North Tabor News

North Tabor Identity Project: Banner design vote April 17 & Community Fair June 16

by Monrose Doherty

The North Tabor Identity Project is moving forward. The sustainability-focused project has two parts: installation of new North Tabor Neighborhood banners and a neighborhood fair on June 16 to celebrate.

The installation of utility pole banners will help identify us as North Tabor Neighborhood. A banner design contest is underway with submissions due April 1. Send in your design electronically or deliver it in person to the March 20 North Tabor Neighborhood Association meeting. The design submissions will be featured in three locations: on the northtabor.org website, at the Laurelhurst Café, 4611 East Burnside, and at the April 17 North Tabor Neighborhood Association meeting. Submissions may also be displayed at other locations throughout the neighborhood (email sustainability@northtabor.org or call 503-928-4655 between April 3 and April 15 for locations). We want you to vote! Voting on the design submissions will be at the April 17 meeting. We hope to see you at this meeting, Tuesday, April 17, 6:30 pm, Emilie House, 5520 NE Glisan. Design submissions will be displayed and refreshments will be provided. Come meet your neighbors, check out the cool designs, cast your vote, and help decide what will be on our North Tabor banners. The banners with the final design will be installed on utility poles throughout the neighborhood by early June.

Got art?

by Christin Haja

At the January neighborhood meeting many were thrilled at the news that we had been awarded a small grant from Southeast Uplift to begin the North Tabor Identity Project. As the planning for the pole banners and the Health and Safety Fair has begun, a few questions have been asked about designing a neighborhood a year and a half ago are about to be answered. Who is North Tabor? What defines us as a neighborhood?

Although we have Rosemont Bluff Natural Area, we don’t exactly know what it would call a park. Or a library. Or a recreation center to speak of. There aren’t any obvious places for us to begin, say, a Community Garden. So, what exactly defines North Tabor as a neighborhood then? What does living in North Tabor mean to you?

Since we have such limited community meeting space, it seems to me that we are going to need to find ways to develop community and get out to meet our neighbors in other ways. At the last neighborhood meeting, neighbors brainstormed ideas as to what types of events or activities might be worthwhile. A list of ideas was made. Among the ideas were garden sharing, a neighborhood garage sale, a ping pong tournament, a Second Annual Equinox Party, and a mural.

What was that last one? Yes, a mural. Ooh. A mural. You know, like any of the 48 beautiful murals that already exist all around the Portland area. Now that would be something! How does one go about creating a mural, you ask?

Well, it just so turns out that North Tabor Neighborhood Association sent two of its board members to find out just that. On February 11, 2012, Gail Morris and I attended an extraordinarily informative workshop sponsored by the Regional Arts and Culture Council called “How Did That Mural Get There?” Turns out, Portland has an abundance of resources available to make projects like these a reality. We met professional muralists, learned about mural code requirements, copyright laws, learned how to determine a budget for a mural project, and heard about possible funding opportunities.

Gail and I have just submitted an application for another small grant from Southeast Uplift to get the community mural project off the ground. We are interested in hearing from neighbors and businesses that would like to offer input and/or help with the planning and implementation of a neighborhood mural. If you have any comments or suggestions about the process or would like to get involved or receive meeting notices on this project, please email us at mural@northtabor.org or leave the neighborhood association a voicemail at (503) 928-4655 and we’ll get back to you. We are very interested in community feedback and support, particularly as we are coming up with a design that reflects our neighborhood this spring, as well as when we start to paint this summer. There will be an informational meeting sometime in mid to late March or early April. We will be sending out notification about the meeting to those that have expressed interest, as well as via our webpage, www.northtabor.org, and our Facebook page.

We hope this opportunity brings together neighbors to further define North Tabor’s identity and we look forward to hearing from you! Although it may be a while before we are able to say that we have a park or a Community Garden, we may soon be able to say “We’ve got art!”

“`A Neighborhood in Motion’,” 7215 NE Sandy, Artists: Angela Marino, Gary Herd, Marilyn Mick, Joel Heidell.

Important Dates

March 6, 7pm, North Tabor Identity Project meeting, Laurelhurst Café, 4811 East Burnside

March 20, 6:30-8pm, Neighborhood Meeting at Emilie House, 5520 NE Glisan

April 1, Deadline for submissions to North Tabor Banner Design Contest

April 17, 6:30-8pm, Vote on North Tabor Banner Design at Neighborhood Meeting at Emilie House, 5520 NE Glisan

April 28, 9am-1pm, Neighborhood Cleanup, Mt. Tabor Middle School
Welcome To North Tabor

Neighborhood associations are a recognized voice in the City of Portland. We encourage you to become an active member in the community process. Participation is voluntary and open to all residents who live, work, rent or own property, or have a business, non-profit or government facility within our boundaries.

Meeting Time and Location

Next meetings are on Tuesday, March 20 and 2012, and Tuesday, April 17, 2012. Location is at Emile House, 5210 NE 44th Ave. Parking is in the lot though we are requested to park on the street. Call (503) 928-4655 to confirm time, date, and location.

North Tabor Neighborhood
NC Burnside

Neighborhood Boundaries

The North Tabor Neighborhood is bounded on the west by 44th Avenue and on the east by 66th and 69th Avenues. The NE boundary is the Willamette River except in the area between 44th and 49th Avenues where the neighborhood extends south to Stark Street. The Bendfield Expressway (I-5) creates the northern boundary of the neighborhood.

Publication

The North Tabor Neighborhood News is published by the North Tabor Neighborhood Association. The North Tabor News reserves the right to edit material submitted for publication. Unless otherwise noted, opinions expressed are the opinion of the author and not the opinion of the North Tabor Neighborhood Association or its board. Publication and distribution of the North Tabor News is the result of a combined volunteer effort. To help with the production of the North Tabor News, contact editor@ntnbor.org or submit articles, stories, photos, announcements or suggestions via email to editor@ntnbor.org; by mail to North Tabor News, 430 NE 5th Ave., Portland, OR 97213; or call (503) 928-4655. Printing and postage expenses for the North Tabor News are paid by advertising and sponsorships; a portion of revenue from the annual clean-up, and a grant from Southeast Uplift.

Voicemail messages can be left for any board member or committee at (503) 928-4655. Email can be sent to the Board at board@ntnbor.org. Board members manage the daily affairs of the neighborhood association; make decisions and represent the interests of North Tabor Neighborhood. The Board works on projects and issues of concern to the neighborhood; and maintain and encourage open communication and involvement between the neighborhood, the neighborhood, and the city. For more information or to serve on the Board or any of its committees, please leave a voicemail at (503) 928-4655 or email chair@ntnbor.org.

Submission Guidelines

The deadline for submissions is April 10, 2012 for distribution in May Salem articles and photos to: editor@ntnbor.org; by mail to 430 NE 5th Ave., Portland, OR 97232. Submit ads to advertising@ntnbor.org by April 10, 2012 to reserve space. Ad placement is based on payment and the earliest request to be placed.

Advertise in the North Tabor News

Reach 3,000 North Tabor Residents for pennies per copy. Advertising rates start as low as $25 per issue. (503) 928-4655 or email advertis@ntnbor.org.

Board Members

Zach Michaud, President; Michelle Andry, Vice Chair; Moorose Doherty, Secretary; Gal Morris, Treasurer; Hadi Kieffer, and Christa Hoke

Chair: chair@ntnbor.org

CleanUp: cleanup@ntnbor.org

Friends of Trees: friend@ntnbor.org

Landscaping: landscaper@ntnbor.org

Mural: mural@ntnbor.org

Newsletter Editor: editor@ntnbor.org

National Night Out: nno@ntnbor.org

Schools Liaison: school liaison@ntnbor.org

Sustainability: sustainability@ntnbor.org

Notes from the chair...

by Zachary Michaud

Two months into 2012 and the NTNA Board has had two very productive meetings. Here is some of what has been going on in case you missed it.

I asked attendees at January’s meeting to create a list of events or projects that they knew we would be lacking in the coming year and also projects that we would like to see the Neighborhood Association get involved with. Some you will hear about elsewhere in this paper because they have set dates and we are already looking for volunteers: Neighborhood Clean Up, the Identity Project (street banners and park benches) and our Annual Easter Egg Hunt. Other ideas are just that, ideas, and are waiting for the right combination of organizations, people and funding to make it happen. We are a strong community leader or group of individuals to take the lead in organization: ping pong competition, neighborhood watch, garden share/yard share, book review and borrow, neighborhood yard sale, garden tour, Halloween tour, garage sale, volunteer group for elderly and disabled, noise abatement, murals. If any of these ideas sparks your interest contact me and we can form a group that will get people connected with the resources needed.

Are cell towers moving into the neighborhood? Not if our neighbors can help it. Some of you may have heard about other neighborhoods’ struggle to fight T-Mobile from placing cell towers in residential areas. City code allows one of the few barriers that government has to powerfull telecommunications has to place them anywhere they want and Portland’s code could be stronger. NTNA joined Mt. Scott-Arleta, Eastmoreland, and Alameda neighborhoods where cell towers have been applied for, along with other neighborhoods, in writing to the City to try to get them to move. When the phone companies hear that the City will make necessary changes to give neighborhoods more equal footing with the telecommunications companies before any other neighborhoods are targeted.

Providence Portland’s Comprehensive Use Master Plan (CUMP) application has been completely submitted to the City. A Cinergy tower was held on the corner 55th to unveil the plan to the surrounding neighborhood. Turmoil was double that of last year’s community meeting, mostly because of neighbors concerned with the Guest Housing Project and traffic issues. Nothing more can be said on the issue of the Guest Housing Project. The Planning Department is already doing traffic issues due to new project development should still be voiced. Public comment is now open on the CUMP and the more voices of concern heard, the better. As one of your neighborhood representatives on the Standing Committee of the Good Neighbor Agreement with Providence, I am anxious to hear your concerns because I may not be aware of the full impact of Providence’s total impact from my small part of the neighborhood. If you cannot or do not wish to meet with me or any other neighbors on this issue, but still wish to write to the City, please consider copying me on any emails so I know what your concerns are. I am looking forward to talking with neighbors that are interested in helping Providence to work with Providence and the City collectively on our traffic concerns that Providence has created.

North Tabor, you have seen what your neighbors have been up to over the last year, and you can see where we are headed next year. It is been an exciting year. My hope is that you get excited by something and cannot wait for getting involved. The more hands we have helping, the stronger and greater this neighborhood will become. Hope to see you around the neighborhood!

Bioswales and “Green Streets” Come to North Tabor

by Robert Jordan

I have been in the vicinity of NE 47th and Dr. Evert St or NE 45th and Davis you will have seen a piece of the Green Street Project, part of a larger Environmental Services program along with the Stuck Inflow Control Project (on the city’s website at http://www.porlandovine.com/bw/index.cfm?&A=179469 &o=24-2-2011&d=24-2-2011) part of the Guest Housing Project, NE 45th and 47th Green Street Projects). Why do we need such a project? Because all the neighborhoods in the city have a combined sewer system that carries stormwater runoff from streets and sanitary sewage in the same pipes. Older combined sewers sometimes don’t have the capacity to carry all the runoff that flows into the system during a very heavy rain storm, which can cause sewers to back up to basements or into streets through manholes. Inflows make it impossible to manage stormwater at its source and to prevent it from flowing into the sewer system. Most of our improvements are a part of that strategy. Environmental Services is expanding green stormwater management infrastructure throughout the city. Here are some of the key parts of this expansion:

Green streets use low-growing plants suitable to a variety of conditions. Green streets try to mimic the news monitor and maintain green streets, but neighbors can help by becoming Green Street Stewards. For More Information read the FAQ below, or go to the Oregon Health website. You may also contact David Allred at 503-723-8727 or david.allred@portland.or.gov.

What is a Green Street and are they important?

Portland is at the front of the national Green Street trend that combines stormwater management with urban street design. NE 45th and 46th Green Streets are small rain gardens that use plants and soil to capture stormwater runoff from the street, allowing it to soak into the ground while filtering out pollutants.

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What is the role of a Green Street Steward? Becoming a Green Street Steward is fun and rewarding, and you can spend as much time as you want as long as you want. As a Green Street Steward, you will be partnering with the City to help with simple activities like picking up trash and debris and making sure curb openings and overflows drain are unobstructed. This keeps stormwater and pollutants out of our streams and rivers while maintaining attractive streetscapes for your community and improving the health of our waterbodies.

Do you need a Training Workshop? You are not required to attend a training workshop to become a Green Street Steward. The city asks that you attend a training workshop if you want more information or want to remove weeds from a Green Street facility. The Green Street must be in the long-term stewardship plan to remove weeds. The facility must be at least 2 years old and the plants are established. When you sign up to be a Green Street Steward, the information will include which phase it is in.

How much time will it take?

This is a flexible program and can be as much time as you want as long as you want. As a Green Street Steward, you will be partnering with the City to help with simple activities like picking up trash and debris and making sure curb openings and overflows drain are unobstructed. This keeps stormwater and pollutants out of our streams and rivers while maintaining attractive streetscapes for your community and improving the health of our waterbodies.

Can I add plants, flowers, or vegetables to my Green Street?

Adding colorful plants and flowers to your Green Street may look attractive, but they can disrupt the Green Street’s focus on managing stormwater. The City carefully selects plants (and soil) that work best for greatest stormwater management. Any changes or plant additions to your Green Street can disrupt this function and crowd out desired plants.
North Tabor Crime Stats for January 2012

Theft from vehicle (unlawful taking of motor vehicle contents or parts): 8
Larceny (unlawful taking of property from the possession of another, includes pickpocket, purse-snatch, shoplift, and bike theft): 6
Vandalism (willful or malicious destruction, injury, defacement, or defacement of any public or private property, real or personal, without consent of the owner or persons having custody or control): 6
DUIU (driving or operating any vehicle while drunk or under the influence of liquor or drugs): 4
Runaway (runaway juveniles when reported by their parents or guardians): 4
Aggravated assault (an attack by an enemy upon another for the purpose of inflicting severe injury, usually accompanied by the use of a weapon or by means likely to produce death or injury): 2
Burglary (unlawful entry of a structure (both residential or non-residential) with intent to commit a theft): 2
Drugs (offenses related to the unlawful possession, sale, use, growing, and manufacturing of illegal drugs): 1
Embezzlement (misappropriation or misapplication of money or property entrusted to one’s care, custody, or control): 1
Forgery (making, altering, or possessing of a document or negotiable instrument, or signing another’s signature with intent to defraud, including counterfeiting): 1
Fraud (fraudulent conversion and obtaining money or property by false premises, including identity theft, confidence games and bad checks, except for forgeries and counterfeiting): 1
Simple Assault (assaults and attempted assaults where no weapons are used and which do not result in serious or substantial injury to victims): 1
Trespass (includes trespass, blackmail, extortion, bomb threats, stalking, threats/intimidation, including phone threats, shooting in prohibited areas, and animal ordinances): 1

Source: www.portlandonline.com/police/crimestats

Architectural Heritage Center Offers Weekly Walks and April 14 Kitchen Tour by Robert Thomas

The Architectural Heritage Center is expanding its popular neighborhood architecture walking tour this year. Each Thursday evening throughout the summer it will feature a different neighborhood, starting May 3 with King’s Hill. A tour of the Montavilla neighborhood is planned for later in the season, and there are also tours of the tilla cotta and cast iron districts downtown. Cost for the tours is $10 for members and $15 for non-members. These popular tours are limited to 30 people, so register early. Check out the offerings at the Architectural Heritage Center website, www.archaic.org, or call (503) 227-7624 for details.

On April 14, the Architectural Heritage Center will offer its annual Kitchen Revival Tour, which will include entry to eight restored or restored kitchens (all members, $25, non-members, $30). This tour is a must for anyone considering a restoration or an update of a period kitchen. In addition to the kitchen, the company offers a variety of educational programs for those interested in local architecture and architectural preservation. For more information on the tours, please call 836-1073.

North Tabor Neighborhood Clean-up Day
Sat., April 28th, 2012, 9 AM to 1 PM
Mt. Tabor Middle School
5800 SE Ash St, Parking Lot, 57th Entrance

What can I bring?

- Yard Debris (no compost)
- Wood
- Computers and Peripherals
- Old Phones, Electronics
- Furniture
- Glass
- Carpets, Mattresses
- Clothing
- Tires
- Cardboard
- Bicycles
- Toys, Cursants
- heavenly

Separate for Recycling

Wood Free of Nails/paint
Metal
Plastic
Items for reuse/felatable area

Items Not Accepted

- No Hazardous Waste
- aerosol, gasoline, oils, pet, paint, batteries, animal waste, liquids, pool chemicals, solvents, wood shavings, dry chemicals, aerosol spray products, solvents, mica/paints, polishes, paints, household cleaning products, fluorescent tubes and bulbs, compact fluorescent and incandescent light bulbs (CFLs)
- No Large Quantities of Construction or Landscaping Materials
- concrete, asphalt, dirt, soil, brick, sand, gravel or construction materials
- No Commercial or Industrial Garbage
- No Air Conditioners, Freezers, Refrigerators, Compressors or other items containing freons
- No raw, unburnt trash or refuse

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mttabormiddleschool.com

For more information on items to recycle, please contact the Mt. Tabor Middle School Freshman Academy.

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For the Chicken Hearted: Rapid change

by Monica Mos

Ah, those winter weeks! I am not spending time in my yard and have a very little interaction with the chickens. I am reading at home and sometimes in a local coffee shop. While sipping my coffee, I find myself learning about certain processes involving, if not chickens, animals nevertheless. I run into a Willamette Week article about a slaughtering class. The rabbits that are used for slaughtering have been stolen and there is a fierce back and forth of reactions from readers. Topics of discussion are the act of killing an animal for consumption, the kinds of people who engage in such an act, and the right to remove animals bred for slaughter from their owner's property. (Hotcut: Camas Davis, Ruth Brown, Willamette Week, Feb. 15, 2012.) At home, I look it up on the internet and find other articles, amongst which is one about a commercial pet food. (The Horrors of Commercial Pet Food: Caleb Yarnell, Natural News, June 28, 2011)

I learn about the use of "cloners," which are animals that are dead, sick or dying before they are "rendered." Rendering is a process by which these animals are slowly cooked and then used in certain commercial animal food.

The author recommends preparing your own meals for meat-eating pets.

I remember my parents going to the market and buying organ meat and intestines for our dogs. We had a small refrigerator with a tiny freezer, which always contained clear plastic bags with this meat. My mother would boil the stems and outside leaves of vegetables and we would also make a pan of rice. Organ meat, rice and cooked vegetable discards were then mixed and fed to our pets. I used to think that it looked rather appetizing! Do I remember our pets, ever being sick and they enjoyed a normal lifespan. Of course the stores did not offer great amounts of dog food for sale, if any.

Like our dogs, we too were fed fresh (but probably not as nutritionally) on by small amounts of meat. In our small city garden, there were tomatoes, lettuce, thistle, berries and herbs. We often ate vegetable or fruit sandwiches, for which we used cucumber, tomato, radish, apple, strawberry or lettuce. As babies and young children, we ate the same foods as our parents, just mashed. There was no commercial baby food yet.

Not long after arriving here, in the early 80’s, I started listening to a radio health show and became fascinated with the recommendations of the show's host. I learned that we were all eating the wrong things and should consume less meat and more fresh food. After a while, I realized that I was already eating that way, because I had not learned to use processed food in great quantities.

At my host family, meat was the primary dish, with a miniscule side of veggies, usually canned. So tiny were the vegetable servings, that at the first meal, I mistook the dish that was meant for the whole family to be mine, exclusively! And abroad, I witnessed a friend from the U.S. help himself to all the sandwich meat, believing that the small amount had been placed there for him. Here, unpackaged bread was not readily available. Most people bought their bread wrapped in plastic, at the supermarket. To me, it looked and tasted unfamiliar, consisting only of what I knew to be the inside of the bread I grew up with. It had no crusty crust at all.

The bread was not the only thing that was different. I had never eaten such potatoes and so big a variety of meat and had never seen people buying so many things and having so many ever changing needs. There did not seem much "making do" here. Leftover food was joked at at frowned upon. Everything had to be just right and always look new. Shopping was a hobby, not something you did out of necessity.

Now that our world is changing—perhaps not fast enough, but fast nevertheless. So much more thought is given to the rest of the planet and the rest of the ecosystem. Bold new movements protest around the world, and have roots. They shed light on the what, why and how of injustices and on fraudulent behavior of previously immune groups, organizations, social systems, ways of thinking.

To me, this capacity for rapid change is one of the most fascinating characteristics of life in the United States of America.

Interview: Am I Your Neighbor?

Give a general overview of your life, if you like.

I was born in California during the Eisenhower administration. I liked California just fine until I visited Oregon in 1972.

Share some of the rules you live by. One should minimize one's impact on the environment as much as possible.

Some of the best people in the world are dogs. Take what you need, but don't take more.

"If you're going to tell people the truth, be funny or they will kill you." — Billy Wilder

Share your favorite joke: What is important to you, in your life?

What activities do you enjoy? What really matters?

I love hiking, walking, gardening, creating music and art. I don't like riding in a car. I don't much care for cleaning the garage. It shows.

What do you think is important about neighborhoods?

Help your neighbor whenever you can. As the Decembrits sing, "Share your neighbor's burden within reason." Never ever indulge in a neighborhood feud. Nip disagreements in the bud immediately. Sometimes you have to apologize even when you don't think you were wrong. It's OK. Our whole block shared a snow shovel for years—one for about 10 homes—until the shoveler's owner moved away. Good thing we didn't have much snow last year.

If you have any children, what did you find important to teach them?

I am proud to say we have no children. It's part of trying to keep our environmental impact to a minimum. If I had children I would tell them all about the old days. They would be happy to leave home at the earliest opportunity.

Creating a paradigm of hope and a sea change in the hearts of all people. That's right, I support Occupy Portland. Big time. In its short existence, it has become important to me in my life. I sincerely hope the Occupy movement will result in some measure of economic justice because the 99% are getting royally screwed.

Discuss all the pros and cons and write about something that you do want to share...the sky is the limit.

But I like what I just wrote, especially the very last one.
Can We Outgrow Hunger in Portland?: Exploring a new model of community gardening

by Adam Kohl

Community gardens can be about many things. They can be about working outside, about the joy of nurturing other living things, about getting to know your neighbors and developing community, and certainly about growing fresh and healthy food for your family. Can community gardens also play a role in improving the lives and diets of our most vulnerable citizens in reducing public health exposure to disease?

Portland now stands at a crossroads of high and increasing rates of both food insecurity and diet-related illness, heightened desire for sustainability and equity in the food system, and support among elected officials for gardening and urban agriculture projects. Gardening in various forms is known to improve food security, nutrition, social connectedness, and general health. Because this also reduces the strain on the struggling public health and emergency food networks, the time is right for a new model of neighborhood-based gardens which can deliver these benefits inexpensively to the populations that need them most.

City of Portland Community Gardens is a landmark in Portland’s gardening and local food scene, and is expanding to meet the need just as quickly as it can. Because they are intended to be permanent park facilities, there are justifiably rigorous (read: costly and time-consuming) vetting and development standards for city-run gardens. For example the new Frazier Garden (NE 52nd & Hassalo) which opens this April to serve the Rose City Park and North Tabor neighborhoods, has been in process for nearly a decade and has a construction budget of roughly $57,000 (which includes $20k for asphalt and contaminated soil removal). The expense is driven by features such as fencing, water system development, and other requirements related to the design process. According to PCG Program Coordinator Laura Neimi, who acknowledges the need for community-based alternatives to the city’s garden program, Frazier Garden’s 50’ or so plots will fill up very quickly.

It costs a lot of money, much of which must be raised by the community, the lower income and more food-secure neighborhoods are under-represented in the Portland Community Gardens system. Meeting food needs through gardening can be difficult, particularly for first time gardeners. In addition to figuring out proper soil conditions and timing, limited time or maintenance of working, watering, pest control, fertility, and monitoring for harvest time. From a strictly economic perspective, all but the most experienced or well-endowed gardeners’s time would probably be better spent in other endeavors. For a family that is juggling multiple low-wage jobs to make ends meet while attending to the needs of children, the idea of gardening as a practical way to afford healthy food borders on crazy.

Would it change the equation if that same family was provided with adequate food produce with a commitment of only a few hours every couple of weeks? If it was not at risk for getting food from Portland Food Resource Gardens on vacant public, private, or institutionally owned land throughout the Portland Metro area, where small contributions of time and effort are required to manage each garden. Could the abundance of healthy food for the gardeners and for neighbors in need. In order to make garden produce accessible for those in need, a community-based nonprofit which has started to make this idea a reality for its families!

Outgrowing Hunger is a new community-based nonprofit which has started to make this idea a reality for its families! In addition to operating a model Food Resource Gardens on vacant public, private, or institutionally owned land throughout the Portland Metro area, where small contributions of time and effort are required to manage each garden. The garden provides healthy food for the gardeners and for neighbors in need. In order to make garden produce accessible for those in need, a community-based nonprofit which has started to make this idea a reality for its families! In addition to operating a model Food Resource Gardens on vacant public, private, or institutionally owned land throughout the Portland Metro area, where small contributions of time and effort are required to manage each garden.

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Gardening of various means and abilities work together to get the garden planted at Central City Garden, August 2011.

Thank you to volunteer tree planters!

Ariana builds a moat.

by Moorose Doherty

Another successful planting day happened in North Tabor this year with Friends of Trees. Thirty-two trees were planted in North Tabor alone on January 21 and a total of 175 trees were planted in the combined neighborhoods which included Laurelhurst, Sunnyside, and Kerns, Montavilla, South Tabor, and Mount Tabor have separate plantings as well, which means even more trees in the surrounding neighborhoods. A big thank you to all of the North Tabor volunteers who brought the trash bags and trees for the planting crews to enjoy or helped on a planting team. Way to go North Tabor! Volunteers make it happen.

Deciding to plant a tree can have many wonderful benefits, but one of the best parts is picking which tree you will plant! Fruit trees, fall color, spring blossoms, small and compact, or with interesting bark? The possibilities are endless.

Some of the reasons that North Tabor neighbors planted trees can be found in the facts about trees listed below), but many residents said that they simply wanted to plant a tree because it is beautiful to look at. My neighbors and I especially enjoy the Dogwood trees in spring when all of the large pink flowers bloom. I personally enjoy the Hazelnut type in late winter dangling from bare branches like little ornaments and the fragrant yellow leaves of Big Leaf Maple in the Fall.

Planting trees in our yards or parking strips increases earning benefits and is enjoyed by everyone for years to come. Trees remove pollutants from the air. A typical tree absorbs tons of pollutants, and captures 2,000 pounds of oxygen each year. Trees also help intercept and retain 760 gallons of rainwater each year, which help keep our rivers clean and help save us money on stormwater costs. Trees can cool our homes in the summer and shade our sidewalks, keep the city cooler during hot summer days. Friends of Trees took a financial burden off of the city and street pavement that was not shaded and reduced 50 degree difference in temperature (149 degrees vs. 99 degrees).

Trees raise the property value of your home by up to twenty percent. Also, unlike many other things, trees appreciate in value each year and, by planting trees now, you can take advantage of the opportunity to make our city greener. Trees that we plant today help make a green future for our children, grandchildren, neighbors and fellow Portlanders. The thought that the Oregon White Oak in my planting strip will offer azaleas to wildlife and cooling shade a hundred years from now, is a lovely thought.

North Tabor Neighborhood Association and Friends of Trees worked together to offer trees for the parking strips or yards at a discounted price. The prices for a tree was about half of what would be paid at a nursery for a comparable tree size or 70 percent less than what would be paid to a contractor. The price included a site inspection (to ensure the right-sized tree goes into the parking strip), hole digging, help with planting the tree, staking, and watering ensures that the tree is properly cared for, and all of the appropriate authorizations from the city and utility companies secured for you.

At the staging site of Sunnyside United Methodist Church, activity was abuzz as donations of food and beverages started coming in and volunteers started showing up for various jobs. Volunteering included a range of activities, such as setting up or serving breakfast or lunch, working on a tree planting crew, helping unload at the staging site, loading trees, registering volunteers, giving out name tags, photographing the event, or delivering trees by bike. In 2011, about 100 North Tabor neighbors showed up to volunteer and this year was close to that. There were Bike Planting Crews that used trailers and bakfiets, Dutch-style utility bikes, to deliver dozens of trees and there were local high school students, PCG employees, and neighbors out planting trees and experiencing wonderful community spirit.

We made our neighborhood a little greener, got to know neighbors and fellow volunteers, took some fresh air, and felt the joy of making a difference. If you would like to plant a tree for North Tabor’s upcoming season, go to FriendsofTrees.org.

North Tabor News
March / April 2012
Sunnyside Environmental School Disaster Dinner Scheduled March 10

The Sunnyside Disaster Dinner is a community information event and fundraiser organized by the Rock-n-Roll Committee of the Sunnyside PTSA (aka the Emergency Preparedness Team).

The event is scheduled Saturday, March 10, 3-4:30pm at Sunnyside Environmental School, 3421 SE Salmon. There will be free informational booths and activities. Open to the public, this portion of the event will provide information and activities about emergency management, water harvesting and filtration, creating your home emergency kit, and block organizing. There will be fun activities for young people including Fire Engine 9 to explore! From 4:30pm will be dinner and events. Ticket holders will enjoy a simple (and delicious!) dinner in the Sunnyside Environmental School cafeteria, cooked by neighborhood volunteers in an outdoor "emergency kitchen." We'll have new short presentations on school and neighborhood emergency readiness, a fun drill, a raffle of a home emergency kit, festive games, and an eclectic "Rock-n-Throw" for ambiance. Tickets are $5 - $15 sliding scale (children under 5 free at Tinyurl.com/SunnysideDisDinner or in person at Sunnyside Environmental School Monday, Wednesday, Friday mornings. All proceeds from dinner and raffle ticket sales will go to support the emergency preparedness work of the PTSA. While we’re warm, safe and dry, let’s learn about and practice emergency skills and enjoy getting to know each other in the process! The Rock-n-Roll Committee (aka the Emergency Preparedness Team) is selling raffle tickets Monday, Wednesday, Friday in the front hall at school. You could win a Home Emergency Supplies Kit, worth $22.50, or another one of our useful emergency preparedness prizes. Tickets are $5 each, or 5 tickets for $20. Sale proceeds go to supporting the emergency preparedness work of the Rock-n-Roll Committee. The prizes will be raffled off at the Sunnyside Disaster Dinner on Saturday, March 10.
Laurelhurst Cafe, Laurelhurst Cafe, 4511 East Burnside, is celebrating its first anniversary on March 9, 2012. Business continues to grow, and hours have expanded, now open seven days a week from 7 am to 8 pm. The entertainment Program continues to grow with two weekly events: Storytime and Balloon animals for kids with local clowns Dino Dural and Olive Roober, Monday mornings at 10am and Jazz with “It’s a Key” Sunday evenings 5-7pm. Their second Annual Car Show is scheduled for Sunday, July 22. Prospective car owners are welcome to contact Ken for details, (503) 548-6320.

A.N.D. Cafe. Timed with the Spring Equinox, A.N.D. Cafe, 5420 East Burnside, will spend the week of March 21-25 celebrating its own “official” grand opening. Instead of a single day filled with long lines, owners Ashley and Dan have extended the celebration throughout the week from Wednesday to Sunday. And in addition to food and drink, they’ve organized a variety of events, ten percent of all proceeds from all weekends will be donated to Out To Pasture Sanctuary. Out To Pasture is a not-for-profit 501(c)(3) non-kill sanctuary located in Estacada, Oregon, dedicated to providing permanent housing and care for a variety of abused, neglected or abandoned animals including large farm animals, pigs, rabbits, chickens and dogs. The event will also kick off A.N.D. Cafe’s new, expanded vegan and vegetarian menu, as well as extended hours of operation, now open until at least 6pm in the evening in accordance with popular demand.

Seven Virtues. Seven Virtues, 5936 NE Glisan, is now open 7:30am-7pm Monday-Thursday, 7:30am-5pm Friday, and Saturday-Sunday, 8am-5pm. Stay tuned for live music on Thursday evenings coming soon! Now serving soup on a daily basis, with an expanding gluten-free menu that includes hot and cold salads, bagels, and pastries with options for nearly everyone. These options are in addition to the existing delicious luneh menu that also includes hot and cold sandwiches. Seven Virtues serves both an espresso blend and single origin espresso, now serving both Seven Virtues coffee along with Stumptown coffee. Come enjoy a mug of French press coffee, a pour over, or a fantastic espresso drink. If you have any questions, feel free to contact Michael Blair, (503) 206-2321.

Skin & Bones. Beginning February 10, Skin & Bones, 5425 East Burnside, will be open Friday and Saturday at 5pm with last seating at 9pm, and Sunday Brunch from 10am-2pm! In addition, there will be a reservation-only supper the first Thursday of every month to introduce the new menu. Skin & Bones takes Sunday Brunch reservations for parties of five or more. For more info and reservations: skinnbboneservations@gmail.com, (503) 236-3610, or skinbbones@biota.com.

Openings and Closings. Rumor has it that the former Bangko Thai is being remodeled into a new gastro pub, Tabor Tavern. Check out the next North Tabor News for a story on this new eatery, Rose City Wellness Center, an alternative medicine center, has opened at 6016 NE Glisan, formerly Ship Enterprises. Compiled by Candice Jordan. Send up-dates and notices to advertising@northtobar.org. Deadline for the May/June issue is April 13th. Adam Kohl was employed by Sherwin-Williams from 1999-2011.

Sherwin-Williams now conveniently located in Burnside Plaza by Adam Kohl

Sherwin-Williams is now in the Burnside Plaza, adjacent to QFC, in the space formerly occupied by Blockbuster Video. The specialty retailer of home paint and other supplies began moving into their new location during the last week of September 2011, and has been actively reaching out to local residents, businesses, and contractors over the fall and winter.

The new store boasts free deliveries, a color eye which can create a near-perfect match from a dimesized sample, free color consultations by Assistant Manager Ama Barnett, who has a Bachelor’s of Interior Design from the University of Idaho. By the first of April, the company expects to have implemented zero-VOC Eco Towers to complement its full line of low and zero-VOC paints.

According to store manager Jeremy Adams, the location was opened to provide an alternative to current big-box or grocery store-based options for purchasing paint in the Laurelhurst, Tabor, N. Tabor, Montavilla, and Rose City Park neighborhoods. The new location is part of a push by Sherwin-Williams to move toward easier, neighborhood-based stores which provide a welcoming environment for design-conscious homeowners, as well as providing next-day service to small and mid-scale painting contractors.

Inquiries about partnering on community improvement or graffiti abatement projects can be directed to Mr. Adams at 503-236-7455.
Richele Kay Bridal Consignment: Never worn, gently worn, and vintage bridal

by Candice Jordan

It started during a conversation between a mother and daughter about the daughter's friend's upcoming wedding. That conversation started the two of them thinking, brainstorming and doing a lot of research. Connie Bradley and her daughter Maggie Bradley put a business plan together and it became increasingly clear to them there was a need for this type of consignment service in the Portland area.

The two found a newly updated space on 60th Avenue and began the new adventure of creating the boutique. They moved into the space in November and opened their doors February 1. They started consigning wedding dresses the very next day. After only 10 days, they consigned over 30 dresses.

Consignment solves the problem for the new bride looking for a great deal on a wedding dress. Many dresses don't make it down the aisle. Over half the wedding dresses consigned have never been worn and still have the tags attached. Brides change their mind and purchase more than one dress or parents don't like the gown, alterations, pregnancies, broken engagements, change of venue from inside to outside, are a few of the reasons. "Buying a new, sample, or once-worn wedding dress from a consignment boutique, is a great idea for a bride that doesn't want to compromise style or customer service for price," Connie said. "Prices are generally 40 to 75 percent off retail for designer gowns that are inspected to ensure they are in great condition."

Consignment makes it convenient for the recent bride, too. They don't have to answer dozens of e-mails. They don't have to make appointments for strangers to come to their home to try on the dresses. They don't have to negotiate the price of the wedding dress or bridal accessory. When they consign their dress with Richele Kay, all they have to do is sit back and wait for their check to arrive.

Richele Kay will expand to Spring/Summer hours this May. Richele Kay Bridal Consignment is located at 620 NE 60th Avenue near the intersection of 60th and Glisan (next door to Biddy McGraw's) with parking behind the building. Store hours are: Wednesday—Friday, 2-7pm; and Saturday, 11am—7pm.


WANTED!

Designs for North Tabor Neighborhood pole banners

Sample of banners in St. John's neighborhood

We will be placing 20 full-color pole banners throughout the neighborhood that will feature the selected artwork of a talented North Tabor neighbor.

See details at our website: www.northtabor.org

DEADLINE IS APRIL 1, 2012

This project made possible through a generous grant from

SE Uplift

March Madness starts 3/13.
Watch all the games here.
$3 off breakfast during the tournament.
Opening day for MLB is 4/4
$2 off a food item with this coupon.
Valid any time, one per order, expires 5/15/12

5933 NE Glisan
Portland, OR 97213
503.234.7607

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North Tabor News

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