North Tabor Neighborhood Association Calendar of Events

NTNA Board Meetings
Agendas items may be sent to board@ntnabo.org
For more information: 503-928-4655
Tues, July 20th, 7:00-8:30pm
Tues, August 17th, 7:00-8:30 pm
Providance Center, Conf. Room D
4805 NE Glisan St.
Tues, September 21, 7:00-8:30 pm
Location TBA

Graffiti Abatement Grant Applications Due
Monday August 2nd, 4 PM
SE Uplift, ATTN: Kristen Hagstrom
3534 SE Main Street, Portland, OR 97214
For more information, contact Kristen at 503-232-0010 x 319 or Kristen@southeastuplift.org

2010 Free Concerts in the Parks
Mt Tabor Park, SE 68th & Taylor 6:30 PM
Tues, July 13 Lloyd Jones Smuggle (swing/blues)
Tues, July 20 Melao de Cuba (salsa dance party)
Tues, July 26 Cricmore (kils on Celtic)

Laurelhurst Park, SE 37th & Oak
Sun, Aug 7 Portland Festival Symphony, 6:30 PM
Sat, Aug 28 Providence Stage Band (40s/50s) 5:30 PM

Rose City Park, NE 62nd & Tillamook, 6:30 PM
Sat, July 17 Lien Longtime Band (down home rock)

See Page 8 for Providence Good Vibes Concert Series Schedule

New Board Elects New Chair

At the April 20th General Meeting of the North Tabor Neighborhood Association, NTNA, two members were added to the Board and two members expired as a result of the general election. Robert Jordan and Kevin Matson were added to the Board and Joe Recker failed to renew, although he hopes to continue participating with various activities of NTNA such as the Friends of Trees plantings and Land Use Committee. Robert Jordan served on the Board for the past two years and Kevin Matson assisted with the development of www.ntnabo.org. Aprilarris, preserved as a member, has been elected to the Board to fill the open seat until the Board elected new officers at the June 15th Board Meeting.

Katherine Anderson, Southeast Crime Prevention Coordinator presented a program on Crime Prevention and Awareness to the members who attended the April meeting, which was held in the Community Room of the Traffic Division at 47th and Burnside.

Graffiti Abatement Grants Available
Graffiti is not only unsightly and a devaluation of both public and private property, but when left unchecked it can be a step toward the deterioration of community and an increase in crime, including the intrusion of gang activity. The chronic presence of graffiti indicates that the residents of an area may be losing the battle to keep their neighborhood livable.

Fortunately, something can be done about it. SE Uplift and the Office of Neighborhood and Community Development are offering a limited number of grants available to neighborhoods, businesses, and community-based organizations to apply for projects with an emphasis on graffiti prevention, graffiti abatement and/or addressing locations chronically tagged with graffiti.

Grants range from $500 to $2,500 and must be for projects within the SE Uplift area which either prevent or abate graffiti, improve chromatically tagged properties, or build community involvement around the issue of graffiti abatement and prevention. Obviously the more of these goals a project meets, the more likely it is to be funded.

Some examples of applicable projects include:
- Repair or removal of existing graffiti
- Repair of walls, panels or other existing structures
- Installation of protective coating for existing chronically tagged murals, improvements
- Community murals or street art
- Paintings, murals, or murals
- Other mural projects
- Neighborhood clean-up events

Applications must be submitted in person or by mail to SE Uplift, ATTN: Kristen Hagstrom
3534 SE Main Street, Portland, OR 97214
For more information, contact Kristen at 503-232-0010 x 319 or Kristen@southeastuplift.org

National Night Out 2010: An Event that Brings Neighbors Together

It’s not unusual to hear that residents don’t know their neighbors. There may be a number of reasons contributing to this dynamic, including hectic schedules, the turnover of residents in neighborhoods, or a general discomfort with reaching out. The lack of cohesion among neighbors makes an area more vulnerable to crime. Neighbors who know each other and are aware of the routines of one another may be more able to recognize suspicious activity; the opposite tends to be true for those who do not. Neighborhood events like National Night Out can help residents get to know each other and build a sense of community and ownership over what happens in their shared space.

National Night Out is a great excuse to break the ice and develop those relationships whether you are attending one of a party.

National Night Out (NNO) parties were introduced in 1983 with the intention of heightening awareness and involvement in local crime prevention efforts. Twenty-seven years later, participation has expanded to all 50 states, US territories, Canada, with millions of people coming out each year to celebrate. The official date for NNO is the first Tuesday of August, which is August 3rd this year. Some people prefer to have their NNO party on a weekend, so local party hosts may register parties happening between Friday July 30th and Sunday Aug. 8. During this time, neighbors host parties throughout the city. Events can range from a block party hosted in someone’s backyard or driveway, potluck, neighborhood party in a park, or even a social event thrown by the management for an apartment complex. Whatever type of party you choose to throw, it’s about meeting your neighbors and strengthening existing relationships.

The goals of this event are:
- Heighten community awareness of crime and drug prevention;
- Generate support for, and participation in, local anti-criminal programs;
- Strengthen neighborhood spirit and police-community partnerships;
- Send a message to criminals that neighborhoods are organized and fighting back; and
- Promote emergency preparedness awareness.

Registration is coordinated through the Office of Neighborhood and Community Prevention Program in collaboration with a number of city bureaus and community partners. You can register online at www.portlandonline.com/oni/nno or you can contact the Katherine Anderson, NNO Prevention Coordinator for North Tabor at 503-823-3432 or Katherine.Anderson@portlandoregon.gov.

Besides the opportunity to get to know your neighbors, the benefits of registration include having a police officer or firefighter attend your party, assistance in planning for block closures and sidewalk closures and other logistical details, and some giveaways for your guests. Registration is open now, and closes on July 27th.

Why not use National Night Out as an opportunity to have a neighborhood event or participate in one? There are so many fun ways to enjoy an evening with your neighbors and family!

The Pongo Fund Pet Food Bank
This month’s Idea is...Feed the Animals

The economic recession continues, with enormous ripple effects. Food pantries are stretched by an unprecedented number of people in need, but they are set up to feed people, not animals. It is heart breaking when pet guardians (a “owners”?) feel they have no choice but to relinquish their pets to shelters. Tragically, some pets are left to die and for themselves, a heart rending choice for an individual or family in need. When there seems to be no other option and the animal-human bond is severed, quality of life deteriorates for people, for pets, and for their communities. People and companion animals need each other more than ever; where else can we turn for unconditional love? For those of us with pets, we know there is no substitute for the unique role they play in our lives. (Continued on Page 5)

I’ve got to get busy and devil some eggs for the National Night Out Block Party!

More on our neighborhood flocks page 6
Welcome To North Tabor

We encourage you to become an active member! Neighborhood associations provide a voice in the City of Portland. Let your voice be part of the process. Participation is voluntary and open to all residents who live, work, shop or travel through North Tabor.

Next Issue

The deadline for submissions is August 15, 2010 for distribution in September. Submit articles and photos to: editor@northtabor.org or call (503) 928-4655

How to get involved in North Tabor Neighborhood Association Board Members

Voicemail messages can be left for any board member or committee at (503) 928-4655. Email can be sent to: board@northtabor.org. Board members manage the daily affairs of the NTNA, make decisions and represent the interests of North Tabor, appoint committees and work groups to pursue the interests of the community. For more information or to apply to serve on the NTNA Board or any committee, leave a voicemail at (503) 928-4655 or email board@northtabor.org.

Kevin Matson, Chair - kmatsong@northtabor.org Robert Jordan, Vice-Chair - rjordan@northtabor.org Katy Tammen, Secretary - ktradministration@northtabor.org Lori Kennedy, Treasurer - treasurer@northtabor.org Sam Faqua, Transportation and Safety - safqua@northtabor.org Shirley Nasoche, Outreach - outreach@northtabor.org Candace Jordan, Communications - editor@northtabor.org April Burris, SEUL Representative - board@northtabor.org

Work Group Contacts

Volunteer Coordinator, volunteer@northtabor.org Annual Cleanup, cleanup@northtabor.org Friends of Trees, fot@northtabor.org Land Use, landuse@northtabor.org Newsletter, editor@northtabor.org Night Out Events, nightout@northtabor.org Outreach & Communications, editor@northtabor.org Rosemont Bluff, rosemontbluff@northtabor.org Volunteers, volunteers@northtabor.org Webmaster, webmaster@northtabor.org Yard Sale, yardsale@northtabor.org

Advertise in the North Tabor News

NORTH TABOR NEIGHBORHOOD ASSOCIATION

1763 NE Division St.
Portland, OR 97211
(503) 922-9842
8:30 am - 4:30 pm
Monday - Friday

July 10 Chair letter to the Neighborhood

Hello, as the incoming North Tabor Neighborhood Association (NTNA) Chair I’d like to take some time to introduce myself and outline some of the hopes and goals that I have for the neighborhood over the next 5 years. I’ve been a member of the NTNA for the past 10 years and have always enjoyed it’s good people, central location, and Portland vibe. I take care of the computer systems for a local advertising company which keeps me quite busy but I’ve found enough time to join the board so I feel I’ve paid back to the board and was looking to do so again with my Chair position.

I’m looking forward to a good and productive year with the board and with your help we can accomplish all that and more. We’re always looking for input from anyone who lives or works in North Tabor. NTNA is the local neighborhood presence in anything that your corner of the neighborhood needs please let us know. We can help you get started in the right direction and lend the voice of the neighborhood association to your cause if necessary. Nothing too radical please as we are accountable to the entire neighborhood and the City of Portland.

One of the key initiatives that we are working on now is increasing participation of the neighborhood on and with the board. So if you’re interested in making things happen in your neighborhood stop by for a meeting. Our membership requirements are very open and you in the neighborhood. Also, if you are in a non-profit or non-government agency you’re very welcome to be part of the board or attend meetings to contribute to the neighborhood discussion.

We are also in the process of revising the neighborhood bylaws into a streamlined, easy to read format, along with making sure that all bylaws comply with all relevant State of Oregon and City of Portland requirements. We’re continually working on and sponsoring or promoting events for the neighborhood such as the Summer Concert Series at Mt. Tabor Park, the Providence Good Vibes noontime concerts in the courtyard, the neighborhood cleanup, finding locations for public access computers, putting out the North Tabor News every other month and providing planning assistance for any North Tabor residents. Out even if you have any other ideas or projects, please send us an email, call us, or stop by one of our monthly meetings.

In short, exciting times for the neighborhood. I’m not promising that we will be able to accomplish all the new ideas coming our way, but I’ll try our best to keep the neighborhood in mind.

-Kevin

What is SEUL? SEUUL: Southeast Uplift Coalition

In the April/May issue of the North Tabor News, we published the first in a three-part series on the Office of Neighborhood Involvement (ONI), Southeast Uplift Coalition, and the North Tabor Neighborhood Association. You can view this and earlier issues of the North Tabor News at http://www.northtabor.org. The office of Neighborhood Involvement (ONI) is the coalition under ONI that North Tabor belongs to. As NTNA is mostly in NE one might wonder why we are included in SEUUL. As a member of the coalition of geography it simply makes more sense to have a boundary between the coalitions rather than have neighborhoods and organizations split by the freeways.

SEUL is a nonprofit organization, governed by a board of directors comprised of representatives from coalition neighborhoods, businesses and community based organizations. The board is responsible for upholding the missions and values of SEUUL in all policies, programs and practices. The board is also charged with overseeing the day to day fiscal health of the organization.

SEUL will be offering training sessions for these interested in participating on the board of their neighborhood associations as well as other topics throughout the year. The board is made up of SEUL’s kindred spirit in the fight with with SEUL, in Tim O’Neal: 503-232-0100 x.313, tim@seuul.org and our representative to SEUL is April Burris board@northtabor.org, 503-928-4655. You can sign up for electronic updates from SEUL which include announcement ofSEUUL’s training sessions and items of interest by visiting the SEUL website at http://www.southeastuplift.org

SEUUL Programs and Services: Communications: SEUL staff support neighborhood associations in developing communication strategies and methods to effectively communicate with members of their neighborhood. Main areas of support are with: Electronic newsletters, Newsletter Website Design and Outreach. For more information or contact SEUL Communications Program Manager: Blythe Pavlick 503-232-0100 x.321, Blythe@seuul.org.

Social Justice Services: SEUUL staff support neighborhood associations in developing communication strategies and methods to effectively communicate with members of their neighborhood. Main areas of support are with: Electronic newsletters, Newsletter Website Design and Outreach. For more information or contact SEUL Communications Program Manager: Blythe Pavlick 503-232-0100 x.321, Blythe@seuul.org

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Recognize this spot? It’s still there (though no longer a functioning doorway) at the A&L Tavern. When this picture was taken in 1913 then because it has only four years old and this part of it housed the H. H. Romine Sheet Metal Works. The address is now 5927 NE Glisan, but as you can see it was originally 1573 East Glisan.

Between 1931 and 1933 all the addresses in the city were re-numbered, both to have the system make more sense and to provide work during those Depression years. If your house has the familiar address plate with white number tiles in an aluminum frame, it was probably put there when this was called Great Re-Numbering. Is this Mr. Romine himself? We don’t know (but if anyone does, please tell us).

And Just Who Was This “Burnside” Guy Anyway?  
Robert Jordan

Why do our streets have the names they do? Of course, you might think it’s simple, especially for the numbered streets - they just started counting from the river when they named them. But that wasn’t the case originally - each property owner who decided to carve up the family farm into building lots could choose to name the streets almost anything. NE 57th, for example, was originally called Poplar St, and Glisan was known as A St west of what is now 60th and Villa St east of that point. But with the growth of the city, that system just couldn’t hold up.

In 1891 the city of Portland (which was then on the west side of the river) expanded outward to include the separate towns of East Portland and Albina, and that caused a number of problems, one of which was the duplication of street names (all of a sudden there were twelve “A” Streets, for example).

So it was decided to standardize the east-west streets by simply renaming all the streets east of the river to match the street opposite it on the west side (two exceptions were made – for Holladay and Hawthorne Streets, because those were named after prominent early individuals). And up to that point, the streets in the part of old Portland developed by Captain Couch (now Old Town) had simply been numbered - A Street, B Street, and so on. But in November of 1891 the City Council decided to rename them after early settlers while keeping them still in alphabetical order.

We don’t know why they chose Failing over Failing, for example (the Failing were much more prominent), but they did. So A St became Ankeny, B St became Burnside, and so on. Burnside, by the way, is NOT named after the Civil War general, as many seem to think. It was named after businessman David W. Burnside, who arrived in Portland in 1860, and who had died in 1887. His name was chosen because his office was on the corner of Front (now Naito Parkway) and B St, about where the Saturday Market is now located. And what about the numbered streets? The new system ran roughly north over any old names, and they were all eventually incorporated into the new numbered grid (though our old one was not then within the city limits – our street names were changed as the city grew to include us).

The street names were later standardized in the 1890’s, numbers were a different story, as you can see from the historic photo elsewhere in this issue. We’ll talk about that in the next edition of the North Tabor News!

This photo is from the Portland Archives and Records Center, which is now located on the campus of Portland State University, and contains well over 30,000 boxes of records, 10,000 maps and plans, and a vast collection of photographs. Most of these were made in the course of city activities such as surveying streets and sidewalks and have buildings only as incidental elements, but others, like the one here, show us what people might have witnessed if you wish to access the city archives, visit their website (portlandoregon.gov/auditor/archives) for more information. Do you have old photos of the North Tabor neighborhood or nearby parts of the city? We’d love to scan them and maybe use them in a later issue!

Curly and the Lion  
by Gabe Frayne

Keeping Portland weird doesn’t ordinarily conjure images of the 1930s, but if you speak to Curly Giebelshouse, the 90-year-old unofficial historian of North Tabor, he will regale you with a tale of weirdness that long predates such tame hijinks as naked bike rides or the mayor of Portland exposing himself to art. Curly’s story starts himself as a 16-year-old high school student, Ruy F. Hatt as the owner of a long gone and forgotten butcher shop at the corner of 60th Ave. and Glisan—and an adult male lion.

In the summer of 1936 Curly was working for Hatt as a shoe-boy and general assistant. On numerous occasions Curly had walked past a neighboring house that was unremarkable except for the fact that its owner kept a fully-grown pet lion in a fenced-in enclosure on his property. One hot afternoon Curly was boning beef ribs for hamburger meat when he looked up through the open back door and saw the lion sitting “about ten feet from the door.”

“I don’t know how he got out of the fence, but anyway, he wouldn’t bother you,” Curly recalls. “I had petted him two or three times through the fence. I called Ray, the owner of the butcher shop, said, ‘Ray, get in here right away.’ And of course he showed up because he thought I might’ve got cut when I was doing the beef. And I said look out here. So he said, no, I better get on the phone. So the fellow came over with a Shash and took it home.”

As he recounted his experience, I pictured a scene of deepening panic: customers and employees jumping on counters, screams, doors slamming, babies crying. I asked Curly if he listened in Hiatt’s urgent phone call to the lion’s owner. “No, he was on the phone, and I was busy,” he replied, blue eyes staring straight ahead. “I had to get this done because I had to make some deliveries. I wanted to get that one side of ribs [cut]. I wanted to get out of there because, you know, your hands smell, so I had to get my hands washed.”

Lion aside, I could certainly understand why he wouldn’t want to make deliveries with his hands smelling of hamburger. Still, I found it a bit odd that neither he nor anyone else in the neighborhood had anticipated this sort of event, or vocally complained about a neighbor keeping a pet lion. As usual, Curly had an explanation.

“I don’t think people in the neighborhood were that curious. Because, remember, you had cows running around, you had goats running around in this area. I could only summarize that farm animals had a different reputation in those days.

At the very least, Curly put to rest a local legend about a ferocious lion escaping and terrorizing area residents. In fact, his distinct recollection envisages a rather different worst-case scenario: “it’s a good thing he didn’t wander down the street because that is what time street cars were running on Glisan. ‘I wonder if the kitty’s owner would have posted ‘missing’ flyers on every neighborhood telephone pole.’

They are so adorable when they are sleeping....
It was a bit of a fluke when Meris Brown and Davis Cain acquired their new coffee shop, renaming it the Blackwood Café. They didn’t have a game-plan laid out for the place from day one, preferring to get a feel for the neighborhood and let that guide their course. After noticing a random ad listing a coffee shop for sale on Craigslist, a month later they had the keys. “We saw all the potential when we walked in the very first time, but didn’t have much time to think about its future or learn about its past. We have just been taking it day by day and letting our instincts steer the business as we settle in.”

Meris and Davis hope to capture something unique and build the coffee shop gradually to its potential. Change may be slow, but they want the growth to be sustainable. “A coffee house is such a unique thing and we want to want to create a space and atmosphere that complements this house and the cozy feeling it has. It feels like it should be a mom and pop coffee shop. Even though we might be too young to claim the wisdom of the good Mom and Pop places, we are striving for it.”

Their goal for the Blackwood Café is to provide a gathering spot for the neighborhood, a little space to escape, relax, and of course enjoy some amazing coffee. While they have wi-fi, they do hope this can be a place people can find a little time to get away from their work, and their laptops and enjoy the company of friends and neighbors. Neighbors, customers, their landlord and vendors have been so much more supportive than they ever imagined.

Summer Time at seven virtues

The North Tabor neighborhood has a new spot for lunch. Now along with continuing to serve top notch espresso seven virtues is serving lunch. On the menu is a variety of sandwiches both cold and grilled. One of the highlights on the new menu is a Japanese style spicy tuna sandwich, called the MOLTEN MT. TAVOR. Also included on the menu is prosciutto, turkey, grilled cheese, and a delicious gluten free hummus and vegetable plate. summer makes the return of our specialty cold drinks, the summer virtues. Our summer selection includes a dark chocolate espresso milkshake, fresh squeezed lemonade, real fruit smoothies, and as always, cold pressed iced coffee. On Saturday mornings seven virtues will once again feature live musicians come by, relax and support local artists.

More Food and Drink Establishments Open in and Around North Tabor

Moe’s Alibi has just opened their Cafe and Juice Bar at NE 55th and Burnsme. Moe came to Portland about 20 years ago for graduate studies and decided to fill his free time by opening the Energy Bar near PSU. He and his family recently took over the vacant space in the Laurelhurst House building, bringing in an even greater selection of great food and beverages choices to North Tabor.

When Moe found this space available he checked out the neighborhood and decided this would be a great place to open a new business and when Moe’s Cafe and Juice Bar is a more established he is hoping to move his family into the North Tabor neighborhood.

One of the things Moe likes about his business is that his children are able to participate. He hopes to create a really family friendly atmosphere with a variety of healthy food and drink options. From the juice bar you can get a variety of fruit and vegetable drinks made with only the best ingredients. The menu includes options for those who prefer vegan and vegetarian selections. Low sugar and low fat muffins and scones are house baked and Williamette Week says his kahlua is the best in town!
The Twenty-Minute Neighborhood

With the Portland Plan being discussed, you’ll hear the term “20-minute neighborhood” quite a bit. And what is that exactly?

A 20-minute neighborhood is defined as a place with convenient, safe, and pedestrian-oriented access to the places people need to go and the services people use nearly every day: school, quality food, school, parks, and social activities, that are near and adjacent to households.

In other words, a 20-minute neighborhood is another name for a walkable environment, where you can get to most places you need to go in about twenty minutes or less by walk.

Twenty-minute neighborhoods have the following three basic characteristics:

- Pedestrian-come-first environment
- Destinations that support a range of daily needs (i.e., shops, jobs, parks, etc.)
- Public transportation

Before the 1920s, when autos were rare and few people had access to a car on a regular basis, most people lived in 20-minute neighborhoods by necessity.

Twenty-minute neighborhoods offer direct and indirect benefits. The most direct benefit of 20-minute neighborhoods is that they allow residents to drive less and thus reduce their overall household transportation expenditures, which at this time averages 16% of one’s income. According to the 1995 Oregon Bicycle and Pedestrian Plan, walking can help reduce traffic congestion, air and noise pollution, wear and tear on roads, and consumption of petroleum; it will reduce the number of pedestrian-motor vehicle-related crashes, injuries, and fatalities, and it will free the need for additional roads, travel lanes, and parking.

North Tabor is an older part of the city, and, developed along the old Glisan streetcar line, so we have a big advantage in that area we were developed by default as a 20-minute neighborhood in those pre-automobile days. What is the single most effective thing that we as residents can do to strengthen our own 20-minute neighborhood?

Support the local businesses in and near North Tabor! Want some pizza? Don’t drive in from a couple of miles away, walk, bike (or even drive if you need to) to one of our local pizzerias. That’s what we have. Grocery stores? Without our patronage these businesses will die, and we will be left only with empty storefronts, reminders of what we had lost. So go out and shop in North Tabor and nearby neighborhoods!

The Twenty-Minute Neighborhood

Looking for a retirement living option close to North Tabor?

As many of us get older we find ourselves either looking for a retirement home for ourselves or our parents. Requirements can range from the need to downsize and simplify daily requirements to needing a full range of services such as an assisted living center. We are fortunate to have a wonderful complex offering a wide range of living arrangements quite close to us here just on the north side of 30th and Division. Courtyard at Mt. Tabor, a senior living community, offers a campus of retirement, assisted living and memory care.

For those looking for independent living in a retirement setting, the Plaza offers a variety of living options including private studios, one-bedroom, and two-bedroom apartments offered at convenient monthly rental rates. There is a short-term, long-term commitment required. One important consideration is that they do allow small pets.

The apartments are arranged around a central commons area with a dining facility, fitness center, crafts room, in-house theatre, bistro, sports lounge, library, laundry, community salon, billiards room and computer center on various floors. Flexible meal plans are available with the dining room open from 7am to 6pm and residents can choose when they wish to take their meals from the monthly menu, prepare their own meals in their fully featured apartment kitchen, join a group outing to a local restaurant or meet up with friends or family for a meal out at one of Portland’s great eateries.

Flexibility is the key.

The Twenty-Minute Neighborhood

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For The Chicken-Hearted
Morirous Moa

When our chickens were large enough to leave their milk cradle, we moved them out. With a gentle gesture, the yard was theirs to roam. At night, we would take them to a corner and put them in a neighbor’s discarded rabbit cage, by means of lifting up its roof, which was fashioned out of heavy plywood. The first chicken was the easiest. Her sharp beak captured birds, and the task would gain in complexity. You had to hold on to a chicken with the left hand while covering her eyes with the right and quickly close it, before the others would jump out again. Or you could try to stare at them with Svevanni eyes, while shaking your finger like a schoolteacher, in which case you would drop either the chicken or the roof. It was probably an excellent system for domestic rabbits but our 4 chickens frequently lost self-discipline or cooperative spirit, which made it more labor intensive than any of us enjoyed.

Never the less, with the happy (read foolish) optimism of beginners, we delighted in our liberated chickens. They busily turned over the dirt, dandled and dandled and became so big and fat that one could hardly imagine them to be anything but invincible. Minivan ostriches is what they were.

When we called out their names ( Margaret Thatcher, Pinky, Poppy and Elvis), they would lower their bodies to the ground and allow us to pick them up, looking like needy Chihuahuas, or dash away, each according to their nature. Nobody would be surprised to hear that Pinky and Poppy were the more affectionate amongst our flock. Elvis would mostly strut around, her shiny blue-black body like a swallow's light plume with lemon and white, while Margaret Thatcher turned out to be a rooster and not inclined to overly affectionate behavior. But that is a story for later.

Our chickens were working efficiently. We had stopped pulling weeds. We did not need to mow the grass. There was a special smell of fresh chicken.

And we were turned to weed, grass and bugs into delicious and organic eggs!

Visions of a Rent-A-Chicken business were given serious consideration.

Towards autumn however, we had found out that our chickens did not confine themselves to weeds, while eating. They had developed a healthy appetite and enjoyed our berries (including the leaves), relished our kale, had seconds and thirds of the Brussels sprouts and devoured a deficit of rear-trimmed outer layer. Entire bushes were stripped clean. Flowers did not stand a chance. Our garden is taking shape.

In the spirit of the pig and organizing mud wrestling matches it was time for some changes.

and so the roost cage is a thing of the past. We have a real coop now. We also have a fenced-in run. As of last week, thanks to a garbage discovery on 5th, we have an old hockey goal too... It is being transformed into a small but comfortable resort for one chicken at a time. A place to relax. A place to let go. A place with direct access to fresh bugs and dandels. I may some time in there myself this summer.

SE Area Farmers Markets
Here is a listing of several of the ongoing Farmers Markets in the SE area. Those with SNAP accept payments are marked with an asterisk (*). Farmers Market vouchures and those noted with WIC accept vouchours from the Women, Infants and Children program.

Buy local, eat healthy and have a lot of fun in the process. In addition to the markets below, there are numerous other great activities during the markets. NITNA will be tabling at the Montavilla and Southeast Farmers Markets, dines TBA, so if you see them there stop by and say “Hi!”

Montavilla Farmers Market
6900 block of SE Stark St
Sunday 11am - 2pm - Jun - Oct
Grenchan Jackson SNAP WIC

Lloyd Farmers Market
NE 26th St at NE 2nd Ave
One block North of Powell Blvd
Wednesday 2pm - 7pm - year round
Jane Erbret 503-674-2642 SNAP WIC

Portland Farmers Market, Hinson Chapel
SE 20th and Salamon
Thursday 3pm - 6pm May - Sep
Jamie Recker 503-241-0002 SNAP WIC

Hollywood Farmers’ Market
NE Hancock St.
One block South of Sandy
Saturday 9am - 1pm - May - Oct
9am - 1pm Nov - Thanksgiving
Sarah Broderick 503-709-7403 SNAP WIC

Making an outing away to any of these Farmers Markets. Invite a friend or neighbor, bike or hop the MAX or a bus to the markets and have a great day!

Crime Prevention Information at your Fingertips: Go Ahead, Give it a Try

Here is the hand out from the Department of Justice that the real crime statistics are for your particular street or area.

CrimeMapper2 includes the last year’s worth of data and is updated monthly. There are 28 crime categories that you can search which is helpful if there is a specific crime that you are interested in and seeing the results for CrimeMapper searches by street address or intersection. Your Washington County Sheriff’s Office sends out an monthly email notification that is sent to you. CrimeMapper will output data that are current to the maps that you see at your neighborhood or business association meetings. The link to CrimeMapper is http://www.multnomah县政府.org/index.cfm?/c=29830

If you are interested in what crimes have been reported in your whole neighborhood, precinct, coalition or city you can use the CrimeStats program that can be found here.

http://www.portlandonline.com/police/index.cfm?/c=29831
CrimeStats is great for comparing crime rates over time. You’re able to choose a date, month or week, as well as compare multiple ranges. Data is updated the 15th of each month.

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For those of you familiar with the Portland Police Bureau’s Crime Reports, you can access crime information by neighborhood and/or by some other statistic. The bureau's website is http://www.portlandonline.com/police/ or directly. The site can search by address, zip code or city to find 911 calls in your community. The information is updated daily. As you know, not all 911 calls end in a police report, so this site will list calls made, not just the calls that police reports were written for. The information is limited, but will give you a good idea of the nature of the call.

This is a new web site that also offers very current information on crime. EveryBlock offers information on what has happened in a radius of less than 24 hours old, it includes 911 calls, and such things as building permits, restaurant inspections and reviews, news articles, and so on. The information can sign up to receive email alerts, download a free EveryBlock iPhone app or get and updates for your neighborhood, just enter your zip code. The web address is http://portland.everyblock.com/

I encourage you to look at all of the sites and decide for yourselves what is helpful for you. Please keep in mind that all of these sites only include information on reported crimes.

How Crime Prevention Can Help
If you are alarmed or concerned about the statistics, here are some ideas to increase the safety livability of your neighborhood.

• Be more alert and report crime and suspicious activity.
• Get involved in organized block watches, business watches or foot patrols.
• Utilize the Do It Yourself Crime Prevention Through Environmental Design (CPTED) to increase the safety and security of your home. Go to: http://www.portlandonline.com/onix/index.cfm?/c=703.1&k=268879

Check out the Crime Prevention website for more information on CPTED at:
http://www.portlandonline.com/onix/index.cfm?/c=41438

If you have any further questions about crime in your area or Neighborhood Council, do not hesitate to contact Katherine Anderson at 503-823-3432 or Katherine.Anderson@portlandoregon.gov.

June Hunt

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A Spoonful of Honey Goes a Long Way for Allergies
Alexis Shields, ND

The combination of an early spring and all the rain has led to a very challenging spring for sufferers this year. You may have noticed an increase in sneezing, itchy eyes, nasal congestion, chronic nagging cough, headaches, itchy ears, sore throat, fatigue or poor sleep. In the spirit of Hippocrates who said, “Let food be your medicine, and medicine be your food,” a very effective, easy, and delicious solution to decrease and prevent seasonal allergies is to introduce local wild-flower honey into your daily diet.

How it works
Ingesting small amounts of the airborne pollens that are also contained in the honey helps your body to build up resistance to the allergens. This is the basis of the concept used in homeopathy.

When to start
The best results occur when starting the treatment 1-2 months prior to when you typically get symptoms; however, honey can be used to reduce the severity of current symptoms.

Typical treatment
Take 2 teaspoons of honey 2-3 times daily.

What type of honey should I use?
Look for locally harvested (try within a 50 mile radius of your house), un-pasteurized, un-filtered, 100% pure wild flower honey. This is not the honey found in the bear on the typical grocery store shelf. Commercialized honey does not contain the medicinal effects because of the processing. Commercial honey is bee fed corn sugar, rather than what is necessary to increase honey yields. This practice decreases the health of the hive and the nutritive benefits.

Where should you buy your honey?
Farmers markets, some specialty stores, online, or from the beekeepers themselves

Recipes
Cinnamon Honey Butter
Mix 1/4 lb unsalted organic butter at room temperature with 3 Tbl honey, 1/4 tsp cinnamon, and 1 1/2 tsp salt.

Honey Vinaigrette
Whisk together 1/4c red wine vinegar, 2 Tbl Dijon mustard, and 1Tb honey. Add 1/2 tsp salt and 1/4 tsp freshly ground black pepper. Whisk in 1/4 c olive oil, adding slowly.

What makes for a good neighborhood?
Andrew Price (into Candido Jordan)

This is the point in time when some are having waited for promised material for the paper that has not arrived and having tried my best to size it and all the pieces to the puzzle that ends up landing in the North Star News. The deadline has passed and I am frantically searching for something that could be of interest to readers in the neighborhood. So this time I thought I would look around and see what some have to say about what makes a neighborhood. So I am going to take up this topic, something we can all reflect upon...The following is an excerpt from an interview with Freda Graham by Andrew Price on www.good.is.

When the Gallup Organization looked at what gives you a high degree of emotional attachment to your neighborhood, the answers were pretty surprising. Obviously, having a low crime rate and great schools and good schools are important, but there were two other factors that they really critical. The first was a community that treats all of its residents fairly—ethnic minorities, new immigrants, low-income people, young people, old people, families, entrepreneurs, artists. And then the most important factor was, what I call the quality of the neighborhood itself. Does it have trees? Does it have open space? Does it preserve its historic architecture? In other words, does it have a sense of place or a sense of local beauty that’s not fake? The second factor was, what I call the quality, the aesthetic character, was the number one factor. There is a way we can be a significant contributor to your overall subjective well-being. Most psychologists and behavioral economists have said that the two things that make us happy is that we can identify with and that you find challenging, and having great social relationships.

I believe the community we live in is incredibly important third part of that triangle of human happiness. People put a lot of systematic thought into picking a job and a partner and a neighborhood as a partner. I think that be that your choice of neighborhood is equally important. You could have a city where there’s a young person’s neighborhood with many时尚able young people. You could have a more inner-city neighborhood with less noise, a neighborhood that’s predominantly grey where you are close to one another and share common space, I don’t think everyone has to be completely heterogeneously mixed up.

The key, in my thinking is extremely diverse, more where everyone feels accepted and welcome, there’s a much

Take the plunge and organize a block party in your part of North Tabor to start building the relationships that will make your community a safer and more enjoyable place.

Information on National Night Out events is on page 1. For registrants are sure! If you have questions call 503-928-4653 or email board@northtabor.org

Higher rate of emotional attachment.

The United States is becoming more sorted—sorted by income, by social and economic status, by the kind of work we do. That worries me. It means that people with means have a better opportunity to select the kind of community they want to live in and others may be stuck or show little interest in improving their health with the help of their local, affordable and effective community acupuncture clinics.

What to expect in a Community Acupuncture setting:
During the initial appointment a 30 minute rate intake is done to assess your health history, current symptoms, recent life events, stress, sleep, exercise, nutrition, mood, energy level, mental and emotional conditions, and then a treatment is done. Additional time spent with the acupuncturist is about 15 minutes.

Catherine Love, LAc, CNCM is the owner and acupuncturist at Seastar Community Acupuncture, 714 NE Gillson St., Portland, OR 97215. 503-352-6076. Seastar Community Acupuncture will celebrate its 5th anniversary this summer! We are looking forward to your inquiries about community acupuncture.

Pete

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Sponsored by the Montavilla East Tabor Business Association (META). For more information on META and upcoming First Fridays, http://www.metaba.org/index.html

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Employee Activities Committee of Providence Portland Medical Center, Providence Cancer Center and Music Millennium will present a free summer concert series in the William Gray III Central Courtyard at Providence Cancer Center. Bring your lunch or enjoy Lunch items from the Providence Fresh Express food cart while you listen to great music!

JULY 9 Shelly Rudolph and Chance Haden, jazz
JULY 16 Tom May, folk
JULY 23 Terry Robb, blues
JULY 30 Lloyd Jones, blues
AUG. 6 Mark Hanson, folk
AUG. 13 Mary Finner, blues
AUG. 20 Barbara Lusch, jazz
AUG. 27 The Pete Krebs Gypsy Trio, jazz
SEPT. 10 Artificial Hip, 60s and 70s rock
SEPT. 24 Lincoln’s Beard, folk

Providence Cancer Center is located on the campus of Providence Portland Medical Center, NE 47th Avenue and Glisan Street, Portland.

www.providence.org/cancer