughing or sneezing (as the virus is spread by droplets), washing the hands with soap and clean running water when possible and hand sanitizer otherwise. The Center for Disease Control (CDC) website has thorough guidelines for taking care of a sick person in your home (www.cdc.gov/h1n1 flu).

Keeping our immune systems strong is a good way to help prevent any illness including H1N1. Adequate sleep, reduced stress levels, healthy diet and exercise are some of the best ways to stay healthy. The ancient practices of qigong, tai chi, and yoga are excellent for keeping the body strong and the mind relaxed and less stressed.

If one does become ill, there are antiviral medications available from your primary care clinicians. As vaccine becomes available, some people may wish to obtain this to help prevent illness. There are also Chinese herbs that help with prevention and treatment of influenza, available from clinicians and herbalists.

For further information the CDC website (see above) is updated regularly.

Catherine Lowe, LAc, is a licensed acupuncturist with a Masters degree in Acupuncture and Oriental medicine from the Oregon College of Oriental Medicine. She can be reached at Seastar Community Acupuncture, 7114 NE Glisan Street, 503.253.0669, www.seastaracupuncture.com, or at seastaracupuncture@earthlink.net

Ride Wise and Ride Connection Team up to Address Community Transportation Needs

Travel training and education for senior citizens and people with disabilities RideWise helps older adults and people with disabilities travel safely and independently using public transportation. By providing information on transportation choices, personal trip planning assistance and instruction in riding buses and trains, RideWise helps you build the confidence and skills you need to use all the transit options available to you. RideWise offers:

* consumer education presentations and TriMet service orientations
* travel training field trips using in-service buses and trains
* personal and group orientations on board TriMet buses and trains that are not in service
* information on transportation services available in your area
* help in choosing the mode of transportation that best fits the type of trip you are making
* follow-up support and training as needed
* Rider’s Club: regularly scheduled group adventures that use TriMet to get to and from your chosen destination

RideWise is a unique partnership between TriMet and Ride Connection, a non-profit, nonprofit community service organization. There is no charge for most RideWise services, although donations are greatly appreciated.

Mobility is an important quality-of-life issue for seniors and individuals with disabilities.

Transportation increases independence, provides connection to the community and ensures access to life sustaining activities.

Ride Connection offers affordable, accessible and reliable transportation services for seniors.

Did you know that:
10% of households include someone with a mobility impairment or a senior with difficulty obtaining transportation;
76% of mobility impaired individuals have conditions making fixed route service more difficult.

The Tri-county elderly population is increasing. Ride Connection coordinates and provides technical assistance to a network of over 30 service providers.

For more information about RideWise, call or email to start developing your individual transportation plan:

Phone 503-226-0700, Fax 503-528-1755
TTY 503-528-1730
Email ridewise@trimet.org

Hours 8 a.m.-5 p.m. Weekdays

Volunteers strengthen our network with their caring interaction with people. We can accomplish more as a community than we can as individuals. With such a wide range of service options, Ride Connection is able to provide an array of volunteer opportunities. We invite you to join us, and share your skills and talents. Together we can build mobility and independence for seniors and people with disabilities: linking accessible, responsive transportation with community need.

Ride Connection invites you to volunteer! Every day, Ride Connection volunteers make a difference in our community.

For more information please contact our Outreach Specialist at 503 528.1738, or keastardy@ridewis.org.

Community Education Classes at the Mt. Tabor School

North Tabor neighbor, Lisa Gorlin, will teach a winter term drawing class titled “Drawing Innovations” at the Mt. Tabor SUN Community School starting in January. The school offers a variety of adult classes including belly dancing, drawing, sculpture, Karate and yoga. Stop by the Mt. Tabor Community School office located inside the Mt. Tabor Middle School at 5800 SE Ash Street or call 503-916-2915 for more information. Online registration will be available in mid-November at www.portlandparks.org.

Cox & Fidler Insurance, Inc.

Locally owned and family operated independent insurance agency representing over a dozen insurance companies.

TRAVELERS

5755 N.E. Glisan St.
Portland, OR 97213
503-233-4455
Fax 503-233-7322
www.coxandfidler.com
cory@coxandfidler.com

The Montavilla Wellness Movement

Revering
The Portland Yoga Studio
Montavilla Family Chiropractic
Neighborhood Chiropractic
Health Indulgences
Body in Balance Massage
Survival & Rise
Dr. Shields’ Natural Health

Now Open & Accepting New Patients, Students & Clients!

Located at 7016 SE Stark St across from Flying Pie Pizza For more information on dates of availability and offering prices visit www.themontavillawellnessmovement.com

yoga-chiropractic-spa-healthy-lifestyle-women’s-wellness

We partner with locally-owned businesses & organizations to offer new ideas, as well as new services to the lives of our clients. We provide viable strategies and teach you how to implement them, providing you the tools you need to deliver on your mission.

sosa ne fbg ave pde, or, 97223 - 503 997 7695
jennie@missionfirstmarketing.com - missionfirstmarketing.com

National Geographic, October 1993

November and December 2009
North Tabor News
Believe in the magic of the holiday season at Providence Festival of Trees. In a marvelous, magical winter village, you will enjoy:

- More than 100 trees and holiday displays
- Live entertainment
- Visits with Santa Claus
- Model trains
- Spectacular gingerbread houses
- Kids’ crafts in Santa’s Workshop
- Ideas for festival fun at home

Providence Festival of Trees
Friday, Dec. 4 • 10 a.m. to 9 p.m.
Saturday, Dec. 5 • 10 a.m. to 6 p.m.
Oregon Convention Center • Hall A
Park free at the Lloyd Center’s N.E. 13th and Multimedia lot and ride MAX free to the festival.
www.providence.org/festivaloftrees

Proceeds benefit programs and services supported by

PROVIDENCE Medical Foundation

EATING IS BELIEVING!

UFO PIZZA

60th & NE Glisan
Sun - Thurs: Noon - 9
Fri - Sat: Noon - Midnight
Delivery Friday and Saturday

Dine In or Take Out
Catering * HDTV * Games
Order Ahead for Parties

603.234.0980

New Look! New Name...Same Great Community, in the Same Great Neighborhood! Courtyard Plaza & Senior Living is now....

COURTYARD AT MT TABOR
A Senior Living Community
Managed by Merrill Gardens
A Campus of Retirement, Assisted Living, and Memory Care

Holiday Bazaar
Open to the general public. Please join us!
Saturday, November 21st from 9:30am-2:30pm

Sub-Sandwiches Catering & More
Buy a 7” sub and get a 2nd 7” sub half price with this ad—expires 12/15/2009
Pick up one of our punch cards — buy 10 subs and get one FREE
Call us for all your holiday catering needs.

Si’s Auto Body
Kraig Weninger
5663 NE Glisan
503-233-8911

Advertise in the North Tabor News Rates start at $20 Reach over 3000 homes and businesses email advertising@northtabor.org or call 503-354-6592

503.234.7607

Robert B. Brant, D.M.D.
5553 N.E. Glisan St., Suite 100
Portland, OR 97223
(503) 236-2527

Greg Zimmerman, ABR
Broker
DIRECT: 503-416-7617
CELL: 503-347-4415
FAX: 503-236-1704
grizimmerman@meadowsgroup.com
www.meadowsgroup.com/zimmerman
1902 SE Morrison Street
Portland, Oregon 97214

South East Steele St.
Portland, Oregon 97215
Phone: 503.236.9274

International Food Supply, LLC
We Bring To You The Best Mediterranean European Products, Plus More!