A Place to Call Community
by Nicole Davenport, North Tabor Resident and Land Use Chair
Have you ever been driving around the city and suddenly there is a painting in the middle of the street unannounced intersection? Or have you ever been walking through a neighborhood and then happened upon a little covered bench that looks like it was built out of clay? If so then you have already experienced the community building work of our February general meeting speaker Mark Lakeman. Each of these projects no matter how big or small signifies a place where residents have come together, fostered community, and developed and built their own placemaker.

City Repair is the group responsible for organizing these projects. In each instance City Repair helps to facilitate community input to create a neighborhood project that can represent the values of that community. This is a multi-layered process called placemaking, “within which citizens foster actions engaged relationships to the spaces which they inhabit [and] shape those spaces in a way which creates a sense of communal stewardship and lived connection.” These projects most often include community built benches or kiosks placed on neighborhood street corners, as well as street paintings in public intersections that demonstrate “that this is a Place: inhabited, known and loved by its residents.” Each project is meant not only to foster the community and their identity, but also as an invitation to other community members to get involved. Benches and kiosks provide natural gathering spaces where you can sit and enjoy your neighborhood from a new perspective, or get information about different events happening within the community.

Mark Lakeman is a key facilitator for City Repair Projects. The first projects were done in his own

(Continued on Page 3)

Another Successful Friends of Trees Planting
by Moorcross Hetherly
Saturday, January 19th started out as a cold and foggy morning at the Sunnyside church for the North Tabor, Kerns, Laurelhurst, and Sunnyside annual Friends of Trees planting. Dedicated volunteers were unloading and loading trees still bundled in their burlap and truck drivers and bicycle crews were standing ready to go out and deliver the 76 trees to their new homes. Inside the church, planting teams were gathering together to meet and go over instructions while they enjoyed coffee provided by Oak Dairy, bagels, and fruit graciously provided by local grocer New Seasons, and other grocers Fred Meyer and Who’s Foods. Volunteers fromHands On assisted and neighbors from all four neighborhoods showed up to help plant trees or help feed the tree planters. One of my North Tabor neighbors made an amazing split pea and ham soup for volunteers and not only did I get to meet a new neighbor, but I got to see the lovely Persian Ironwood that she chose to have planted, the smile on her face later that day said it all. I also met a family with a young tree planting who said that this was not their first planting because they had planted a memorial tree before for a family member. This made me think of how we develop lovely memories involving trees.

Two years ago I planted trees with my son and I deeply cherish the experience because it provided us with a common goal of caring for our designated trees and working together to do it; but it also provided us with a lovely memory around trees. I will never forget the trees I climbed in as a child. Cherishing our memories of trees is what connects us to appreciating trees. My hope is that the 76 trees that went into new homes in the North Tabor neighborhood will provide kids with some great memories either from planting them, laying under them, climbing them, enjoying their shade, or just admiring their shape, color, and beauty. A big thank you to all North Tabor neighbors who helped out on planting day and congratulations to all North Tabor neighbors who planted a new tree! You have made a lasting contribution to the city that residents and visitors will be able to enjoy for years to come. We hope you can join us next year in January to plant more trees in North Tabor. And thanks to Home Depot our trees got the proper mulch that they needed. Don’t forget to water your new trees and inquire with Friends of Trees on the website if you are interested in volunteering at a Summer Inspector.
Letter From the Co-Chairs
The Friends of Trees planting on January 19th was a success as we planted 76 trees throughout North Tabor, Kermit, Sunnyvale, and Laurelhurst. Thank you to everyone that participated and to all the local businesses for their generous donations.

The mural Project for the vacant wall at the corner of NE 47th and Burnside is ramping up. Come join us to meet the muralist and share your ideas on Sunday, February 24th between 4-6pm at Laurelhurst Cafe: 4611 E. Burnside. If you are interested in receiving updates on this project, please visit: www.northtabor.org/mural. Community members in the surrounding neighborhoods are welcome to provide their input as well and we hope to see you there!

North Tabor is excited to announce two speakers for their February General Meeting on Tuesday, February 19th from 6:30-8:30pm. Mark Lakeman, key facilitator for City Repair Projects, will be joining us to speak about placemaking in the community. The mural itself will be a placemaker for our neighborhood, and this presentation will provide further inspiration about how to take the momentum from our Mural Project and continue to transform our neighborhood and create our own North Tabor Commons. We welcome neighbors to come share their ideas on placemaking.

John Cole from the City of Portland Bureau of Planning and Sustainability will also be joining us. His presentation will inform interested neighborhood associations about: proposed changes to the City’s Comprehensive Plan Policy as it relates colleges and hospitals across the city; the Comprehensive Plan Update process through which these possible changes will be evaluated, revised as necessary, and adopted, and opportunities to participate in the Comprehensive Plan Update process and the subsequent development of implementing measures.

If you have any questions for John prior to the meeting, please email him at chairs@northtabor.org. Our Sustainability committee is hosting Free gardening workshops this March in collaboration with the East Multnomah Soil & Water Conservation District. The workshops will be held at Community of Christ Church, 4837 NE Coach St. Register online at: http://www.emswcd.org/

Rain Gardens 101: Saturday, March 2nd from 9am-1pm
Naturescaping Basics: Saturday, March 9th from 9am-1pm

We thank Providence Emmanuel House for their hospitality and support in making their space available for our neighborhood association meetings. We look forward to partnering with them again in the future. Please note our new location as of the February General Meeting within NorthStar at 5600 NE Glisan. We hope to see you there.

This issue’s Question from the Board: What’s important to you?

In January, the North Tabor Neighborhood Association Board, a collection of volunteers, met for a retreat sponsored by Southeast Uplift. The retreat was aimed at strengthening the board’s overall ability to better serve North Tabor. One of the biggest issues that came up for the new Board (formed November 2012) was the need to hear from neighbors in our area. So the question of this issue from the Co-Chairs is “What’s important to you?”

• What would you like to see North Tabor Neighborhood Association tackle in 2013?
• What are the big areas we should focus on together?
• What is not being addressed in our area that ought to?

Email your thoughts to chairs@northtabor.org

Look for our Community Needs Survey coming out in the next issue!

Happy New Year and Have a Fantastic 2013!

Frank and Melissa, Co-Chairs
North Tabor Neighborhood Association
Placingrmark with Mark Lakeman (Continued from Page 1) neighborhood at Shemeshet Square in Sowell. Over the past 15 years he has facilitated and helped design more than 70 projects through both City Repair and his architecture firm communcate (not to confuse with a committee or community) for sustainability and building community gathering spaces. Many of these projects have been completed during a weekend community building fair put on by City Repair called the Village Building Convergence, in which neighborhoods all across the city work together to design projects and then make them a reality with the help of volunteers both from their neighborhood and the large.

At the North Tabor neighborhood, we have already some of the first steps on this placemaking journey. This month public comment forums will be held to give input about what should be in our neighborhood mural. The mural itself will be a placemaker for our neighborhood, and Mark’s presentation will provide further inspiration about how to take the momentum from our Mural Project and continue to transform our neighborhood and create our own Mural Project.

So please come join us and our speaker Mark Lakeman on February 19, 6:30 pm at North Star, located at 5600 NE Glisan St., and find out how you can get involved in furthering North Tabor’s identity and community.

Providence Good Neighbor SubCommittee On the Move

By Zach Michaud
On Wednesday, April 25, 2012 the Providence Portland Medical Center (PPMC) had a proposal for their updated Conditional Use Master Plan (CUMP) revisted. This meeting was during the hearing, a room full of North Tabor and Laurelhurst neighbors testified or quietly apoptosis their testifying neighbors in an attempt to hold PPMC accountable for more improvements within North Tabor and Laurelhurst neighborhoods. After the hearing, Providence had traffic studies conducted to evaluate traffic movement, including cut-through traffic on local streets. The conclusion of the study did not meet the severity of problems that the neighbors had testified to experiencing. Although Providence was not ordered to help improve traffic and other city services, the Portland City Attorney did suggest that PPMC work closely with the neighborhoods to improve their image with the neighborhoods.

Since the establishment, in 2003, of the Good Neighbor Agreement (GNA) between PPMC, Laurelhurst and North Tabor neighborhoods, there has been a clause allowing for a Transportation Work Group (TWG) to be formed. A Transportation Work Group (TWG) shall be established.

The TWG may involve other organizations, such as the Bicycle Transportation Alliance, Tri-Met, Portland Sustainability Initiative, and relevant government agencies;

The TWG meetings of the TWG shall include by not limited to:

a. Commit to reducing vehicle trips and to from PPMC through its Transportation Demand Management (TDM) programs.

b. Work through the Portland Bureau of Transportation

to monitor and progress toward trip reduction goals and maintain an acceptable level of traffic service;

c. Explore and implement alternatives to reduce demand for on-street parking and on-campus parking;

d. Work collaboratively to address traffic issues on Glisan Street and the neighborhoods adjacent to PPMC;

e. Work collaboratively to enhance pedestrian safety and encourage greater pedestrian access to the neighborhood.

It is the hope of the HTNNA members of the committee that this Transportation Work Group will include neighborhood employees, members from other neighborhoods, representatives from alternative transportation group, and other representatives with an interest in transportation management around the PPMC campus. Since the TWG is being worked out with the Standing Committee about how many members the TWG will have and what their first agenda will look like.

In the meantime, North Tabor Neighborhood Association is developing a transportation subcommittee to its Land Use Committee to start a conversation around what is important to bring to the TWG meetings and what is left for the ground running. Work in this transportation committee will also focus on issues not related to Providence, but may be
depth work that can be done by the Land Use Committee and ultimately to the HTNNA Board for recommendations of action.

In keep, mind traffic and parking is only one aspect of what the involvement group can focus on. Other areas of interest for the group will be bicycle access

and safety, pedestrian access and safety, signaling, speed controls, road repairs, or any other ideas you want to bring to the table.

The first steps in forming our transportation committee will be for interested neighbors to contact the Land Use team by emailing landus@northtabor.org or calling the HTNNA voicemail at 503-928-6655 and providing us with your contact information. The Good Neighbor Sub Committee will work with those interested individuals to schedule a meeting time and date. Priorities and agenda can be set and the committee will be up and running. We look forward to working with other neighbors to address these important issues.

Please help us out by completing the survey on the back of this page containing a link for an online survey at: http://tinyurl.com/TaborTraffic.

City Planner Speaking on Hospital Planning
John Cole, Senior Planner with the City of Portland will be giving a presentation at the February 18 NTNA General Meeting on Campus Institutional Policy and the Comprehensive Plan Update. North Tabor Neighborhood Association feels this is important due to the close proximity of the Providence Portland Medical Center campus. Topics to be covered include proposed changes to the City’s Campus Institutional Policy and Hospital Institutional Policy because of proximity to the Providence Portland Medical Center campus. Topics to be covered include proposed changes to the City’s Campus Institutional Policy and Hospital Institutional Policy because of proximity to the Providence Portland Medical Center campus. Topics to be covered include proposed changes to the City’s Campus Institutional Policy and Hospital Institutional Policy because of proximity to the Providence Portland Medical Center campus.

The meeting is scheduled for February 18, 6:30 -8pm, NorthStar Office, 5600 NE Glisan.

How to Start Neighborhood Watch Program

Neighborhood Watch is a program designed to increase the safety and security of residents living in a neighborhood and involving individuals and families in a united crime prevention effort. Neighborhood Watch participants learn how to: understand their responsibilities as they begin using tools within their neighborhood. Includes training on crime specific to the location. Neighbors, recognize and report suspicious and criminal activity, increase home and vehicle security, increase personal security and safety, and make neighbors less attractive to criminals. When neighbors take the responsibility to build and maintain livable and cohesive neighborhoods, these neighborhoods are less vulnerable to crime. A Neighborhood Watch is a positive step in problem solving and helps neighbors collaborate with the City’s Crime Prevention Coordinator, police, neighborhood coalitions and associations, schools, parks personnel, local businesses, and others to create a united, secure, and peaceful community. When an organized Neighborhood Watch is established, the neighborhood can serve as a deterrent to criminal activity, as well as give residents a sense of safety so they can better enjoy their homes and neighborhoods.

To start a Neighborhood Watch members in a good position to notice problems within a neighborhood, such as burglaries, vandalism, abandoned vehicles, illegal dump sites, evidence of drug dealing or manufacturing, and street prostitution, and they can take the necessary steps to address the problem in order to get a quicker, more effective solution. Neighborhood Watch provides an avenue for neighbors to get to know one another and build a sense of community, support, and neighborliness.

To start a Neighborhood Watch, members must be willing to attend regularly scheduled meetings. A facilitator or chair is appointed to direct the meetings.

Contact the Crime Prevention Coordinator, Katherine Anderson, 503-823-3432 or Katherine.Anderson@portlandoregon.gov to say that you are interested in starting a Neighborhood Watch.

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For the Chicken Hearted...

by Monique Mos

One evening, when it was already dark and a fierce wind was driving the rain in all directions, we discovered that the door to the chicken ran had blown shut and the chickens had not been able to go inside the coop for the night. There was hardly any moonlight and we had to go and get a lantern, to find out where they had fallen asleep. We looked everywhere: under the deck; between the bushes; under the steps. Nothing. Wondering what would become of them, if they did not have the protection of chicken wire against the dangers of the night, we panicked. Then, much to our relief, we discovered them, squeezed between the garden fence and the run.

Last night I dreamed that I was living with one of my children in a far away city. We were renting a room in a tall wooden 5 story house that was much bigger than it seemed on the outside and in which many people boarded. A middle aged lady with an apron kept everyone in line. The halls seemed endless and they smelled of old cooking: cabbage, potatoes and greasy meat of questionable origin. Although I have never lived in this house, I know it very well: it has appeared in my dreams many times.

In this dream my son went out with friends and upon retiring, I left the light on for him. For hours, it shone in my face as I was sleeping fitfully because my child was not at home. All the time, I was nervously waiting for his safe return.

As a parent I have experienced this situation in my waking life, too. A child goes out and you are too tired to stay up until he returns. You wake up often and feel somewhat resentful because each time you do, you realize that very little time has passed and that this is going to be a long night. Then there is the knock on your bedroom door and you can finally really get some rest. This deep fear, the one that makes parents realize, even in their sleep, that they cannot protect their children away from home, is one that comes hidden in the a fold of the baby blanket at the moment of birth. You may not realize it at first, busy as you are caring for and loving this small person that is yours. Then, suddenly one day, just as you are getting used to a full night’s rest, there it is.

Cocoon

Owners of pets experience it too. The dog skips past you to the front door. You wait for it to return, but an hour later, it is still missing. You cruise through the neighborhood, calling and whistling, only vaguely aware of the neighbors you are waking up in the process. What if it crosses the highway? You may never find out what became of it. Later, when the animal returns, you figure out how to keep it from escaping in the future.

Much as we may desire to, we cannot follow that same procedure with our children. All we can hope for is that they will remember, at the right moment, all we have taught them and that they will, at least, be protected by our ardent wish for their safety. We pray that they will survive.

And so we send them off to school; to play, on their first walk through the neighborhood; that first bus ride away from our home, our street, our arms. The baby blanket has long been passed on, but the desire to protect them from harm remains. As they practice and master their new tricks, we learn to be more comfortable, little by little. They know where to get off the bus, they look left and right when crossing the street and ride the bike carefully in traffic. We buy a good helmet and the best light available. We teach them how to cook a proper meal and which company to keep. We try not to miss a single step.

Now it is all up to providence. After waking up from my dream last night, I thought of parents who, about a month ago, were not able to protect their children. The children had not even reached the stage of learning how to drive or being dipped off to a war. The parents were just starting the wonderful journey of their child’s first school years. Until that day, they believed that they could trust them to a world that they thought was still within their protective reach: a cocoon of school friends, teachers and playgrounds. I am grieving for those parents.

We can and must do everything possible, to keep the world of our children a safe one. I hope that we will.

Am I Your Neighbor?

I have lived a rich life with many ups and downs, but mostly up since I met my wife, and grew up in the Hudson Valley, about 30 miles north of Manhattan, and I still have family in that area. My father was a lawyer who dressed in tailored suits and commuted into the city by train for over forty years, almost until the day he died, and was disappointed that none of his children chose the same path. I recently estimated that I have lived about 30 percent of my life in New York, about 30 percent in California, 15 percent in Oregon, and the rest, um, I don’t remember. I am a high school history teacher, though I got into that somewhat later in life. Previously I worked as a freelance journalist along with various other getting-by jobs. The article I’m most proud of was a profile of three lifetime loggers I knew who made strong arguments against the clear-cutting practices they’d witnessed in the mighty forests of California and Oregon.

I’ve lived in North Tabor for just over six years. I love the houses, the tall trees, the nearby transportation, and the fact that we’re in Portland. My neighbors are very cool people. They include a photographer, a couple that makes and sells the own hats, a community garden organizer, a bunch of retirees, and a whole bunch of babies!

I love taking long walks, preferably in the mountains but more typically in Mt. Tabor, Laurelhurst or other parts of the city. I also like playing ping pong with my student after classes. One thing I’m trying to do presently is establish a Sierra Club Outings chapter at my school so as to get some of my students—if they’re interested—out into the woods to experience the incredible wilderness around them. I work in a poor district and most of my students have never seen more trees than a small city park. It’s a tough gig and we all need to have some fun sometimes.

Your opinion counts - take the North Tabor Transportation Survey...
http://www.tinyurl.com/TaborTraffic

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North Tabor News
February / March 2013
Family Art in North Tabor

I didn’t start out working with kids as art students. They just kept coming to me. That’s how I decided to start a kids and teens art class in the Mount Tabor neighborhood in January.

By way of introduction: I’m a professional artist and art teacher, fairly new to Portland and the neighborhood (though not new to the Pacific NW, I grew up in Seattle). I myself learned art as an adult, at age 33. I started out as a journalist, but detailed a successful career a decade ago when I found out painting was my love. I’ve since lived in three different countries in Eastern Europe, studying classical painting and drawing techniques often missed in the U.S. I also started teaching art, helping found an English-language art school in Budapest, Hungary, and wind up with nearly 100 students in Zagreb, Croatia five years later, some of whom still work with me today via skype.

Perhaps because I didn’t paint as a child, I didn’t gravitate towards children when teaching art. My first class, in Budapest, was a beginning pastel class. I had five students, mostly teachers at the International School.

And then there was Emil.

Emil was 11, a be-spectacled, serious kid. His mother begged me to take him into the class. “OK,” I said, doubtfully. “But he’s got to be able to handle himself with adults.”

How little I knew. I quickly learned that Emil not only “handled himself” superbly, but that he excelled, just like the adults in the class.

I figured Emil was the exception, until the next country I moved to – Armenia. Then I met Argi. A ten-year-old, dreamy little boy. Argi was the son of my good friend Haamiik, who ran a local yoga studio. He asked for art lessons after a burglar broke into their apartment, clanging in his bedroom window. “To calm my nerves,” he told his mother.

So I took him on, and man, did the kid excel! Argi painted one of my favorite artworks ever made by an art student, a picture of his grandparents, who used to accompany him to all my lessons, and often fell asleep on my couch. We practiced it three times before he drew it with a pencil, adding ink and colour (It now graces the cover of my website, check it out: www.theroamingstudio.com).

I thought Argi and Emil were exceptions. And surely, children younger than they couldn’t take on serious art instruction, could they?

Then I moved to Croatia, and I met Sadhbh (pronounced Sigh-ve), a cheeky little Irish lass. When her mother enrolled in my art class, she said it was to keep up with her five year old daughter. She then asked if Sadhbh could take the class with her. Intrigued, I agreed. And just like the two boys, as adults often sat staring at surprised delight as Sadhbh not only kept up with the lesson, but often gave it her own, interesting twist.

Finally, I began to get the message – teach the child as you teach the adult.

Barbara Edwards, in her monumentally important bestseller “Drawing on the Right Side of the Brain,” asserts that realistic drawing is a stage to be passed through in artistic development – at about the age of 10-12. Because most of us never learn drawing skills and techniques, we never progress visually beyond this age level. The realization that my adults and my kid students were virtually at the same place, developmentally, made me understand that they can both be taught these skills in roughly the same way. Furthermore, my kid students didn’t have the inner critic that most of my adult students had to battle. For kids, it was all new, so they perceived themselves as getting better at what they wanted to do – rather than beating themselves up because they didn’t intrinsically know how to draw and paint, which is what my adult students would do.

It is in fact, what I would do, since I had to teach myself how to draw and paint as an adult. All of a sudden, I realized all those kids were showing up to help me learn and understand something about my own child artist.

Since I’ve moved to Portland, inevitably, when I meet families the parents would mention at least one kid who wanted to learn to draw and paint. What I learned is that there weren’t many places for kids and teens to go if they wanted to learn those skills – there were even two teens in the adult education figure drawing class I took at a local art college.

with me. Classes are on Wednesday afternoons, and students sign up for a month-long package at a time.

It took me awhile, but I finally did get the message – teach the child as you would teach the adult. Or as you would teach yourself.

**

Family Art in North Tabor (ages 3-33)

Do you long for more creative time with your family? Would you like to encourage your kids to do more art? Do you wish you knew more drawing and painting techniques yourself? Register your family for this family art class, where everyone learns to draw and paint the same lesson, from kids to parents, grandparents, aunts, uncles or other grownup family friends. Adults and children learning art together is a powerful combination: adults model discipline and follow through, while children teach us not to fear our creative impulses. Class is taught by a professional artist and teacher who has taught family art all over the world, and who has recently moved to North Tabor. Two Dates and Time: Sunday, Feb 9, 1-3pm or Sunday, Feb 24, 1-3 p.m. Cost: $5 per family. Space is limited, so register now by e-mailing theroamingstudio@gmail.com. For more information, go to www.theroamingstudio.com, or read more about the family art I teach here: http://artbroadband.wordpress.com/2011/06/29/family-art-why-kids-and-adults-should-learn-art-together/

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Leah Kohlenberg (www.leakhohlenberg.com) is a professional artist and art teacher who lives in the North Tabor neighborhood. She offers art classes for kids and teens, the Rainy Day AfterSchool Art Atelier, and classes for adults, including monthly Drink and Draw sessions, in the neighborhood, as well as live, online private classes people can take from home. You can get more information at http://www.theroamingstudio.com/, or e-mail theroamingstudio@gmail.com to register or get more information.

Distribution Coordinator
Looking for a volunteer to help with maintaining the mailing database and coordinate hand delivery of the North Tabor News.

The database is currently maintained using Microsoft Access, but could also be maintained on a spreadsheet. If you could assist with this, please email editor@northtabor.org or call 503-928-4655.

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School News

The Elementary, Middle School and High School Tuition deadline is fast approaching. If you want to inscribe your child to attend a public school outside of your neighborhood school then you must apply to the School Transfer Office by the following dates: 3pm on February 22nd for High School transfers and Friday 5pm on March 15th for Elementary and Middle School transfers. If you have questions about enrollment and transfer you can email Size Davis at sda@wps.org or call 503-616-0162. The quickest way to apply for a transfer is on-line through the WPS website at www.wps.k12.or.us/parents/enrollment-transfer.html

Daylight Saving Time begins on March 10th. Remember to put your clocks forward one hour!

All Portland Public Schools will be closed on the following days: Monday February 18th (President’s Day); Friday April 12th (Teacher Appreciation Day); Monday March 25th — Friday March 29th (Spring Break)

Great North High School
Information night for 8th graders and their parents is on Thursday, February 21st from 8:30-9:30 am. The session will include a panel discussion and Q&As with administrators, teachers and current students.

Great Theater proudly presents GREAT3E, an American Classic Performance will be held February 7, 8, 9, 14, 15, 16 at 7:30 pm in the Grant Auditorium. Tickets are on sale at the door, students $12 and adults $25/season/10. The show on the 15th will be a special sing-a-long performance. Don’t miss it!

Franklin High School
Information night for 8th graders and their parents is on Tuesday, February 5th from 6:30-7:30 in the Library. Following an overview presentation with Q&A, all attendees are invited to be guests at the girls’ basketball game versus Madison High School at 7:30 that evening.

Madison High School
Information night for 8th graders and their parents is on Thursday February 7th at 6pm.

Come celebrate the Vietnamese Lunar New Year at Madison High School on Saturday February 9th from 11am to 4pm at our Vietnamese Village Fair! There will be a special Lion Dance and Vietnamese Performing dance starting at 2pm. Come and enjoy.

Join us to celebrate an Asian Cultural Night on Thursday February 21st to learn about the many cultures of Asia and join in on food, music and dance. The event will be accessible from 5pm to 6:30pm, followed by student performances from 6:30pm to 8pm.

Madison PacificA meetings are held on the second Monday of every month at 6:30pm in the school library. Meetings are scheduled for 1st February, 11 March and 8 April.

Mount Tabor Middle School
5th Grade Information Night is Wednesday February 13th from 6:00—7:45 PM.

Everyone will meet in the Mt. Tabor Annex and then rotate through classrooms for information about the sixth grade year.

Information will be available about Japanese Immersion and Spanish Immersion programs as well as regular programs. Mount Tabor also offers small group tours of the school and those are available on Tuesday February 19th at 10:45am and 1:30pm and again on February 26th at 10:45am and 1:30pm. RSVP is required for all dates. Please call the school on 503-616-5480 to reserve a space.

Next PTSA meeting is scheduled for Tuesday Feb 12th at 6:30 pm in school library

Lakecrest Elementary School
Connect to Kindergarten is on Wednesday, February 13th at 6pm and 7pm. Parents are invited to attend an overview of the school as well as an opportunity for Q&A.

The next Visit/Leisure PTSA meeting is on February 19th at 7:00 pm. Childcare provided.

Roseway Heights Elementary School
Connect to Kindergarten evening is on Thursday February 21st at 6:30. Any families in the neighborhood who have a child who will be five on or before 1st September 2013 are strongly encouraged to attend. Other information about this significant transition will be presented and teachers will be on hand to share our program and how families can help prepare their child.

6th Grade Information Night is Thursday February 7th from 6:30-8:30 pm in the school library. The school will present their middle school program and how to prepare your 5th graders for this big transition.

PTSA meetings are scheduled for Wednesday February 13th at 6:30, Wednesday March 13th at 6:30 and Wednesday April 10th at 6:30pm.

Beverly Cleary Elementary School
Connect to Kindergarten at the Hollywood Campus is on Thursday February 21st from 9:00-10:00am and 6:30-7:30pm.

Next PTSA meeting is scheduled for Thursday 19th at 6:45 pm

PGE School Tours
Following years of analysis and discussion, work to moderate our school’s energy when rates a $425 million school improvement bond by a two-thirds majority in November 2012. With a dedicated source of funding in place, attention has now turned to the work of implementing this historic refunding program. The success of the School Bond vote will significantly benefit several of our neighborhood schools.

This summer PGE plans replacing older and making repairs and safety and accessibility upgrades at Lakecrest & K-8.

Community involvement in planning Franklin High School’s renovation will begin next fall and construction will begin in 2015. A community design process to renovate Grant High School starts in 2015 and construction will begin in 2017.

PGE is projecting a $16 million budget shortfall in funding for the 2013-14 school year. This is approximately $5 million less than the $22 million gap earlier projected. Budget scenarios with proposed cuts are still being discussed and are expected to be announced by the School Board in April.

Financial Aid Information
StudentAid.gov provides students and parents extensive guidance and easy-to-understand information about financial aid planning for college in an interactive format. Whether you’re a student parent, or a borrower in repayment, StudentAid.gov has useful information for you. The site, available in English and Spanish, features online tools, comprehensive information about federal, state and private student aid, and a resource that schools can use to help answer the most frequently asked questions about financial aid.

No- and Low-Cost Healthcare
Healthy Kids is a program that provides no- and low-cost health coverage to all un insured Oregon kids and teens up to the age of 19. It covers preventions, prescription drugs, dental, vision care and more. And you know that the income limits to qualify for low-cost coverage have changed? Now a family of four can make up to $57,760 per month and qualify for the low-cost option.

Free or Reduced School Meal Program
If your household has experienced a change in income, your child(ren) may now qualify for free or reduced-price school meals. You may apply at any time during the school year, even if your household size goes up, even if your income goes down, if you’re on Social Security (or your child gets SNAP (Supplemental Nutrition Assistance Program) or TANF (Temporary Assistance for Needy Families). You may submit an application for the first time, or you may supply previously denied and your income has changed. For more information and to apply online go to www.opay4kids.org or call the Application Center at 1-888-999-0100

PTSA Tuition Scholarship
Do you know a high school or college student who wants to attend Oregon College? Could they use a little extra help for school expenses? Each year Oregon PTA awards a limited number of Teacher Education Scholarships to high school seniors or college students who are Oregon residents and who want to attend Oregon as an elementary or secondary school. The scholarship is for tuition only and may be used at any Oregon public or community college that teaches teachers or transfers credits in education. The scholarship is non-transferable, $1000 per year. However, recipients may apply for the following year.

Information and applications may be secured on their website at http://www.opay4kids.org/ or call the Application Center at 1-888-999-0100

---Compiled by Alison Gavine

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Authentic Lebanese Recipe shared by Nour-Petra Hamiah of International Food Supply

Bulgur Bi Bandora

Lebanon is a Middle Eastern country with a twist, actually many twists. Beautifully placed by the Mediterranean Sea, valleys, its food was created to explain its experience, history and hospitality. Its experience: health, love, family and happiness. Its history: being ruled by many foreign powers who influenced the cuisine. Its hospitality: everyone is more than welcome in your home and especially at your table.

There are many dishes from the Lebanese Table that have become famous like hummus, tabbouleh and banana ghanouj. But there is a whole new and exciting world of flavors on the other side of that table to be explored! I am Lebanese and I therefore feel compelled to share the recipe of one of my favorite dishes:

Bulgur Bi Bandora

You will need:

1. large onion, chopped
2. 6 tablespoons extra virgin olive oil
3. 3 cups coarse-ground bulgur, washed in cold water and drained
4. 1 ground tomatoes, peeled and chopped
5. 2 teaspoons tomato paste
6. 2 tablespoons granulated sugar
7. Salt and pepper to taste
8. 1 teaspoon allspice
9. 1-1/2 cups water

Fry the onion in 2 tablespoons of oil until golden. Add the bulgur and stir well. Then add the tomatoes, tomato paste, sugar, salt, pepper, allspice and water. Stir and cook, covered, over a very low heat for 15 minutes, adding a little water when it gets too dry, or letting it evaporate uncovered if it is too wet. Once it is cooked, leave it to rest, covered, for 10 minutes (or until grain is plump and tender). Finally, stir in the remaining oil.

This recipe will make 6 to 8 servings, so grab a couple of Ksara Reserve du Couvant Lebanese wine, some pita bread (whole wheat or white), call a few of your favorite people and enjoy the explosion of flavors, stories and laughter.

I hope this brings you as much joy in making it as it did for me getting to share it with all of you! I love sharing stories, recipes and my love for the Lebanese Culture. If you’re in the neighborhood, come find me and I will be elated to share some more!

http://tabortavern.com/  
5325 East Burnside Ave., Portland  
503.208.3544
More on Placemaking From City Repair

“Placemaking is a multi-layered process within which citizens foster active, engaged relationships to the spaces which they inhabit, the landscapes of their lives, and shape those spaces in a way which creates a sense of communal stewardship and lived connection. This is most often accomplished through a creative re-configuration of public space projects which take the form of benches on street corners where neighbors can sit, rest and talk with each other, bookcases on sidewalks where neighbors can post information about local events, needs and resources and street paintings in the public right-of-way that demonstrate to all who pass through that this is a Place: inhabited, known and loved by its residents. In all instances, these projects are undertaken by local communities who come together to discuss what it is they want in their neighborhood — what elements are lacking in the public sphere and how the community can work together with the resources they have to create their own place.”

“Placemaking teaches upon deeper societal issues and contributes to participatory democracy. As the process of developing a community place proceeds, people develop deeper relationships and more energy to create together because they live together. Creating a common ground that transcends the differences among people powerfully addresses this isolation and creates an environment where people feel like they can do anything they set their collective minds to.”

- from http://cityrepair.org/whats-up/placemaking/

What would YOU like to see painted on this wall??

The corner of NE 47th Avenue & East Burnside Street
is getting a makeover this summer!
Meet the Muralist and bring your ideas!!
When: Sunday, February 24, 2013
Where: Laurelhurst Cafe
Time: 4:00-6:00 pm
Contact: www.northtabor.org/mural

Annual Clean-Up - April 27
Save The Date

North Tabor/Mt. Tabor
Annual Cleanup
is scheduled Saturday, April 27
at Mt. Tabor Middle School.
Look for details in the April
North Tabor News and online at

Call 503-928-4655 or email
cleanup@northtabor.org
to volunteer in planning
or on event day.
This is NTNA’s primary fundraiser.
Help us make this a successful event.
We need help especially in arranging
our recycling, recovery and
reuse efforts to lessen
the amount going to the landfill.

FREE! RAIN GARDEN WORKSHOP
A rain garden is a sustainable garden bed that
captures stormwater and allows it to soak back
into the ground naturally.
Part of a larger effort to improve watershed health, this workshop provides step-by-step
details on how to plan, design and build your
own rain garden for your neighbors and find
out how rain gardens can benefit the fish,
wildlife, and people that are connected to local
streams and rivers.

RAIN GARDENS 101
Saturday, March 2
9am – 1pm
Community of Christ Church
4837 NE Couch St.

Hosted by
North Tabor Neighborhood Association

Advance registration is required and space is limited.
Register online at
www.emswcd.org
Information: 503-398-5362

FREE! NATURESCAPING WORKSHOP
Naturescaping is the practice of designing a
vibrant, biological food landscape that
captures water and reduces pollution.
This workshop explores how gardening with
native plants can support the life, wildlife,
and people that are connected to our local
watersheds. Learn new management skills
for native plants and save money, water,
energy.

NATURESCAPING BASICS
Saturday, March 9
9am – 1pm
Community of Christ Church
4837 NE Couch St.

Hosted by
North Tabor Neighborhood Association

Advance registration is required and space is limited.
Register online at
www.emswcd.org
Information: 503-398-5362
Free Garden Workshops in North Tabor: Rain Gardens March 2 and Naturescaping March 9
by Moonrose Doherty

The first of two free workshops to be offered in North Tabor in March, 2013, is Rain Gardens Workshop 101, which specifically looks at constructing rain gardens in your yard and how to assess your property for the best location, size, and choice in plants. Both workshops are from 9am to 1pm on the selected Saturdays and will be held at the Community of Christ Church in North Tabor located at 4857 NE Coach Street. The workshops are free, but in order to attend, you must register. To register for either of the workshops or for both of the workshops just go to www.emswcd.org and follow the instructions or call 503-935-5383. Be sure to register as soon as possible because space is limited. The second workshop being offered on March 9th is NatureScaping Basics, which specifically looks at designing or redesigning a landscape so that it reduces water use, stormwater runoff, and pollution while saving time and money; and creating a beautiful space. These two workshops are made possible by the East Multnomah Soil and Water Conservation District (EMSWCD), the North Tabor Neighborhood Association, and the Community of Christ Church. The workshops will help us learn how low-impact and chemical-free gardening techniques are good for everyone, good for our water quality, and for our wildlife. Features of the workshops include landscaping with native plants, minimizing watering needs, invasive weed identification, creative stormwater solutions, and how to provide backyard habitat for birds and butterflies.

TO RETURN THIS SURVEY: use the new North Tabor Neighborhood Association Dropbox on the side of 5600 NE Glisan, bring to the Land Use Committee on February 13 or the Board meeting on February 19, drop off with a board member, or mail to c/o Southeast Uplift, 3435 SE Main Street, Portland, OR 97214. To complete this survey online go to: http://tinyurl.com/TaborTraffic.

North Tabor Neighborhood Transportation Survey
This survey is being conducted by the North Tabor Land Use Committee and to identify transportation issues in our neighborhood. For additional information about committee and board meeting dates and times, or to get in contact with any of the North Tabor Board Members, please visit http://northtabor.org/. Please feel free to use additional paper and attach it to this survey for the free response questions.

1. Please rank your level of interest in the following:
   - Pedestrian safety
   - Parking
   - Traffic/speed through our neighborhood
   - Bicycle paths and safety
   - Public transportation

2. What transportation issues do you feel impact you most on your street? (Choose all that apply)
   - Pedestrian safety
   - Parking
   - Bicycle paths and safety
   - Public transportation
   - Other (please specify)
   - What is your address (or cross streets)?

3. What transportation issues do you feel affect you most in the neighborhood? (Choose all that apply)
   - Pedestrian safety
   - Traffic/speed through our residential streets
   - Bicycle paths and safety
   - Public transportation
   - Other (please specify)

Please tell us what issues you feel need to be addressed in our neighborhood regarding the following:

4. Pedestrian safety?
5. Parking?
6. Traffic speed?
7. Bicycle paths and safety?
8. Public transportation?
9. How would you like to be involved with transportation issues?
   - Participating in neighborhood committee discussions
   - Groups regarding transportation issues
   - Attending North Tabor Board meetings to discuss transportation issues
   - Completing surveys about transportation issues
   - Participating in an online forum about transportation issues
   - Reading online at northtabor.org and/or North Tabor’s Facebook page

10. Is there anything else you’d like to share about transportation issues that have not been covered in this survey?

If you are interested in receiving updates from the North Tabor Neighborhood Association, including meeting announcements, please give us your email address or phone number above, or add yourself to our listserve at http://northtabor.org.

Thank you for participating in this survey!