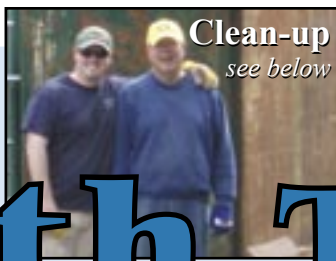




Businesses  
page 5



Clean-up  
see below



Serving Your  
Neighborhood  
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Dogs, Cats  
page 6



Family & Trees  
page 4

# North Tabor News

www.centerpdx.org • 135 NE 57th Ave., Portland, Oregon 97213 • (503) 841-5425 • chair@centerpdx.org

May/June 2009 • Volume One • Issue Three

## How to get involved

For information on how to become involved with the efforts of your neighbors and the North Tabor Neighborhood Association Board, email chair@centerpdx.org, or call (503) 841-5425. Our committees and their current work groups are listed below:

### Communications Committee

**Newsletter:** Ad Sales, Writing, Photography, Layout, and Distribution. Contact editor@centerpdx.org. Volunteers needed to help with hand-delivery in each area. Contact volunteer@centerpdx.org.

**Website:** Send in stories, photos or help create a database of neighborhood businesses, groups and activities. Contact webmaster@centerpdx.org

### Community Connect & Outreach Committee

**Community Connect:** Reviewing the goals and guidelines of our neighborhood association in relation to issues of access, diversity and community engagement. Contact Shirley Nacoste, Shirley@centerpdx.org or call (503)234-5895.

**National Night Out:** Forming now to plan for Tuesday, August 4. Will plan and support neighborhood-wide gatherings in an effort to strengthen neighborhood spirit and form community partnerships. Contact chair@centerpdx.org.

### Neighborhood Enhancement Committee

**Rosemont Bluff Natural Area:** Monthly work parties to restore/maintain the area, including ivy pulling, native plant restoration and blackberry demolition! See calendar of events or contact April Burris, rosemontbluff@centerpdx.org.

**Community Gardens:** Now looking for places within the neighborhood to develop in partnership with the City and local businesses. Contact Sean Besso, landuse@centerpdx.org.

**Public Art and Murals:** Grant funding is available; submit sites and content ideas. Contact chair@centerpdx.org.

**Neighborhood Clean-Up:** Volunteers needed for shifts before, during and after our Annual Cleanup on May 16th. Contact Sean Besso, landuse@centerpdx.org.

### Neighborhood Transportation & Safety Committee

**Eastside MAX Station Review:** Working with the City to improve access and use of 60th Avenue Station, to improve pedestrian crossings as well as bikeways in our area and to consider how infill projects near the station can better fit into the neighborhood. Contact Richard Glenn, richard@relicsofglass.com.

**Sullivan's Gulch Bike Trail:** Work with this group to seek support and funding from public and private organizations for development of a long overdue bike and pedestrian path along Sullivan's Gulch. Contact Robert Jordan, robert@centerpdx.org (503) 234-6592.

## Spring General Membership Meeting May 19 Community Social & Board Elections

NTNA's monthly meeting in May is actually a neighborhood wide general membership meeting. As required by Portland's Office of Neighborhood Involvement and NTNA Bylaws, we host two of these meetings per year. May's meeting traditionally includes the election of board members as well as an opportunity to meet current, retiring and past board and committee members to discuss ongoing projects.

To be eligible to serve on the Board, you must be a resident or business owner within North Tabor and be at least 18 years of age. The following describes the application process for serving as a board member.

Upon receiving or downloading the "Application of Intent To Serve," candidates will write about selves as well as give a brief introduction at the May 19 meeting. Plan to briefly share your visions of North Tabor. The application will also be available 30 minutes prior to the meeting on May 19. Elections will take place after a break-time to ensure neighbors have time to talk with candidates.

To receive an application via mail, please call

**North Tabor Neighborhood Association  
Cordially Invites You to Attend General  
Membership Meeting and to Participate  
in Election of New Board Members**

**Date and Time: Tuesday, May 19th, 7pm-8:30pm  
Location: Providence Cancer Center Amphitheatre (Map page 8)**

**Discussion of Design Overlay with Bureau of Planning Services  
Introductions of NTNA Board Members and Candidates  
Share Your Concerns and Ideas for North Tabor  
Speak with Board Members, Candidates and NT Neighbors  
North Tabor Residents and Business Owners to Elect New Board**

**Refreshments will be served  
Door Prizes Provided by Local Merchants**

(See adjacent article for more details)

DyLynn Robertson, Secretary (503) 236-0180 or oregonstreet@mac.com. Members of our NTNA Google list can download an application, at www.groups.google.com/group/ntnapdx?lnk=iggc.

In effort to increase and encourage participation, NTNA with support from ONI and SEUL, has limited funds available to help with transportation or dependent care costs that may otherwise prohibit attendance at our meetings or events. Please contact chair@centerpdx.org for more information or to request reimbursements/ bus tickets.

## Bring A Truck Load to the Spring Clean-up!



Photo by DyLynn Robertson

Clip out & Bring to North Tabor Annual Cleanup May 16, 2009

### SPRING CLEAN-UP for the NORTH TABOR NEIGHBORHOOD

Saturday, May 16, 9am to 3pm  
Glisan St. Fred Meyer  
Northeast Parking Lot  
Enter from NE 67th

To volunteer at this event or to get assistance with pick-up (seniors or those with mobility challenges) see contacts below:

Sign up for a 2-hour shift and meet your neighbors as you help out at this event -- a variety of tasks are available.

Bring this coupon (reverse). Fees listed on the coupon.

Questions or to volunteer:  
Sean at 503-806-9014 or  
email cleanup@centerpdx.org

Several Organizations are partnering with NTNA to offer reuse or recycling options or assisting in other ways.

Arc of Multnomah-Clackamas  
Bureau of Environmental Services  
Fred Meyer  
Free Geek  
Master Recyclers  
METRO  
SCRAP  
Southeast Uplift  
The Rebuilding Center  
Waste Management

To participate in  
North Tabor Yard Sales on May 9th,  
email yardsale@centerpdx.org or call  
Candice, 503-234-6592 by May 4th.



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Southeast Uplift Neighborhood Program  
NTNA North Tabor News  
3534 SE Main St  
Portland, OR 97214



Photo by DyLynn Robertson

Kids can clean-up too!

## Note from the Co Chair

Neighbors,

Welcome to all residents and businesses in North Tabor - new and old! We have several upcoming events to provide opportunities for neighbors to meet, exchange ideas and have fun...

On April 25 there was an Earth Day celebration at our very own Rosemont Bluff where volunteers continued the effort to restore the bluff to its natural ecosystem. After the work party, neighbors mingled and learned what to do to live a little bit more in tune with the planet.

Between now and May 16 don't forget to clean out that garage, basement, or attic storage room! A Clean-Up event will be held behind the Glisan Fred Meyer, allowing you to unload those unwanted items in the most sustainable way possible - representatives from the Rebuilding Center, Free Geek, and other local organizations will be on hand to re-use and recycle whatever possible!

Lastly, Have you wondered what's going on in the neighborhood or how citywide projects might affect us? Perhaps you just moved here, found this newsletter on your doorstep and want to get involved. The North Tabor Neighborhood Association is looking for people like you to take part in planning for the future and responding to events/policies that affect us. You will have an opportunity to meet people different from you, listen to a new perspectives on issues, and be a

part of something outside the walls of your home and more real than the hard drive on your computer - this is an opportunity to participate in decisions affecting you and your neighborhood!

According to the April edition of Portland Monthly, North Tabor is a neighborhood that's "gaining ground", along with the Beaumont-Wilshire and Overlook neighborhoods. Our beautiful Craftsman homes, proximity to the MAX and Mt. Tabor Park, and some of the commercial mainstays on Glisan (the Hutch, Mac's Deli, and others) are just some of the reasons that housing prices in our neighborhood have stayed solid during this economic downturn. I once heard the average American moves once every seven years, but I've come to know that many of my neighbors have stayed here much longer and for good reason - this place has a lot to offer! Let's also make our neighborhood one of the friendliest and be sure to say "hi!" and welcome new residents and businesses and share some reasons why you love to call North Tabor home.

Warm Regards,  
Joe Recker  
Co-Chair, North Tabor Neighborhood  
971-533-9393

## Welcome To Our Neighborhood

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



The North Tabor Neighborhood (NTN) is bounded on the west by 44th avenue and on the east by 68th and 69th avenues. The southern edge of NTN is Burnside street, except in the area between 44th and 49th avenues where the neighborhood extends south to Stark street. The Banfield Expressway (I-84) creates the northern boundary of the neighborhood.

## Next Issue

The deadline for all ads is June 1st, 2009; the deadline for all article content is June 10th. Submit each article to [newsletter@centerpdx.org](mailto:newsletter@centerpdx.org) as a single document which includes the title and author, plus the captions and photographer's name for photos. Photo(s) should be sent separately as a high quality jpg (at a resolution between 150 - 300) with a filename referring to the article's title.

Submit ads to [advertising@centerpdx.org](mailto:advertising@centerpdx.org) or call Candice at 503-234-6592.

## Publication

The Neighborhood Newsletter is published by the North Tabor Neighborhood Association.

Unless otherwise noted, opinions expressed are the opinion of the author and not those of the North Tabor Neighborhood Association or its board. The newsletter is either mailed or hand-delivered by many wonderful volunteers. To help deliver in your area contact [newsletter@centerpdx.org](mailto:newsletter@centerpdx.org)

The newsletter is printed by the Gresham Outlook on recycled paper with soy based ink.

Contributors: Sean Besso, Wendy Dillon, Chris Dunnigan, Lisa Gorlin, Gordon Landon, Candice Jordan, Robert Jordan, Joe Recker, Cathy Riddell, DyLynn Robertson, Jacob Wollner

Advertising: Candice Jordan  
Design and Layout: Tom Wilburn, Lisa Gorlin  
Distribution: Lori Kennedy, Jacob Wollner,  
Webmaster: Adrian Russell-Falla

## North Tabor Neighborhood Association Board Members

**Joe Recker, Co Chair**, [chair@centerpdx.org](mailto:chair@centerpdx.org)  
**Jacob Wollner, Co Chair**, [chair@centerpdx.org](mailto:chair@centerpdx.org)  
**DyLynn Robertson, Secretary**, [secretary@centerpdx.org](mailto:secretary@centerpdx.org)  
**John Rusoff, Treasurer**, [treasurer@centerpdx.org](mailto:treasurer@centerpdx.org)  
**Sean Besso, Land Use**, [landuse@centerpdx.org](mailto:landuse@centerpdx.org)  
**April Burris, SEUL Delegate**, [seulrep@centerpdx.org](mailto:seulrep@centerpdx.org)  
**Sam Fuqua**, [sam@centerpdx.org](mailto:sam@centerpdx.org)  
**Robert Jordan**, [robert@centerpdx.org](mailto:robert@centerpdx.org)  
**Rey Ko**, [rey@centerpdx.org](mailto:rey@centerpdx.org)  
**Shirley Nacoste**, [shirley@centerpdx.org](mailto:shirley@centerpdx.org)  
**Adrian Russell-Falla**, [adrian@centerpdx.org](mailto:adrian@centerpdx.org)

## Work Group Contacts

**Annual Cleanup**, [cleanup@centerpdx.org](mailto:cleanup@centerpdx.org)  
**Friends of Trees**, [fort@centerpdx.org](mailto:fort@centerpdx.org)  
**Land Use**, [landuse@centerpdx.org](mailto:landuse@centerpdx.org)  
**Newsletter**, [editor@centerpdx.org](mailto:editor@centerpdx.org)  
**Night Out Events**, [nightout@centerpdx.org](mailto:nightout@centerpdx.org)  
**Outreach**, [outreach@centerpdx.org](mailto:outreach@centerpdx.org)  
**Rosemont Bluff**, [rosemontbluff@centerpdx.org](mailto:rosemontbluff@centerpdx.org)  
**Volunteer Coordinator**, [volunteer@centerpdx.org](mailto:volunteer@centerpdx.org)  
**Webmaster**, [webmaster@centerpdx.org](mailto:webmaster@centerpdx.org)  
**Yard Sale**, [yardsale@centerpdx.org](mailto:yardsale@centerpdx.org)

## Greenstreet Project 63rd and Glisan Moves Ahead

### Work to Start Soon

Environmental Services will start work soon to construct a landscaped curb extension on the northeast corner of Glisan and 63rd. These type of green street facilities help remove pollutants from stormwater runoff and relieve the burden on the sewage collection system by allowing stormwater to soak into the ground. The project includes construction of a curb pedestrian ramp to reduce the crossing distance at this intersection.

### What to Expect During Construction

City maintenance crews will mobilize equipment at the site and remove portions of the existing street pavement. They may also remove portions of the existing curb and sidewalk if necessary. Then work crews will install the curb extension

and pedestrian ramp, and repave the street. Later, workers will add top soil to curb extension and install plants. There may be periods without work between these activities. Barricades will protect the work site. Normal work hours are 7am to 6pm, Monday through Friday. The project will take three to six weeks to complete. Contact: David Allred, 503-823-7287, [david.allred@bes.ci.portland.or.us](mailto:david.allred@bes.ci.portland.or.us) with any questions or comments.



Photo courtesy of Kate (Bammermother)

## What is a "Design Overlay?"

A Design Overlay Zone promotes the conservation, enhancement, and continued vitality of areas of the City with special scenic, architectural, or cultural value. The Design Overlay Zone also promotes quality high-density development adjacent to transit facilities. This is achieved through the creation of design districts and applying the Design Overlay Zone as part of community planning projects, development of

design guidelines for each district, and by requiring design review or compliance with the Community Design Standards.

In addition, design review or compliance with the Community Design Standards ensures that certain types of infill development will be compatible with the neighborhood and enhance the area. The Design Overlay Zone is applied to areas

where design and neighborhood character are of special concern. Application of the Design Overlay Zone must be accompanied by adoption of design guidelines, or by specifying which guidelines will be used.

From: "Title 33, Planning and Zoning Chapter 33.420" 1/16/09  
More information is available at: [www.portlandonline.com](http://www.portlandonline.com) or call (503) 823-4000.

Clip out & Bring to North Tabor Annual Cleanup May 16, 2009

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE (optional): \_\_\_\_\_

EMAIL (optional): \_\_\_\_\_

Please add me to the NTNA contact list

Please send me an invite to:

NTNA Announcements list

North Tabor Online Forum

• REMEMBER TO SORT RECYCLABLES!

• THIS IS A SELF-SERVICE EVENT

• BE PREPARED TO UNLOAD YOUR VEHICLE

• VOLUNTEERS WILL ASSIST WHEN AVAILABLE

Several organizations will be participating to accept recyclable items and used items. See information on reverse.

\$ \_\_\_\_ Yard Debris  
Organic Material Only - NO DIRT  
Small Truck/Large Car \$10/Load  
Large Truck \$20/Load  
Larger loads priced accordingly

\$ \_\_\_\_ Tires  
Car Tires-On rim \$5/each  
Car Tires-Off rim \$3/each  
Truck Tires On-rim \$10/each  
Truck Tires--Off rim \$7/each

\$ \_\_\_\_ Bulky waste / Bldg materials  
Small Truck/Large Car \$15/load  
Large Truck \$30/Load  
Large Appliances \$15 each  
Larger loads priced accordingly



### Portland's Help Line

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



### Master Gardener Hotline

Gardeners in Multnomah County now have a new way to get answers to questions ranging from how to keep black spot off their roses to how to grow beans and blueberries. All they need to do is pick up the phone.

The Oregon State University Extension Service opened a gardening hotline (503-445-4608) on March 30 for the county's residents, the first time Extension has had one here since 2003 when budget cuts forced it to close its office in the county.

Volunteer Master Gardeners, who are trained by Extension to help answer the public's questions about horticulture, will staff the hotline Monday through Friday from 10am to 2pm. The public can also ask questions in person by stopping by their office in Portland at 2701 N.W. Vaughn St., Suite 453, during these same hours.

For phone numbers and more information about the gardening hotlines in the Portland metro area, visit the Metro Master Gardener Hotlines Web site <http://extension.oregonstate.edu/mg/metro/questions>

## “Writing Around the Neighborhood” Group Now Forming

A new neighborhood writing group is forming in North Tabor. We will be meeting weekly for six weeks beginning the week of May 4. Focus of the group will be writing and critiquing non-fiction articles for the July issue of the North Tabor News. Drop ins are welcome. There will be time during

the meeting for writing and critiquing. Meetings will be held in the neighborhood and times will be based on the desire of participants. For information contact 503-234-6592 or [NorthTaborWriters@gmail.com](mailto:NorthTaborWriters@gmail.com).



## Pesticide Prevention, the Chemical-free way

In this issue I will discuss the topic of weeds, herbicides and alternative weed control. Later issues will cover fungal, rodent, and insect management. In comparison to the later of these pests, weeds have a relatively shorter list of management strategies. For those of us who cannot find pleasure in hand pulling the splashes of unruly vegetation from their strongholds below fence lines or hunkered down in cracked cement driveways, the home-sized herbicide sprayers on isle 26 in Home Depot come as a blessing.

But when you look at it from the point of view of a fish in the Willamette River or a farmer on Sauvie's island the choice to spray every sidewalk and door stoop in Portland with chemical herbicides doesn't look so bright. Runoff of these chemicals ends up in our gutters, sewers and eventually the river accumulating in the fish, birds and river otters. Or if you enjoy picking

berries with the kids on any of the many farms irrigated directly from our main waterways you could be accumulating them yourself.

The alternatives such as mulching with wood chips, straw, or black plastic can seem messy and to some, as unsightly as the weeds themselves. However mulching to reduce weed pressure in the garden will not only keep the rivers and oceans healthy, it will also help your roses and carrots look and taste better as the ground below them comes back to life. Some people have stopped fighting the weeds all together and now harvest them to fill their salad bowls with these highly nutritious, albeit pesty, greens. In the end, the answer to our weed problems may be as easy as changing our point of view.

Until the next pest management installment, I'll leave you with a quote by Ralph Waldo Emerson, "A weed is a plant whose virtues have not yet been discovered."

—Aaron Gilliam

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## LOGO needed for the North Tabor Neighborhood Association

NTNA is seeking neighborhood logo submissions from neighbors. Share your creative interpretation of our 'hood. If you would like to submit your own ideas, please bring copies to our May General Membership meeting for review or email to [chair@centerpdx.org](mailto:chair@centerpdx.org). We will review the logos at the May meeting with the five most popular being voted on at a later date.

### Requirements:

- Include the "North Tabor Neighborhood Association" title
- Must be printable at various sizes (bold-contrast art works best)

**Mountain Village Coffee & Tea House**

445 NE 70th Avenue  
(503) 548-4101

[www.mountainvillagecoffee.com](http://www.mountainvillagecoffee.com)



## More Trees in North Tabor

On March 21st, neighbors from North Tabor gathered together with the help of Friends of Trees and planted 99 more trees in our neighborhood. These trees will help raise our property values, decrease crime, clean our air and make our neighborhood a more beautiful place to live. With financial support from Providence, tree prices were lowered to just \$20 per tree, and neighbors planted five times more trees this year than in 2008. Portland General Electric and the City of Portland Bureau of Environmental Services provided the majority of funding for this planting, making large, high-quality trees available at affordable prices. And, thanks to Portland Treescapes for donating mulch!

As neighbors who participated can attest to, Friends of Trees is more than just trees. Community members gathered for breakfast and lunch and created friendships with their neighbors while helping each other plant. Not only did our tree canopy grow on March 21st, but our community ties did too. Remember that Friends of Trees is an annual program - we'll be back in the fall, giving those of you who didn't get trees this year another chance! Look in future issues of the North Tabor News, or at [www.friendsoftrees.com](http://www.friendsoftrees.com) for updates.

— Robert Jordan



Peter Nierengarten hauls trees by bicycle

Photo by Greg Ratsman



Autumn and Kevin

Photo by DyLynn Robertson



Tree Planting Happens



SEUL's Tim O'Neal

Photo by DyLynn Robertson

## My First Planting With Friends of Trees

I really enjoy walking through all the nearby neighborhoods and over the years, I've especially gotten to know Mt. Tabor and Montavilla in addition to our own. Every spring, I notice the Friends of Trees plantings...yet in all the years I've been walking around and appreciating the new trees, I had yet to see a crew in action!

This year I was determined to not only see a tree planting crew at work, but be a part of one as well. I knew we'd have a lot of trees coming into North Tabor as a result of the donation from Providence and imagined there would be a need for newbies on the planting crews. So come March 21, I gathered up my gloves and headed over to the gathering place. I was inspired by what I found...a huge crowd of cheery neighbors and volunteers from all three neighborhoods and, happily, some familiar faces from my own corner of the 'hood.

After the volunteers signed in and were assigned crews, we all gathered in a large circle on the church lawn for instructions and assignments. It was an honor to be a part of this group of folks had committed to plant and/or steward a tree or two. As the group divided into crews by location of the trees to be planted, and we gave one last rousing cheer for the bicycling crew that was setting out, I had chance to mingle with a couple of neighbors that I'd informally met while delivering the neighborhood newsletter last year.

Kevin Coughlin and Alison Punton, with the two-year old daughter, Jodie, were excited



Jodie, Alison and Kevin are proud of their new tree!

Photo by DyLynn Robertson

to assist with plantings in North Tabor. As we loaded up their truck and learned the names and methods for planting particular trees, we got to know the other members of our team, including a whole family of volunteers from PGE. Later when reflecting on North Tabor, Alison stated "...there seems to be a lot of room for building a community and people seem receptive to it." And, if the spirit of support and stewardship on planting day was any indication,

many folks readily agree! Planting trees certainly does inspire a sense of hope and generosity among neighbors.

Kevin and Alison moved to NE 66th Ave about a year ago from the Richmond neighborhood. They like the quiet and spaciousness of their new home and appreciate having Mt. Tabor as an extension of their backyard. They had known about the

efforts of Friends of Trees for many years, and when a postcard came in the mail, they knew exactly how to follow-up on their desire for a tree in the parking strip in front of their home.

In addition to increasing the tree canopy in our neighborhood, their volunteer contribution included more than just driving their "new-old-beater" truck for the common good of the neighborhood when they provided a much appreciated bathroom option for several volunteers! Much thanks is due to all the folks who helped plant that day - especially NTNA board member, Robert Jordan, who donated nearly 100 hours to coordinate this planting. I look forward to planting my own tree next year as well as riding along with the bicycle crew!

— DyLynn Robertson

## Metro's Natural Techniques Demonstration Garden

Open 7am to 7pm daily, year round & Free!  
6800 SE 57th Avenue, Portland  
(at Southeast Cooper Street  
(503) 234-3000 [mri@oregonmetro.gov](mailto:mri@oregonmetro.gov)  
[www.oregonmetro.gov](http://www.oregonmetro.gov)

Need a quiet place to gather ideas while planning your own yard...try the Natural Techniques Demonstration Garden sponsored by Metro. It's a good place to explore colorful flower displays, native plants, edible landscaping and a rain garden. Most importantly, it's a place to learn to care for your plants without pesticides or synthetic fertilizer.

There is also a monthly presentation series on seasonal natural gardening topics with hands-on learning. Presentations 10am to 11am and activity times 11am to 2pm second Saturdays, April through October. Best of all, there is no admission charge to this garden which showcases a garden on a typical Portland residential lot (about 116 feet by 50 feet). Upcoming topics include:

### Grow Your Own Organic Summer Veggies

Saturday, May 9, 2009  
Presentation 10am to 11am  
Activity time 11am to 2pm

Time to plant summer veggies! Learn which ones to plant, where to put them in the ground and how to grow them organically. Practice planting seeds and seedlings during activity time. Free, including veggie seedling while supplies last. No registration necessary.

### Water Less, Save More

Saturday, June 13, 2009  
Presentation 10am to 11am  
Activity time 11am to 2pm

Save time and money with water-wise tips for edible gardens and flower beds. Learn about mulching, rain gardening, installing drip and soaker-hose irrigation, choosing plants that need less water, and more. Free, including rain-gauge kit while supplies last. No registration necessary.

### Make Way For Winter Veggies

Saturday, July 11, 2009  
Presentation 10am to 11am  
Activity time 11am to 2pm

Time to plant for winter-long harvests of organic carrots, kale and more. Learn what and how to plant. Practice your skills during activity time. Free, including packet of seeds while supplies last. No registration necessary.

"Chemical-free cabbage!"

Photo by DyLynn Robertson

## Promoting Neighborhood and Business Partnerships

Think global, shop local... the old adage says. And most of us do. Portland's business districts and neighborhoods inherently support each other and are interdependent in many ways. Business owners and employees share a common desire to improve the livability of their community, particularly since they frequently live in the same neighborhood where their establishment is located. Neighborhood associations such as NTNA, also encourage local business attendance and participation within our Board.

Street fairs, farmer's markets, art walks, and music festivals are only a few of the different types of events that strengthen local communities and can benefit area neighborhoods and businesses. These events are often larger and more successful when business associations and neighborhood

groups team up. Issues like event insurance, publicity, fundraising and volunteer recruitment are facilitated through business and neighborhood association cooperation.

Portland's Office of Neighborhood Involvement (ONI) staffs a business program coordinator who provides assistance to Portland's business associations, chambers of commerce, business service providers and other community-based organizations.

The Alliance of Portland Neighborhood Business Associations (APNBA) involves thirty-five Business District Associations (BDA). Many of the local businesses within these district associations are familiar to shoppers from North Tabor, such as within the Belmont Area Business Association, the Hollywood Boosters, the 42nd Avenue Business Association, or the Montavilla/East Tabor Business Association.

As new marketing associations emerge to become districts, the APNBA provides help and assistance to become recognized BDAs. Wouldn't your North Tabor business like to team up with others in our neighborhood? Come to our NTNA monthly meetings or contact ONI or the APNBA to get started!

ONI: Christopher Hartye, Business Program Coordinator (503) 823-3881 or christopher.hartye@ci.portland.or.us

APNBA: Galadriel Breezy, Administrative Coordinator (503) 477-9648 or galadriel@apnba.com

2009 Annual APNBA Conference June 4 Doubletree Hotel, Lloyd Center. [www.apnba.com](http://www.apnba.com)

## Local Auto Body Shop Offers Great Services and Chocolate too!

Sis Auto Body  
6708 NE Glisan  
Portland, Oregon 97266  
503-254-8531, 503-407-3954

The first time I walked into Si's Auto Body I immediately sensed that here was a really nice guy! And preparing for this interview I found plenty of customer postings and industry reviews on Google that reinforced this first impression.

Kraig Weninger, the current owner of Si's Auto Body Shop, purchased the business in 2004, choosing this location in the area near where his wife Natalie had grown up. Kraig immediately set to work making improvements inside and out to the business. "I just want to make this shop nicer for me and for whoever works with me," Weninger said. "I want to make sure we have the equipment we need, and I want to make the outside of the building look even better for the neighborhood. I think those are important goals." Kraig says he is overwhelmed at times by the kindness of North Tabor residents and business owners.

Since graduating from high school in 1983, Kraig has been working with painting and repairing damage to cars, which translates into a lot of experience. He feels he is truly blessed to be able to make a business and support his family by following his passion.

Keeping this business going requires long hours and time away from family, but also provides opportunities from for his two sons and daughter to share experiences when they stop in to help out from time to time. "You don't get that opportunity to work with your kids and take them to lunch when you work for someone else."

As an independent businessperson, Kraig understands that his success depends entirely on customer satisfaction and word of mouth referrals. But I get a sense that Kraig's dedication to getting his customers back out on the road in a safe vehicle has more to do with his genuine desire to provide excellent service to all his customers. Weninger said he tries to thank the customers who support his business by offering a senior citizen discount or use of one of the shop's two loaner cars as well as passing on any vendor

discounts available to his customers. Work done is guaranteed for the for the length of ownership of the vehicle. Kraig grows tomatoes outside the shop in the summer, something that elderly customers

in particular seem to appreciate, and shares them with the US Bank employees across the street.

Kraig takes classes to keep up with the industry and maintains an I-CAR Gold Class Certification. He takes great care to photograph his work through all stages of repair so that his customers can be assured of the work that was completed and to provide customers with documentation for their

insurance claims. "I put in long hours, I get to do everything from greeting the customer to painting and washing their car and putting the bag of chocolates in it when it leaves." Chocolate, did someone say chocolate?! Excuse me, I need to see if can find a telephone pole to back into.....

— Candice Jordan



Owner Kraig Weninger with Work in Progress

Photo: Candice Jordan

## Another Great Local Coffee House!

Mountain Village Coffee & Tea House  
445 NE 70th Ave (south of Glisan & NE 70th)  
[www.mountainvillagecoffee.com](http://www.mountainvillagecoffee.com)  
(503) 262-7613

On our regular walks in and about North Tabor, Dula Baker and I often stop in at one of my favorite local destinations. Mountain Village

Coffee & Tea House opened as Touchstone Coffee and Tea House during December 2007. After over a year of operation and with the addition of new partners, the owner, Karen Thompson decided to change the name and make it her own.

"Mountain Village has become

a community coffee house that serves the neighborhood and community members looking for a place to connect." The name

Mountain Village appears to come from the name "Montavilla", but it is actually a reflection of Karen's travels and places she has called home in the past, and her connection to the mountains. Finding that she located her shop at the foot of an extinct volcano (Mount Tabor), the name seemed to fit. The concept of a village also rings true, as the shop has truly become

a neighborhood-gathering place.

The Mountain Village business plan includes an expansion into the evening time a few days a week, details of which will be revealed on the coffee house website. Mountain Village Coffee & Tea House currently serves the widely popular Cellar Door

Coffee, also loose-leaf teas, breakfast and Panini lunch sandwiches, pastries including vegan and gluten-free options, when available.

Locally grown and organic foods are preferred, as Thompson continues the process of "greening" the shop. Desserts, beer and wine are in the plans for the evening. The shop currently hosts meetings and occasional evening workshops, art shows and original music (bluegrass and folk jam sessions are planned for the future). A backyard seating area is in the planning stages for the late spring and summer. The coffee house main floor has a ramp and can facilitate wheelchairs and baby carriages. Mountain Village Coffee & Tea House will be serving Cellar Door Coffee at the Montavilla Market on Sundays May-November as well. Stay tuned for a grand-reopening neighborhood party and coupon deals!

— Candice Jordan



Manager Darin Barry and Owner Karen Thompson

Photo: Gordon Landon



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## Now is Your Time... Join the board and serve your neighborhood

### Robert

Candice and I moved here in 2003, happy to have the chance to live in Portland (her home town). Of course there was a lot to do, what with moving in and making new friends, and one thing I noticed early on was that there is a Neighborhood Association in our part of town (then called Center). Having been what is called an "Area Coordinator" in the Army (the senior person in the housing complex where we lived in Germany), I knew the value of having some sort of organizing principle in a neighborhood - we aren't all a bunch of isolated individual residents - and I decided to attend a meeting.

The types of things discussed weren't in and of themselves earth-shaking - nobody expected to bring about world peace or eliminate injustice - but the little things that we COULD do add up. After about a year I found myself on the Board, and soon after that in the position of chairperson (for two years), vice chair (for another two) and continuing as a Board member since. In that time we managed to get a flight of blighted stairs



Retiring Board Member takes a break from teaching a microscopy course on malaria identification in Equatorial Guinea.

removed from behind the Fred Meyer, hosted very successful gatherings at the Shogren House and Center Commons (the latter to help integrate our Somali neighbors into the area), dealt with numerous land-use issues, operated neighborhood clean-ups, influenced City decisions about development around our MAX station, established a successful neighborhood

publication, got a commitment for traffic calming and environmental improvements along Glisan, and planted over 100 trees in the neighborhood.

No, we didn't bring about world peace, but we did a lot to improve our little piece of the world. And you can get involved in the next round of improvements to the neighborhood. After nearly six years of Board level participation, I have decided to step down (though I'll continue with several specific projects). The reason I am stepping down is to encourage others to take my place. There is too much of a tendency in neighborhood organizations for 98% of the people in an area to let 2% of the people be the activists, and I don't think that it is healthy. I encourage anyone in the neighborhood (especially traditionally under-represented people like renters or members of minority groups) to come to the May meeting and offer to serve on the Board or in other capacities. You will make the neighborhood better for all of us.

— Robert Jordan

### DyLynn

Portland native DyLynn and her husband, Richard moved to the neighborhood in 1991. While bicycling around many neighborhoods in search of a new home, it was the close proximity to MAX and I-84, an old apple tree, a large garden area, a mass of rambling raspberries, and an old wooden screen door drew them to their new house. Concerns about community safety and livability drew DyLynn to the former Center Neighborhood

Association where she soon understood that the "association" was in reality a very small group of neighbors who had similar concerns. These folks had committed a portion of their time away from family and work to do what they could to improve our neighborhood...not an anonymous "them" who could be asked to perform miracles! So, with the understanding that if there were things that she would like

to see change, it was only fair to get involved in the work. DyLynn has served as Secretary to the board as well as on the Community Connections & Outreach and Communications committees. While she is leaving the board, she plans to continue to participate in events and projects that affect the neighborhood.

— DyLynn Robertson

## City Dogs, City Cats

Spring is here, and dogs and cats are everywhere. Responsible pet guardians make good neighbors. Those with and without pets can co-exist peacefully. Let's review some guidelines for keeping dogs and cats safe in the city.

Identification on pets is essential, and licensing is required by law. Dogs are generally safe off leash in an enclosed area on their own property. In Portland, dogs are only allowed off leash in designated dog areas in parks. The safest are fenced. (How many lost dog signs are there?) Each dog park has its own rules and hours. Once your dog is off leash, more than ever, you are responsible. It's tempting to chat with other dog people and forget to keep an eye out for your pet. That may make it too late to break up a potential fight. (You may be able to predict your dog's behavior, but you can't predict the behavior of other dogs.) Or you may be unaware that your dog has left what needs to be picked up by you. Carry extra plastic bags, and be a good neighbor by being a responsible guardian.

Those with or without dogs can be good neighbors by demonstrating etiquette when encountering an unknown dog on leash. Always ask permission to pet the dog, no matter how friendly the dog appears. It's not only good manners, it's a safety measure. A fearful dog can

be as dangerous as an aggressive dog. Safety can't be predicted by breed; animals are individuals, too.

Outdoor pet cats exercise their wanderlust and hunting skills, even when well fed. Keep identification and a bell on your cat's collar. Remember, cats, as natural born hunters,

simply are not enough homes for all of the cats and dogs born. The statistics are astounding. For every person in the US, 15 dogs are born and 45 cats. According to the Humane Society of the US, more than 3 million cats & dogs are euthanized in shelters annually. Not only is a spayed or neutered pet a healthier, happier pet,

it is the most important choice you can make as a pet guardian. If you or your children want to see the miracle of birth, borrow or rent a nature movie.

Rescue groups abound, and before you decide to go to a breeder for your next pet, do an internet search to see if that breed has a rescue group. There are many great rescue

groups in town, beginning with our very own Oregon Humane Society.

— Elizabeth Fischer, Heart & Hands Animal Care



Normandale Park with a dog run area (NE 57th Ave & Hassalo Street)

are experts at stealth. Some know how to stalk prey (frequently birds) without making a warning sound. Outdoor felines are also prey, subject to dangers that can shorten their lifespan to a mere two years or less.

Whether or not you are a pet guardian, you can also demonstrate good citizenship by keeping an eye out for what is happening in your neighborhood. Abuse and neglect of animals does happen. Just like children, they need responsible others looking out for them. If you witness an animal being neglected or abused, phone the investigators at the Oregon Humane Society (503-285-7722.) Or go to [www.oregonhumane.org](http://www.oregonhumane.org), click on Services, then Investigations. Use your best judgment deciding whether to personally confront someone. If you see your neighbor's dog leashed up on the front lawn with an empty water bowl on a hot day, maybe you can fill it yourself. Most pet guardians are responsible, and have good intentions. Assume the best of others, and they will often rise to the occasion.

Spaying and neutering. It's probably the most critical issue in animal welfare. There

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Out  
Walking

In the dark city night  
I see canyons, smell sage  
brush and juniper; I hear  
coyotes offering their voices  
to street light moons.

Chris Dunnigan 3-3-9  
For my neighbors.  
Bless you all.

# BICYCLE AND STREETCAR OPEN HOUSES

The City Invites Your Input To Shape Long-Range Plans For Transportation and Livability

According to Metro growth projections, the City of Portland's population is expected to grow from 575,000 to approximately 725,000 by the year 2030. In that same time, the region's population may grow from 1.9 million to 3 million people. As the City of Portland prepares for this growth, new cleaner, greener transportation and development strategies must be a part of the solution.

Both the Streetcar System Plan and the Bicycle Master Plan are key elements of the transportation strategy in the proposed City-County Climate Action Plan. In addition to proposing new networks, these two planning efforts include funding and implementation strategies.

## Bicycle Master Plan

The 1996 Bicycle Master Plan made Portland the top bicycling city in the nation and became recognized as a national model. Over the past dozen years, the City has successfully implemented many elements of the plan and created robust programs to encourage bicycling. The results: each year more people are choosing to bicycle! For example, in 2008, daily bicycle traffic over the Willamette River bridges was more than five times higher than in 1995, and 20% of all trips over the Hawthorne Bridge were made by bike. The Bicycle Master Plan 2009 update project is taking a fresh look at the next steps to make Portland a world-class bicycling

city. The bicycle plan is expected to go to City Council in October, 2009.

## Streetcar System Plan

The Streetcar System Plan looks at extending development-oriented transit throughout the City. Far outstripping the original ridership projections, the downtown streetcar now carries over 11,000 passengers per day, and ridership growth averages 15% per year. Construction of the Eastside Loop Streetcar will start this summer, with service beginning in 2011. Where else should streetcar service be located? The Streetcar System Plan is a big picture look at the City of Portland's transportation network and how streetcars might fit into this network in the future. The plan identifies a citywide network of potential streetcar corridors integrated with TriMet's existing and planned transit system. The streetcar plan is expected to go to Council in August, 2009.

The public is invited to help shape both of these plans at a series of six May open houses around the city. Visit the open house event in your community to learn more about the City's strategic investment in green transportation. There will be bicycle parking, light refreshments, and certified childcare in English and Spanish.

### Southeast Portland

Tuesday, May 5, 2009 4:00 to 7:00pm  
Franklin High School Cafeteria,  
5405 SE Woodward St, Portland 97206

### Central City and Northwest Portland

Wednesday, May 13, 2009 4:00 to 7:00pm  
Portland Building, Room C, 2nd Floor,  
1120 SW 5th Ave, Portland 97210

### Northeast Portland

Thursday, May 14, 2009 4:00 to 7:00pm  
Grant High School Cafeteria,  
2245 NE 36th Ave, Portland 97212

For more information on the:

#### Bicycle Master Plan

<http://portlandonline.com/transportation/BicycleMasterPlan>  
[bicyclemasterplan@pdxtrans.org](mailto:bicyclemasterplan@pdxtrans.org)  
503-823-4638

#### Streetcar System Plan

<http://portlandonline.com/transportation/StreetcarSystemPlan>  
[portlandstreetcarplan@pdxtrans.org](mailto:portlandstreetcarplan@pdxtrans.org)  
503-823-7854.

## Teaching Children Not To Bully... Or Be Victims Of Bullying

Did someone ever steal your lunch money or your bus pass? Ever been the "butt of a joke?" Ever turned red when someone called you a name in front of your friends? Or have you ever felt helpless to help someone else who was experiencing such things? Most people don't mind being laughed at once in while...as adults we should all find some humour in our blunders, but joking is a friendly form of what too often turns into teasing, or worse, bullying. Unfortunately, teasing is often part of growing up — almost every child experiences it. Today, children are not experiencing the same type of insensitive "teasing" that their parents may have experienced in childhood, and it comes at them in many new forms, like email, blogging, and texting. Teasing becomes bullying when it is repetitive or when there is a conscious intent to hurt another child. While much attention has been given to the issue of bullying in childhood, the behaviors continue. Many organizations have written extensively about this issue, a sample and links follow. Remember, all neighbors, those with children or without, are members of that "village" we've been told that it takes to raise a child. So, keep your eyes open for this behavior and don't be afraid to step in when appropriate.

"Parents and teachers are sometimes reluctant to intervene in conflicts between young children. They don't want to see children harm or ridicule one another, but they want to encourage children to learn how to work out problems for themselves. In such cases, adults have a responsibility to stop violence or aggression in the classroom or at home -- both for children who demonstrate harmful behavior and for all other children. We can teach children not to take part in -- or become victims of -- bullying.

Children who demonstrate aggression, or "bully" other children may be unable to initiate

friendly interactions, express their feelings, or ask for what they need. If these children do not improve their social skills, they will continue to have problems relating to peers throughout their lives. In addition, if other children see that aggressors get what they want through bullying, they are more likely to accept or imitate this undesirable behavior.

Young children who are unable to stand up for themselves are easy targets for aggressive playmates. These children inadvertently reward bullies by giving in to them, and risk further victimization. Adults do not help by speaking for victims and solving their problems for them. Children must learn that they have the right to say "No," not only when they are threatened, but in a wide range of everyday situations.

The key to promoting positive interactions among young children is teaching them to assert themselves effectively. Children who express their feelings and needs while respecting those of others will be neither victims nor aggressors. Adults must show children that they have the right to make choices -- in which toys they play with, or (within boundaries) what they wear and what they eat. The more children trust and value their own feelings, the more likely they will be to resist peer pressure, to respect warm and caring adults, and to be successful in achieving their personal goals." *From National Association For The Education of Young Children [www.naeyc.org](http://www.naeyc.org)*

For more information about this increasingly harmful issue, please contact your child's school or explore the links below:

[www.naeyc.org](http://www.naeyc.org)  
[www.mcgruff.org](http://www.mcgruff.org)  
[www.pacerkidsagainstbullying.org](http://www.pacerkidsagainstbullying.org)

— DyLynn Robertson



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**North Tabor Neighborhood Association Calendar of Events**

**NTNA Monthly Meetings**  
Third Tuesday of the Month  
from 7:00pm to 8:30pm



Providence Cancer Center  
Conference Room D

**May 19, 2009**  
General Membership & Board Elections

**June 16, 2009**  
Board Officers Elected

Email [chair@centerpdx.org](mailto:chair@centerpdx.org) to add items or to receive the agenda list

**Climb to Conquer Cancer**  
Saturday, **May 2, 2009**  
8:00am Warner Pacific College  
[www.portlandclimb.org](http://www.portlandclimb.org)  
(503)795-3963


**Yard Sales for North Tabor Neighborhood**  
Saturday, **May 9, 2009** 9am - 4pm  
Register by calling 503-234-6592 by 5/4/09

**Open House for Bicycle Master Plan and Streetcar Update**  
Thursday, **May 14, 2009** 4pm - 7pm  
Grant High School Cafeteria  
2245 NE 36th Avenue, Portland  
Certified childcare and light refreshments provided. Bike parking available.

**Annual NT Neighborhood Cleanup**  
Saturday, **May 16, 2009**  
Northeast Corner (Rear) Glisan Fred Meyer Parking Lot

**Rosemont Bluff Work Parties**  
9am to Noon  
Fourth Saturday of the Month  
NE 68th & Hassalo  
**May 23, 2009**  
**June 27, 2009**

**2009 Annual APNBA Conference**  
(see page 5 for further information)  
Thursday, **June 4, 2009**  
Doubletree Hotel, Lloyd Center  
[www.apnba.com](http://www.apnba.com)

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