FREE NATURESCAPING AND RAIN GARDEN WORKSHOPS IN NORTH TABOR
by Moorsor Doherty

North Tabor Neighborhood Association is going to host free naturescaping Rain Garden Workshops put on by East Multnomah Soil and Water Conservation District (EMSWCD). These free workshops help neighbors learn how low-impact & chemical-free gardening techniques are good for people, our water quality, and wildlife. By hosting the workshops, North Tabor Neighborhood Association hopes to create the opportunity for folks in our community to learn about landscaping for clean water and healthy habitat at no cost; and to generate neighborhood interest and community involvement in North Tabor.

Features of the workshops include landscaping with native plants, minimizing watering needs, invasive weed identification, creative stormwater solutions, and how to provide backyard habitats for birds and butterflies. The tentative location for the workshops is Emilie House and possible dates are being decided for either December, February, or March. Be on the lookout for these exciting upcoming nature-based and water-focused workshops in North Tabor!

EMSWCD is a unit of local government serving Multnomah County east of the Willamette River working on a voluntary non-regulatory basis. Their work consists of keeping our water and soil clean; and building water conservation knowledge and techniques for East Multnomah County. EMSWCD is always looking for new groups to partner with so that they can offer even more free workshops. If you know of a group or another neighborhood association that EMSWCD could coordinate with, send them the direction of their website http://www.emswcd.org. Anyone can host; it’s easy and once EMSWCD is invited to provide a free workshop in the community, they manage the scheduling, registrations, confirmations and promotion, providing professional presenters, workshop flyers, and workbooks. You just reserve a workshop location, help get the word out by distributing workshop flyers, and assist with day of workshop needs. Katie Mecken of EMSWCD will be at the September 18th North Tabor Neighborhood Association Meeting at 6:30 at Emilie House to give a presentation on the workshops and the work that EMSWCD does in our neighborhoods. Please plan on attending in order to learn more about these exciting workshops that North Tabor will be hosting.

Got Art? Part II

Christin Hoja, Sustainability Committee

What is the North Tabor Mural Project?
The North Tabor Neighborhood Association has been working with the City at the Southeast Precinct Building to be able to paint a neighborhood mural on their retaining wall at the corner of NE 47th Avenue and NE Burdine Street next summer. The proposed project is called the North Tabor Mural Project and will build community as well as help to identify the North Tabor neighborhood. This is a part of a continuing effort that the neighborhood association has been working on beginning with the Street Banner Project and the Health & Safety Fair which were funded through a grant earlier this year through the Oregon Department of Transportation's Safe Routes to School Program.

Proposed Mural Location at 47th and Burdine

What is the timeline for the project?
The goal is to have the mural completed by September 2013. That means we need to select a muralist by the end of October, 2012, and start fundraising/promoting the project immediately. We hope to be awarded a grant from the Regional Arts & Culture Council next spring and will also be seeking additional sponsors, in-kind donations and volunteers throughout this next year. This fall we will seek input into the design from our community and plan to start painting next summer. We would love to have the dedication ceremony for the completed mural coinciding with next year’s Equinox Party.

How can I help??

There will be many ways for neighbors and businesses to get involved. A more comprehensive list of opportunities will be available in the next North Tabor News. However, the best way to keep up with the latest information on the project is to check out our webpage for updates at www.northtabor.org/mural. Please note that if you signed up for our email list at one of the recent Mt. Tabor Concert Series then we already have you covered.

**Currently the North Tabor Mural Project is seeking a muralist to work with us to take the community input to create a design that reflects our neighborhood (see Request for Proposal Page 5).**

Important Dates

Sept 15, 10 a.m., SEUL Small Grants Workshop (Page 7)
Sept 18, 6:30-8p.m., Neighborhood Meeting at Emilie House, 5520 NE Glisan.
Sept 22, 2-6p.m, Fall Equinox Party (See poster and article above)
Sept 27, 7 p.m SEUL Small Grants Workshop (Page 7)
Oct 16, 6:30-8p.m., Neighborhood General Meeting and Board Elections at Emilie House, 5520 NE Glisan
Oct 19th RFP Deadline for Submissions for Mural Project
Dec 17th Last Date to Sign up for Friends of Trees Planting

Equinox Party

Join Us September 22 for the 2nd Annual North Tabor Equinox Party
On Saturday September 22nd, from 2:00-6:00pm, the North Tabor Neighborhood Association will be hosting its 2nd Annual Equinox Party in the yard and play area west of the Providence Mountsor School (corner of NE 59th and Couch, adjacent to Community of the Christ Church). There will be live music from Zumba Marimba, a balloon artist, food, crafts for all ages, yard games and hula hooping with the Mayor of Hoppsville (back by request!) so that you can enjoy an afternoon connecting with your neighbors and strengthening ties here in North Tabor. For more details see our webpage www.northtabor.org/equinox or our Facebook page www.facebook.com/NorthTaborNews. In the coming weeks you will see flyers reminding you of the party all across the neighborhood.

Most of all, we need your help by attending and welcoming Fall with your neighbors. We also are looking for a few more people who may be willing to give a little bit of their time to help make this a great event. We may still have a few tasks leading up to the event and we are always appreciative of a few more folks to help with set up and clean up on the day of the event. Coffee and pastries will be available for the entire crew and additional treats for the clean up crew. Please contact Christin@northtabor.org for more information and to see how you can help!
North Tabor News

Who Are We, North Tabor?

Of course each of us is a unique individual, but there are demographic data published by the census that can help us see ourselves as a group. With the publication of the 2020 Census (see if you have noticed any of these changes yet!).

First, there are a few things that have decreased. The total number of housing units is now 2,622, a 17% increase over 2000 (think apartments and infill). Consistent with prior increases in density, I think you could say we are doing our part! Though the number of owner-occupied units has increased a small amount, its percentage of the total housing units has decreased more than three percentage points to 40% - 60% of us now rent the place we live in (a result of the housing bubble, maybe?).

Our median age is up to 40 – half of us are now older than 36.2 years, and half are younger (it was 34.8 in 2000). We are more female than male, but not by much - there are now 21 more women and girls than there are men and boys in North Tabor (there were about 150 more ten years ago). Like most of Portland, we are majority white, but that is changing rapidly. 16% of 2000 to a current 80% of our population (though Asian, African, and Latin American descent each comprise about 5% or our residents).

What will we look like in 2020? Will many of the houses now occupied by older people become the homes of young families with children? Will the trend toward more dense, walkable communities ever accelerate? Whatever happens, let us all hope that North Tabor continues to be a great place to live for all its residents.

*For all the data on ours and other Portland neighborhoods, go to the source document at http://www.portlandoregon.gov/cn/index.cfm?c=56.897

Extend Your Growing Season

Midland Library
805 S. 122nd Avenue
Portland, OR 97233
503.988.5392

Midland Library - Meeting Room - Large
Sun, 09/18/2012 - 1:00 pm - 2:30pm

In the Pacific Northwest, all it takes is a little extra planning and care you could be harvesting crops every season of this year. This interactive workshop will cover the basics of doches, row crops, cold frame, and greenhouse growing, seasonal crop varieties and more. Led by horticulturalist Melissa Richmond, the Garden Lady, participants will learn extending methods for every season.

Providence Construction Update

by Jean Marks

The next expected construction project at Providence Portland Medical Center is the Guest Housing Facility (GHF). The project is currently in designing phase and expected to begin construction by the end of 2013. Providence Portland Medical Center is still working with the City of Portland to finalize the design and construction schedule. The project is expected to be completed in 2015.

In the meantime, Providence is relocating outpatient rehabilitation services to the 507 building at the corner of 47th and NE Glisan this fall. Currently the patient resources are located in several locations around campus, including the Providence Professional Plaza. This will coordinate the program in a single location.

In addition, after reviewing options for several months, Providence has decided to close the therapy pool currently located in the Providence Professional Plaza. The last day of the pool will be Friday, Nov. 30. The pool is in need of more than a million dollars in upgrades and repairs. In closing the pool, Providence will shift its water therapy programs at its west side location – the Easter Seals pool on Macadam. Providence currently operates that pool.
Neighborhood Identity: Thank you!

by Andy Clark

First let me say that I have never been a fan of signs. I’ve never liked their authoritiveness and never let one tell me when to stop. With that being said I am completely enthralled with the signs at Not North Tabor, the NoPING gas station in our neighborhood. Finally, after a decade in no man’s land, recognition has come to our streets.

Living in the same house for ten years has given me a firsthand perspective of the changes in our neighborhood. When I first moved in a five-year old heading into the second grade the streets were tightly packed with cars, some double parked, and a sizable mouse population. Now, thanks to diligent phone calls to the city, an influx of cat’s, and better kept gardens and trash, the cat and mouse problems are solved.

As a child growing up on 58th, there was always a constant change in neighborhood playmates with one constant in my neighbor across the street. It was a 24/7 happy playing with whoever was available and grew up very content on my block.

This sentiment grew and developed into a life like that felt in my neighborhood, which I readily told anyone was Mt. Tabor. Many nights were spent sitting on neighbor Noah’s back porch discussing all the perks our neighborhood had to offer: close proximity to public transit, a local 7-11, and ruggedly good looking residents of ten years. The world was at our fingertips, and by world, I mean North Mt. Tabor.

There was only one problem with my neighborhood, the fact that almost no one believed it existed. Countless times through high school I had to tell classmates, friends and teachers that yes my neighborhood was on Mt. Tabor, I did not do my homework.

North Mt. Tabor is located in a curious area, too north to be southeast Portland, too south to truly be northeast Portland, and a little too far away from the park for most people to refer to it as Mt. Tabor. Noah and I were vexed with the problem. We did not want to live in a name land; we wanted to live on Mt. Tabor.

The only reasonable solution to our issue was for us to offhand by name our neighborhood and act as if it had always been called that. So with a passing back flick of his hand Noah dubbed our neighborhood North Mt. Tabor Village. I have no idea where the village came from. Regardless the name had flow, there was no denying that and I spent the rest of my days telling people I hailed from North Mt. Tabor Village.

When I returned from college for summer break this year I was thrilled to see the city hanging up multiple signs with the words North Tabor written on it. Finally vindication for all the years of living in a nameless neighborhood finally proof that we were part of Mt. Tabor, finally signs that didn’t tell me to stop. It’s a sweet thing having your neighborhood validated after ten years, almost as sweet as the streetpage and ruggedly good looking neighbors who have been there all along.

Editor’s Note: Prior to October 2008 the official name of our neighborhood was CENTER. Many residents shared Andy’s sentiments regarding wanting a more descriptive name and after several attempts the change of name to North Tabor was finally approved by a vote of the general membership in October of 2008.

A City With Small Town Qualities

by Robert Jordan

Grant County, in Eastern Oregon, has a population of about 7500 people within a territory of over 2000 square miles. Our own, North Tabor Neighborhood, with an area of only about a single square mile, has very nearly as many people — over 5000.

On a recent trip to Grant County and to John Day, it’s largest town (pop 1744), I was struck by the large number of civic activities supported by the citizenry there – a cowboy and matching museum, a volunteer operated historical museum (in Canyon City and Prineville City), the county fairgrounds, and by the number of announcements for church or other volunteer organization events. It made me wonder – on a per capita basis, even we come close to the level of civic involvement displayed by the Oregonians of Grant County. Of course not. For one, here within a large city our energies have many more outlets – live theater, live music, cinemas, museums of all kinds, professional sports, etc. Furthermore, if the list could go on forever, and there are many opportunities for volunteer civic involvement inside our own little piece of the city.

But could it be possible that we are too distracted by these things, and that our true neighborhood identity suffers as a result?

Portland likes to think of itself as being a city with small-town qualities; maybe thinking about our own neighborhood itself as a sort of small town neighborhood suffers as a result.

Current participation in the neighborhood association, even simply as attendees at meetings, much less in the form of actual service on the Board, committees or other real jobs, is minimal at best – no more than a half dozen people do just about everything, year after year. Of course, North Tabor is not the center of the world.

There, I expect that pretty much everyone knows everyone else and that a more concentrated sense of community is the logical result.

Portland’s North Tabor neighborhood will likely never have the close-knit feel of a place like John Day, but maybe it’s something we should strive for. And being active in the neighborhood, certainly not the only way to do that — how about helping to organize a block party next for National Night Out, or volunteering with Friends of Trees to help beautify our part of town (tree planting is Jan 19, 2013). Maybe you could be interested in working with the Crime Prevention unit, which is now conveniently located in the Penumbra Kelley Building (formerly SE Precinct).

Portland likes to think of itself as being a city with small-town qualities; maybe thinking about our own neighborhood as a sort of small town neighborhood itself is something we should try to do more of.

Social Connections And Survival: Neighbors Matter

Because of his own experience in Katrina, Aldrich started thinking about how neighbors help one another during disasters. He decided to visit disaster sites around the world, looking for data. Aldrich’s findings show that the public tends to flock to fiendsticks and firetrucks and government aid are not the principal ways most people survive during — and recover after — a disaster. His data suggest that while official help is useful — in clearing the water and getting the power back on in a place such as New Orleans after Katrina, for example — government interventions cannot bring neighborhoods back, and most emergency responders take far too long to get to the scene of a disaster to save many lives. Rather, it is the personal ties among members of a community that determine survival during a disaster, and recovery in its aftermath.

He found that those who fared best after the disaster weren’t those with the most money, or the most power. They were people who knew one another, who were the most socially connected individuals. In other words, if you want to predict who will do well after a disaster, you look for faces that keep showing up at all the weddings and funerals. Those individuals who had been more involved in public works, fires and weddings, those individuals who were tied into the community, they knew who to go to, they knew how to find someone who could help them get a job, Aldrich says.

Local Knowledge Is Key

In Japan, Aldrich found that firetrucks and ambulances didn’t save the most lives after earthquakes. Neighbors did. “In Kobe in 1995, if you knew where your neighbors slept, because the earthquake was very early in the morning, you knew where to dig in the rubble to find them early enough in the process for them to survive,” he says. It’s this (Cont. Page 6)

September is Disaster Preparedness Month

How Prepared are You?

The Key To Disaster Survival? Friends And Neighbors

excerpted and summarized from article by SHANKAR VEDANTAM, NPR

When Hurricane Katrina struck in 2005, one victim was political scientist Daniel Aldrich. He had just moved to New Orleans. Late one August night, there was a knock on the door.

“"It was a neighbor who knew that we had no idea of the ruins of the Gulf Coast,” said Aldrich, who is now a political scientist at Purdue University in Indiana. He knocked on our door very late at night, around midnight on Saturday night, and said, "Look, you’ve got small kids — you should really leave." The knock on the door was to prove prophetic. It changed the way many experts now think about disaster preparedness.

Officials in New Orleans that Saturday night had not yet ordered an evacuation, but Aldrich trusted the neighbor who knocked on his door. He bundled his family into a car and drove to Houston. “Without that in formation we never would’ve left,” Aldrich said. I think we would’ve been trapped.” In fact, by the time people were told to leave, it was too late and thousands of people got stuck.
North Tabor Identity Project Completed

Let's All Get Ready for the Next Fun and Fantastic North Tabor Event

by Moonrose Doherty

The North Tabor Identity Project has been successfully completed with the installation of our North Tabor banners throughout the neighborhood and the Community Fair held at the Fred Meyer back lot on June 16th. Project details and photos were published in the July issue of the North Tabor News along with a listing of participating organizations and prize donors.

The North Tabor Community Fair part of the project entailed a lot of planning, hard work, adhering to the budget, and community involvement. I would like to personally thank Candice and Robert Jordan for all of their hard work on the Know Your Neighborhood game and quiz, supporting the fair in a variety of ways, and assisting me when the work load became heavy. I also want to thank Avis McHugh for her invaluable efforts putting up posters to get the word out about the design contest and the fair, not to mention her fantastically printed program, which was more important for taking on the utility pole banner coordination for the project. Thank you also to Asha Urban for representing SEUL and David Walker for pest control and yard signs that announce the fair. The fair was advertised in the North Tabor News, the Hollywood Star, the SE Examiner, on the North Tabor website, and on the neighborhood association websites of our surrounding neighborhoods.

At the fair arts and crafts were provided by Daryl Summers, Nina Frayne, and Tara West. Robert Jordan ran the “Know Your Neighborhood” game, where fair-goers could read interesting trivia about North Tabor, then fill out a quiz and get entered into the raffle. Candice Jordan provided art materials for the craft booth and hand carved the stamp used to create the North Tabor Pigonion fair goers used to collect stamps to exchange for raffle tickets. There were over 40 different prizes given out donated by local organizations and businesses. Christian Hug and Galian Brinberry did a wonderful job bringing information about the North Tabor Mural Project to the fair and Zach Michaud did fantastic work in putting together the front signs and greeting fair goers as they entered. Our Community, Health and Safety Fair was truly a community event, with over 20 organizations providing information to North Tabor residents about resources, services, how to be healthy, safe, and how to get engaged in the North Tabor community.

Some comments from fair goers: “It was great talking to Friends of Trees because I didn’t know it was easy to sign up and get a tree for my yard.” “I had no idea our neighborhood boundary included

The Adventures of Thelma and Louise

Kim Kauz

Okay maybe it’s not a story about two best friends murdering an attacker and driving over the Grand Canyon in a convertible but Penny and Karen would definitely like to make a list and get ready for any dangerous journey they might take. North Tabor neighborhood the little beauty business sits right at the base of the volcano: 6012 SE Stark. With Cooper’s Coffee right across the street, and Mt. Tabor Park about a block away, this is the perfect location to grab a cup of coffee, head over to get your hair done and then take a nice leisurely walk in the park—looking over the breathtaking cityscape of Portland, Oregon. But that’s not the only reason you should get your hair done at Béla Hair Studio. Penny has a mission that’s bigger than being cute... or even “cutting” edge. She wants to have a community impact with her business. Béla Hair Studio will help bringing people together. And while they have always been known for being artsy and social. Penny and Karen that model. Penny wants to include links and information on her Beauty Blog about their customers’ own personal interests, hobbies and activities (as long as the customers are willing to share the information). It won’t be a sharing of secrets site. Instead it will show “Before” and “After” photos of hairstyles and offer links to their customer’s business pages. Penny wants to make this a community based business that helps protect the planet while bringing people together. One of the ways she plans on meeting these goals is by being a sustainable business. Béla Hair Studio will recycle the cut hair by donating it to Matter of Trust which will use the human hair to make mats that soak up spilled oil and clean up the contaminated water in our lakes, rivers, and oceans. But that’s not all. Karen and Penny even hired local craften to build their beauty stations. And the beauty business goals also want to help customers donate their longer hair (10 inches or longer) to Locks of Love, a charity that provides hairpieces to financially disadvantaged children under age 21 suffering from medically related hair loss. Penny is looking for a couple more stylists to join their team. So, if you need a station to work at or even just a quick trim or a more complicated cut, color or style stop by Béla Hair Studio on 60th and Stark and check out Karen and Penny’s new locally owned business. And say “Hi” to Penny Bell-Beck and Karen Rubin you’ll be playing an integral part in helping two friends achieve their lifelong dream. What could be more beautiful?

FOR THE CHICKEN HEARTED:

Guest Artist Marc Chagall 1939

Monique is taking a break this issue to celebrate the wedding of one of her “chicks”.

Bela Hair Studio

6012 SE Stark

Call or text 503-453-9085

www.belahairstudiodx.com
Thirty Suggestions to Make Your Home Earthquake Safe

Connect these actions with their locations in your house.

**Step 1 - Identify Hazards**

1. Know whether you live, work, or play in a tsunami hazard zone.
2. Hang plants in lightweight pots with corded hangers, well secured to a joint or stud and far away from windows.
3. Store fire extinguisher (type ABC) in easily accessible location.
4. Install strong latches on kitchen cabinets.
5. Use flexible connections where gas lines meet appliances.
6. Remove or lock refrigerator wheels, secure to studs.
7. Keep several flashlights in easily accessible places around the house.
8. Secure valuable electronics items such as computers and televisions.
9. Keep breakables in low or secure cabinets with latches.
10. Move heavy plants and other large items to floor or low shelves.
11. Hang mirrors and pictures on closed hooks.
12. Secure free-standing woodstove or fireplace insert.
13. Keep heavy unstable objects away from doors and exit routes.
14. Place bed away from windows or items that may fall.
15. Secure knick knacks and other small valuables with museum putty.
16. Brace overhead light fixtures.
17. Place only light weight/soft items on bed.
18. Secure top-heavy furniture to studs.
19. Keep wrench or turn off tool in waterproof wrap near gas meter and turn it off immediately when disaster strikes.
20. Know the location of your main electrical switch (fuse box or circuit breaker).
21. Secure water heater with metal straps attached to studs.
22. Trim hazardous tree limbs.

**Step 2 - Create a Plan**

23. Have your emergency plan accessible and discuss with all family members.

**Step 3 - Prepare Disaster Kit**

24. Obtain a NOAA Weather Radio with the Public Alert feature to notify you of tsunamis and other hazards.
25. Keep an emergency backpack with copies of important documents near the door to grab and go.
26. Keep flashlights, slippers and gloves next to beds.
27. Keep gas tank at least half full.
28. Store emergency food and water supplies in a dry accessible area. Include first aid kit, extra cash, portable radio, extra batteries, medications and other necessary supplies.

**Step 4 - Strengthen Your Home**

29. Use anchor bolts every 4 to 6 feet to secure home to foundation.
30. Reinforce brick chimneys.

More on Disaster Preparedness on Page 6

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**Title:** Artist Call for Artists/Muralists

**Call Type:** Outdoor Mural

**Proposed Project: North Tabor Mural**

**Project Summary:**

The North Tabor Neighborhood Association seeks proposals from artists interested in creating a community mural at the corner of NE 47th Avenue and NE Burnside Street in Portland, Oregon in the summer of 2013.

We are an established neighborhood that wants to utilize a mural for the sake of an outdoor inclusive public art project that will result in a landmark that represents who we are as a community. For more information about our neighborhood, go to our website: www.northtabor.org

Muralist will collaborate with community throughout this project from taking input into the design process to facilitating painting with volunteers that have a range of abilities. Please note that this is a multigenerational mural project that includes children.

**Aesthetic:**

A unified painterly quality resulting from the work of many participants.

The design will be representative of local community; i.e. diversity that is inclusive of local communities, urban gardeners; farming, tribute to working class and civil servants, family activities, alternative transportation, etc.

**Eligibility:** Artist must be eligible for a Regional Arts & Culture Council (RACC) Public Arts Murals Program Grant. See www.racc.org/public-art/mural-program for details.

***Due to limited space, the complete RFP with photos of the wall and the application could not be printed in the newsletter. For more information please visit our website www.northtabor.org/mural***
The Key to Disaster Survival (cont. from Page 3) passion for a local community and granular knowledge about who needs what that makes large-scale government interventions in effective by comparison. Governments and big non-governmental organizations which are keenly aware of the big picture — are often blind to neighborhood dynamics. The problem isn’t that experts are dumb. It is that communities are not the sum of their schools, malls and malls. They are the sum of their

relationships.

Altärsh thinks each of us can do something on our own: instead of practicing earth楚血 and building bunkers, we could reach out and make more friends among our co-workers and neighbors. “Get more involved in neighborhood events,” Altärsh said. “If there is a planning club, a homeowners association — if there are sports clubs nearby, PTA — those groups have us in contact with people we wouldn’t normally meet and help us build up those stocks of trust and respect.”

“Really, at the end of the day, the people who will save you, and the people who will help you,” he added, “they’re usually neighbors.”

**Basic Emergency Kit for Households**

**Federation of American Scientists**

Having a basic kit on hand to sustain yourself and your family after an emergency is an essential part of preparation. Think first about basic survival needs: fresh water, food, clean air, and warmth. Store your supplies in a portable container as close as possible to an exit and review the contents of your kit at least once a year.

**Inclu**

**d in your kit:**

- 3-day supply of water: 1 gallon per person per day but you may need more; consult with your doctor
- 3-day supply of non-perishable food that meets your dietary requirements
- Manual can opener and eating utensils
- Medical equipment and assistive devices, medications and a list of prescription name, dosage, frequency, and doctor contact information, as well as an ice pack if medications need to be refrigerated and medical alert tags or bracelets to identify any disability-related need
- Supplies for a service animal or pets including 3-day supply of food and water, ID tags, proof of vaccinations, and veterinarian contact information
- Flashlight, portable, battery-powered radio and extra batteries
- Basic first aid kit and manual
- Warm clothing and blankets
- Whistle
- Filter face masks (N95 rating)
- List of emergency contact information
- Photocopies of important documents (birth certificate, licenses, insurance information, etc.)
- Cash and coins
- Sanitation and hygiene items (food and sanitation, detergent, car care supplies, trash bags, toilet paper, feminine hygiene products, etc.)

**Hous Giáo thô mixer and machine: 9 parts water 1 part bleach can be used as a disinfectant, 16 drops of bleach to 1 gallon of water can be used to treat water in an emergency (do not use scented, color safe, or bleaches with added cleaners)

Items for in tents (formula, diapers, bottles, and pacifiers) if feasible

**MAKE A PLAN**

Creating a plan that fits your needs before, during, and after a disaster will help you be more self-reliant in an emergency and find your family if you become separated. Meet as a family to discuss your plan with others and include a copy of it in your kit.

**BE INFORMED**

Learn about potential threats. Understanding the characteristics you need to evacuate and how and when to respond is critical to survival. Identify your community’s plan for informing citizens when a disaster is on its way or suddenly deteriorates due to local information.

Learn about emergency response plans in locations you and your family members regularly spend time (e.g. work, school).

**BUILD A SUPPORT NETWORK**

A support network is a group of individuals who have agreed to be part of your preparedness plan and assist you in the event of a disaster. Your support network should help you find all your needs and capabilities and should be able to provide help within minutes. Ask roommates, relatives, neighbors, friends, and co-workers to be a part of your network; there should be at least 3 people in each location you regularly spend time. Explain why you need their help and how they can assist.

Exchange contact information with your support network and think of alternate ways to communicate if phones are not working. Arrange for more than one person in your support network to check on you in an emergency.

**CREATE A COMMUNICATION PLAN**

Having an out-of-town contact that every member of your family will call after a disaster is sure. Be sure all of your family knows the contact’s phone number.

**CREATE AN EVACUATION PLAN**

Identify access to a secondary evacuation routes in buildings you frequent. Identify family meeting places; choose a location close to your home and another outside your neighborhood. Become familiar with alternate routes and other means of transportation outside your area. (Find local information.) If you are unable to drive, identify public and private resources with accessible transportation that will assist in evacuation.

When evacuating: Take your emergency supply kit with you. Lock the door behind you and leave a note telling others when you left and where you are going.

**CREATE A SHELTERING PLAN**

Designate a safe room in your home; it should be an interior room where you can be close and seal all doors, windows, and vents. Identify anyone who needs special needs and plan accordingly with your support network. Determine whether or not you will need a "special need’s shelter," where medical assistance can be received. Consider, for example, if you must go to a public shelter, assume that the shelter may not be accessible and you may not be able to receive all the attention you need from staff, pets, except for service animals, are not allowed in public shelters; if possible, plan your evacuation in advance to find lodging where you may take your pets. If you must go to a public shelter, leave your pet behind with plenty of food and water, and a note on the door indicating that your pet is inside.

**SPECIFIC CONSIDERATIONS**

If you are dependent on oxygen or life other life sustaining treatment, know the location of more than one facility. Teach members of your support network who will assist you, to locate necessary equipment. Practice clear, specific, and concise instructions that you will give to rescue workers about your needs. Know your plan and practice with your support network; expect assistance at the height of an emergency; first responders cannot risk their own lives driving into a chemical cloud or against a fire front.

**INDIVIDUALS WITH MOBILITY DISABILITIES**

The term “mobility disabilities” refers to persons who have little or no use of their legs or arms.

**ADDITIONAL KIT ITEMS**

Pair of heavy gloves to use while wheeling or making your way over glass and debris. Extra batteries for your motorized wheelchair or scooter. Jasper cables or recharging device that can be connected to a car cigarette lighter. Patch kit or can of “seal-in-air-product” to repair flat tires. Spare cane or walker.

**EVACUATION**

Contact your fire department for help in evacuation planning, but make sure the advice fits your needs. Arrange furniture so it does not block a quick exit. Ask your support network if they can help you create a plan if you must evacuate a building by stairway. Be familiar with evacuation plans for multi-story buildings in case the elevators stop. Plan how you will get back: if you are using a wheelchair, several companies make products to assist with evacuation. Know the location of a building’s designated street and route to a safe rescue, as it may not be possible to evacuate with everyone else.

**SHELTERING**

Expect that public shelters will not be one-hundred percent accessible and that you may need assistance transferring to and from a sleeping cot or navigating around tightly packed walkways. Be prepared to explain to shelter staff that federal regulations allow you to take your service animal into the shelter.

**INDIVIDUALS WITH SENSORY DISABILITIES**

The term “sensory disabilities” refers to persons with hearing or visual limitations, such as blindness or total deafness.

**ADDITIONAL KIT ITEMS**

Pail of paper plates or plastic plates for writing notes. Extra batteries for tape recorders, TTYs, etc. Extra pair of dark glasses, if medically required. Folding mobility cane.

**WARNING AND RESPONSE**

If you are deaf, find out if fire alarms in buildings you frequent are visual. If you are blind, be aware that alarms may be present, but you should know audio cues, such as the sound of people running. Ask members of your support network to alert you to those warnings and directly communicate with National Weather Radio (NWR) for your home; it turns itself on and emits an audible or visual alarm during natural and man-made hazards. If you use telecommunications devices (hard of hearing, deaf, etc.), and/or video relay services (through broadband).

**SHELTERING**

Be prepared to communicate without an interpreter to tell shelter operators what your needs are. If you are blind or visually impaired, expect to require assistance finding a place to sit and the location of the restroom and food line. Be prepared to explain to shelter staff that federal regulations allow you to take your service animal into the shelter.

**INDIVIDUALS WITH EXPERIMENTAL OR COGNITIVE DISABILITIES**

The term “developmental and cognitive disabilities” includes disorders that may impact an individual’s ability to interact and communicate (e.g., reading, write, do math, or follow instructions).

**ADDITIONAL KIT ITEMS**

A wireless power source or spare batteries for communication devices, paper and writing materials. A favorite item, such as a small videogame or book, to help you relax while waiting in lines.

**MAKING A PLAN**

Practice the evacuation route out of your home and workplace until it is ingrained in your memory. Prepare pre-printed messages explaining your condition and address how to respond (e.g, “I may have difficulty understanding what you are telling me, so please speak slowly and use simple language.” Plan practice drills to describe your disability in a short, meaningful phrase in case your pre-printed messages aren’t available. Plan outlines for the stress and anxiety that may arise during an emergency. Plan on instructions you are given and follow them.

**SHELTERING**

Although sheltering at home or work is the least stressful alternative, if you can leave your community before a known threat arrives do so. Seek refuge with friends and family first because it will be more comfortable and less stressful. If you must go to a public shelter: Expect the conditions to be noisy, crowded, and boring. Consult the shelter doctor or nurse in charge before you accept any medication (or lack thereof) is creating medical problems. Work particularly hard to wash body language so you will know when it is a good time to ask a question of a staff member or other occupant. Think carefully before you speak since people under the stress of shelter life may not understand your condition.
Earthquake—You Know It’s Only a Matter of Time

Tips from Federation of American Scientists
We all know the “Big One” may come here in the Pacific Northwest at any time. This is one of the most likely disasters we face.

How To Prepare For An Earthquake
See Get-A-Kit and Make-A-Plan for general information
Discuss special needs you may have during an earthquake with your support network and plan accordingly.
- Bolt down and secure your water heater, refrigerator, furnace, and gas appliances to wall studs.
- Place large or heavy objects on lower shelves. Fasten shelves, mirrors, and large picture frames to walls.
- Brace high and top-heavy objects.
- Anchor overhead light fixtures.
- Locate safe spots in each room under a sturdy table or against an inside wall.

How To Respond To An Earthquake
If you are indoors and if you are able: Seek shelter under a sturdy table or desk; stay away from outer walls, windows, fireplaces, and hanging objects. Cover your neck and head to protect from falling objects. Hold on until shaking is over.
If you are confined to a wheelchair: Try to get under a doorway or into an inside corner, lock the wheels and remove any items that are not securely attached to the wheelchair. Cover your head with your arms.
If you are unable to move from a bed or a chair, protect yourself from falling objects by covering up with blankets and pillows.
If you are outdoors: Go to an open space away from buildings, power lines, and anything else that could fall on you.
If you are driving: Stop away from a bridge, overpass, tree, light post, power line, or sign and stay inside your car until the shaking stops.
The duration of the earthquake will depend on how close you are to the center and may be anywhere from a few seconds to several minutes. Be prepared for aftershocks, secondary shock waves that can be strong enough to damage weakened structures.
If you become trapped under debris: Cover your mouth, avoid moving around and kicking up dust, tap on a pipe or wall, and shout only as a last resort.

Southeast Uplift Small Grants Program
We are pleased to announce the start of the 2012-2013 Neighborhood Small Grant season! This community program is offered on an annual basis and is funded through the City of Portland’s Office of Neighborhood Involvement. This year, there is $31,605 in available grant money. Applications will be available on September 1st through our website. The deadline for applications for the 2013 grant cycle is 4PM Monday, Nov 5, 2012.
We have two grant preparation workshops this year:
1. Sat, Sept 15, 2012 from 10am to 12pm or
2. Thurs, Sept 27, 2012 from 7pm to 9pm Both workshops will be located at SE Uplift: 3534 SE Main Street, Portland, OR 97214 RSVP Required!

Last Year We Received Funding from the SEUplift Small Grants Program for Our Neighborhood Banners
What Ideas Do You Have for a Proposal from North Tabor This Year?
Bring your ideas to the North Tabor Neighborhood Association Meeting, 6:30 pm September 18th at Emile House, 5520 NE Glisan St, email chair@northtabor.org or call 503-928-4655. Let’s not let this opportunity pass our neighborhood by! See notice to the left for details on grant workshops.

A GOOD LOCKSMITH
“Your Security is Our Profession” Mark Pederson CRL

Healthy Choices

remedy redefining health
massage • chiropractic • acupuncture
$40 new patient massage or initial acupuncture treatment with this ad

North Tabor Resident, Handling All Of Your Mortgage Financing Needs!
North Tabor's Ryan Stoker Can Help You Get a Home Loan or Refinance

Ryan Stoker started originating loans in 2005 as a mortgage broker for a small company in Portland. There was a buzz out there in the housing market that everyone wanted to be a part of. Meeting people that needed loans was easy, which made it possible to make a living at it even when he was brand new. It was a big jump for him to leave his 8 year career at FedEx, a job he had been overall pretty good to him, for a job that did offer a guaranteed paycheck. Seven years later, he would say this has been the craziest ride of his life.

I have experienced huge success, huge failure, and absolutely everything in between. I stepped into the industry at a time that has allowed me to see the highest of its peaks and the lowest of its falls. The great part is that I have never only learned a ton about business, but I have also learned a lot about life and myself.

It was a reasonably smooth ride until 2007 when Ryan had to switch from company to company as the industry fell for a couple of years. There were many times he wondered why he stayed in the game for so long, but ultimately it was a good fit for Ryan and he genuinely enjoys what he does.

In December of 2009, Ryan went to work for Summit Mortgage in SW Portland after interviewing 15 companies to work for. "I felt that if I were going to change my business card again, I would need to make an educated decision. Summit Mortgage is a local company that feels very devoted to helping people fulfill their dreams. Ryan believes there are many positive things happening in the housing market right now, especially here in the Portland area. The company's effects can be witnessed right here in our very own North Tabor neighborhood, as a North Tabor resident, Ryan has a vested interest. Most homes are selling quickly, many with no bid wars, and for higher prices than have been seen over the past few years. This is good news for all of us as we watch our property values stabilize or even grow in many cases. With interest rates at the lowest level ever seen, people have opportunities to purchase a home with more affordable payments than the market had the opportunity to offer in over 10 years. Statistics show that there are several areas in town where buying is cheaper than renting right now, just another reason so many are looking to buy at the present time.

Ryan totally disagrees with the media portrayal that makes it seem nearly impossible to get a loan at the present time. Ryan finds it possible to get loan approvals for buyers everyday with as little as 3% down and that down payment can be gifted from a family member. Super competitive rates are available to buyers with credit scores as low as 640.

For those who bought in the past, Ryan continues to see programs emerge that will allow home owners to capitalize on current rates even if they are underwater. Not all government backed programs have rolled out as promised from the beginning, but there are many success stories and they happen to be Ryan's favorite loans to do because of how ecstatic the client is when it closes. Many of those clients are ones Ryan met when he started in the business several years ago and those relationships have allowed him to succeed while serving the needs of his clients. Ryan indicates he can often lower payments by hundreds of dollars monthly in many cases without having to do an appraisal on the property. This goes for Conventional, FHA, and VA loans with or without mortgage insurance up to 150% loan to value. "I have had my head in the mortgage game every day for 7 years now and can finally confidently say, it’s only up from here! I am happy to be a resource for anyone that has a question, concern, or need about refinancing, purchasing, or selling a home. If I don’t have the best solution out there, I will point you in the right direction."

Ryan Stoker, Mortgage Banker
503-819-9712 ryan@asummit.com
www.StokerHomeLoans.com

More Trees for North Tabor

Friends of Trees offers deeply discounted trees planted by well-trained crews every winter. This winter, our planting is scheduled for Saturday, Jan 19, 2013. The last day to sign up for trees will be Dec 17, with Jan 7 the last day to actually order and pay for trees. Tree planting is a volunteer community building experience, and neighbors buying trees are expected to help with the planting, or by providing assistance to the crews in other ways (food or transportation being critical areas-- we need pickup-trucks!).

Go to www.friendsoftrees.org to learn about available trees and for more information. There is no obligation to sign up until you actually complete an order. The earlier you complete an order, the more likely you are to get the trees you want – so don’t delay! For information straight from the source, call Friends of Trees at 503-955-0212.