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North Tabor News

www.northtabor.org • c/o Southeast Uplift 3534 SE Main St., Portland, OR 97214 • (503) 928-7655 • chair@northtabor.org

September/October 2009 • Volume One • Issue Five

North Tabor Neighborhood Association Calendar of Events

NTNA Monthly Meetings
Third Tuesday of the Month
All Neighbors Encouraged to Attend
from 7:00pm to 8:30pm
Providence Cancer Center
Conference Room D

September 15, 2009
Board Meeting

October 20, 2009
General Membership Meeting
Social Room, East Entrance

Contact chair@northtabor.org or (503) 928-4655 to add to or receive the agenda list, and for additional information

Rosemont Bluff Work Parties
9am to Noon
Fourth Saturday of the Month
NE 68th & Hassalo

September 26, 2009 Work Party
October 24, 2009 Work Party
rosemontbluff@northtabor.org

2009 Community Events

Providence Lunchtime Concerts
Concerts are in the Cancer Center Courtyard
4805 NE Glisan, Portland
The concerts are free and the community is welcome to attend.

Friday, Sept 4, Barbara Lusch
Friday, Sept 11, TBD
Friday, Sept 18, TBD
Friday, Sept 15, Whistlin' Rufus

Farmer's Markets (also see page 5)
Montavilla Farmer's Market
Sundays, 10am-2pm
Sept to Oct 25, Nov 8 & 22
7600 SE Stark St. montavillamarket.org

Hollywood Farmers' Market
Saturdays, 8am-1pm, Sept to Nov 21
45th at Hancock St.
hollywoodfarmersmarket.org

Swift Watch 2009 (see page 6)
Vaux Swifts at the Chapman School
September, dusk to evening
Wallace Park NW 25th Ave & Raleigh St
Chapman School 1445 NW 26th Ave
www.audubonportland.org

General Membership Meeting

Tuesday, October 20th, 7 - 8:30 pm

Tom Armstrong and Matt Wickstrom, planners from the Portland Bureau of Planning and Sustainability will present findings and recommendations for the Eastside MAX station area project and provide an introduction to the Portland Plan, upcoming opportunities for involvement, and it's relevance to North Tabor residents. Light refreshments will be served and their will be door prizes and a special Mystery Prize for the person bringing the most first time North Tabor neighbors to this function.

Come to learn about the Portland Plan and meet some of your neighbors.

Under the Portland Plan, the Bureau of Planning and Sustainability will be drafting policy proposals to guide our decision-making and investment in transportation, infrastructure, housing and economic development.

Participate in the process and let your opinions be heard.

Over the next three years, the Bureau of Planning and Sustainability will be updating its 1980 Comprehensive Plan and the 1988 Central City Plan in an effort called the Portland Plan. The Portland Plan is an inclusive, citywide effort to guide the physical, economic, social, cultural and environmental development of Portland over the next 30 years. The plan will build on the work the community did through visionPDX, which captured and fleshed out our shared values of sustainability, equity and accessibility, and community connectedness and distinctiveness.

For more information and to keep up with the progress: Matt Wickstrom, SEDistrict Planner, 503-823-2834 WickstromM@ci.portland.or.us http://www.portlandonline.com/portlandplan/

The Green Line opens this September 2009

North Tabor's Lemonade a Big Hit at Sunday Parkways

Visitors to the North Tabor Neighborhood Association booth at the Sunday Parkways event enjoy the Best Lemonade on Mt. Tabor. See recipe on page 3

On August 16 Portlanders took to the streets en masse to celebrate the third "Sunday Parkways" event of the year – this one held in Southeast Portland. The North Tabor Neighborhood Association was represented with a booth staffed by neighborhood residents who provided information about past and upcoming projects, distributed materials from our sponsoring businesses and provided information about local events. Hundreds of bicyclists, walkers, joggers, strollers, and inline skaters stopped by, drank free lemonade, perused project boards and handouts, and took home seed packets (provided by Portland Nursery) and other giveaways donated by local businesses.

I met people from all parts of Portland who made it up to the top of Mt. Tabor to enjoy the views of the City. I even met a visitor from Holland who was amazed at the turnout and spirit in our community – a great complement from someone living in one of the most bike friendly parts of the world. It was certainly a great day to experience the best that Portland's neighborhoods have to offer.

Next year, the City intends to hold five Sunday Parkways events, promising even greater participation from residents and businesses. These events help make our neighborhoods stronger and healthier by bringing people together while getting exercise outdoors. They also showcase all the wonderful events and opportunities that are taking place around us. Sunday Parkways could not happen without the support of hundreds of Portland citizens who volunteer for each event. Please consider volunteering next summer to help make these type of events a regular occurrence in our community.

Look for announcements of volunteer opportunities in future editions of this and other local newsletters in our community.

Planting Trees in the Neighborhood. Friends of Trees can help...
see page 6

Interview with Clarence Giebelhouse
see page 4

Progress on Sullivan's Gulch Trail
see page 4

National Night Out
When people get together, Neighborhood Happens!
see page 7

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NTNA North Tabor News
3534 SE Main St
Portland, OR 97214

Welcome To North Tabor

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 submissions is October 1, 2009. Submit articles and photos to editor@northtabor.org or call (503) 928-4655. Articles need to include the title and author plus photo captions and credits. Photo(s) need to have a filename referring to the article's title.

Submit ads to advertising@northtabor.org by October 1st, 2009. Ad placement is based on payment and the earliest receipt of ad copy.
Call 503-234-6592 to reserve space.

Publication

The North Tabor News 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 in part mailed and hand-delivered by wonderful volunteers. To help deliver in your area contact volunteer@northtabor.org

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Outreach, outreach@northtabor.org
Rosemont Bluff, rosemontbluff@northtabor..org
Volunteer Coordinator, volunteer@northtabor.org
Webmaster, webmaster@northtabor.org
Yard Sale, yardsale@northtabor.org

Visit NorthTabor.Org!

As many neighbors have realized, www.northtabor.org is up and running. We see this site as a way to connect with neighbors by sharing opinions or garden produce, supporting the efforts of the NTNA Board, or linking up to ride bikes or go for a walk.

As you sign up for your new user account at www.northtabor.org, please note are working out issues regarding our emails landing in your spam folders. If you have difficulty signing up or logging in, please send a note to dylynn@northtabor.org or call (503) 236-0180.

Rosemont Bluff

As we begin wrapping up our second year of recent renovations and maintenance work on the Bluff, it's easy to see that there is much more to be done. But, it's also good to reflect on how far we've come! Since early Fall of 2007 we've held work parties on the fourth Saturday each month, sitting a couple of months out due to cold and wet weather. We have held a volunteer appreciation luncheon and two Earth Day events. Our efforts have been written up in the Hollywood Star! Our long-range vision continues to see the natural area as a place for local residents to enjoy nature walks, picnics, and community events. North Tabor, Montavilla, Rose City Park and South Madison neighborhoods all converge in that area!

Meeting neighbors who live near the bluff and seeing children play in the natural area have been a big reward. Another interesting part of this ongoing project has been the tidbits of knowledge about native and invasive plants shared by the Parks Bureau staff who partner on this project and who are often at the monthly work parties. Many of us have gained knowledge about plants at Rosemont Bluff that we can later go home and apply in our own yards.

Neighborhood involvement and community building were two pieces of the puzzle that were also envisioned. I also envisioned that by now, almost two years into the project, some neighbors that were involved would be fitting into leadership roles. I would like to ask for more involvement in this environmental and community building opportunity. If you have ever worked at Rosemont Bluff or may have been wondering how to get more involved, now there is an opportunity! If you haven't been by the Bluff lately, go by the area on 67th, just before you reach Halsey, and see the good things your neighbors have done! To join in the fun please call April Burris at (503) 231-0601. I hope to see you at our next work party on Saturday, September 26th from 9am to noon.

- April Burris, NTNA Co-Chair

Enjoying this issue of the North Tabor News?

Our newspaper is a volunteer project, supported primarily with advertising and sponsorship from local businesses. A great deal of effort goes into preparing and distributing each issue of the North Tabor News and of late this burden is falling disproportionately on the shoulders of a few volunteers. Could you lend a hand to continue to make the North Tabor News lively and fun?
(503) 928-4655

How to get Involved In Your North Tabor Neighborhood

For information or to become involved with the efforts of our neighbors and the North Tabor Neighborhood Association Board email chair@northtabor.org. If you do not have email access you can leave a voicemail at (503) 928-4655 and your inquiry will be forwarded to the right party. Our committees and work groups are listed below:

Communications Committee
Newsletter: Ad Sales, Writing, Photography, Layout, and Distribution. Contact editor@northtabor.org. Volunteers needed to help with hand-delivery in all areas. Contact *volunteer@northtabor.org*

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

Community Connect & Outreach Committee
Community Connect: Reviewing the goals and guidelines of our neighborhood association as they relate to issues of access, diversity and community engagement. Contact Shirley Nacoste, *Shirley@northtabor.org*

National Night Out: Plan ahead for August 2010. Including support for neighborhood gatherings in an effort to strengthen neighborhood spirit and form community partnerships. Contact *nightout@northtabor.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@northtabor.org*.

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

Public Art and Murals: Grant funding is available. We are considering sites and content ideas. Contact *chair@northtabor.org.*

Friends of Trees: Planting and Preservation: Volunteers needed during Spring 2010 planting. Contact Joe Recker, *fot@northtabor.org*

Neighborhood Clean-Up: Volunteers needed before and during our annual event in May 2010. Contact *cleanup@northtabor.org*.

Neighborhood Transportation & Safety Committee
Eastside MAX Station Review: Working with the City to improve access and use of 60th Avenue Station, improving pedestrian crossings and bikeways in our area and considering 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@northtabor.org*

Attendance Support: In an effort to increase and encourage participation by affording neighbors assistance to attend meetings and events, NTNA (with support from SEUL & ONI) offers help with transportation or dependent care costs that my otherwise prohibit attendance. Note, funds are limited. Please contact chair@northtabor.org for more info or to request bus tickets or reimbursements.

Photo by Richard Glenn

National Night Out *see page 7*

Joe's "Grandma's" Ice Tea

1 gallon of water
1 can frozen lemonade
3 cut lemons
1 cup cut strawberries
1 cup cut cucumbers
2-3 of your favorite fruity teabags

Combine all ingredients, let sit in fridge overnight, stir before drinking.
Crushed black currents from the Jordan's garden were added for an extra punch!

Sneaking Tomatoes

Homegrown tomatoes definitely are on the top of my list as one of the great vegetables (or fruits, for purists) of an Oregon garden. There is something so rewarding about going into the backyard, colander in hand, to pick warm, sweet tomatoes from the vine; they come in so many colors, shapes and sizes. Some are big, some are small, and some are awkwardly shaped, while some are perfectly round.

As a child, my mom used to send my brother and I out to do this chore with the admonishment, "don't eat any of the tomatoes while you're out there, they are for tonight's salad." My brother and I would hide under the tomato bushes and sneak tastes of their juicy, sweet goodness, thinking that we were really pulling one over on our mom, not knowing that this was her plan all along... "See! She sent us out there around 3pm just about the time we'd be asking for an afternoon snack. She tricked us into eating our vegetables!"

Now in the first year of growing my own garden, one of my greatest joys is sneaking tastes of the warm tomatoes as I pick them each day. Of course I no longer have to sneak my tomatoes, but the thrill and the excitement is still there, just like it used to be with my little brother.

My husband and I planted seven tomato plants this year: Early Girls, Cherry, Plum, Grape (both yellow and red varieties), Beefsteak, and an heirloom variety that I can't remember the name of. Needless to say, we have a lot of tomatoes.

There is no amount of sneaking tomatoes that I can do to keep up with the daily bounty these generous plants produce. Add to the equation that my husband is allergic to fresh tomatoes and I have a bit of a quandary on my hands.

It isn't an option for me to let them rot on the vine, so I've turned to canning them. Canning has become a bit of an addiction for me. I love it. The idea that I'll be able to enjoy this bounty throughout the year is just exhilarating for me. I've canned crushed tomatoes, bruschetta, salsa, and sauce already this summer.

I used to think that canning was hard. It really is quite simple. The key thing is to ensure that all microorganisms are destroyed in order to prevent spoilage and to make sure that all of your cans are properly sealed. There is lots of great information on the Internet about this.

I use the book "The Complete Book of Small-Batch Preserving" by Ellie Topp and Margaret Howard. It is chock full of great recipes for all types of canning and they have lots of tomato-based recipes. Here is my favorite basic tomato sauce recipe. The tomatoes aren't peeled before you chop them, so it is really quick and easy!

Seasoned Tomato Sauce Makes about 7 cups

- 12 cups chopped ripe plum tomatoes (6 lbs, unpeeled)
- 1 cup chopped onion
- 2 cloves garlic (minced)
- 2 tbsp chopped fresh oregano or 1 tsp dried
- 1 tsp sugar
- ½ tsp freshly ground black pepper
- 2 bay leaves
- 2 tbsp red wine vinegar or lemon juice
- ½ tsp pickling salt

1. Combine tomatoes, onion, garlic, oregano, sugar, pepper and bay leaves in a large stainless steel or enamel saucepan. Bring to a boil over high heat, reduce heat and boil gently, uncovered, stirring occasionally, for 1 ¼ hours or until very thick. Press through a food mill or coarse sieve, remove and discard seeds and skins. Add vinegar and salt to pulp.

2. Remove hot jars from canner and ladle sauce into jars within 1/2 inch of rim (headspace). Process for 35 minutes for half-pint and pint jars.

Jennie and her husband Scott live around the corner from Rosemont Bluff. You can find them walking their dog Willie there most days of the week.

— Jennie Vinson

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For more information on class calendar and offerings please visit
www.montavillawellnessmovement.com

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Montavilla Farmers Market
2nd Annual
Fall Harvest
Wine Dinner
Supporting the
Montavilla Farmers Market
Sunday, September 20th
5:30 pm Silent Auction
6:15 Dinner
Please join us for an evening celebration of local food, great wine and community on the site of the Montavilla Farmers Market.
You'll have the opportunity to bid on wonderful items generously donated by the Montavilla Business Community in our silent auction. You'll then be treated to a 5-course dinner prepared with fresh ingredients by Montavilla's own Country Cat Dinnerhouse, The Observatory and The Bipartisan Cafe. Each course will be paired with a fine wine provided by Small Vineyards.
Cost per Ticket: $60
Cost per Table: $480
100% of the proceeds benefit the Montavilla Farmers Market. Tickets available at the Information Booth at the Market or at the Bipartisan Café (7901 SE Stark). For more information please visit our website: www.montavillamarket.org
The Country Cat Dinnerhouse & Bar
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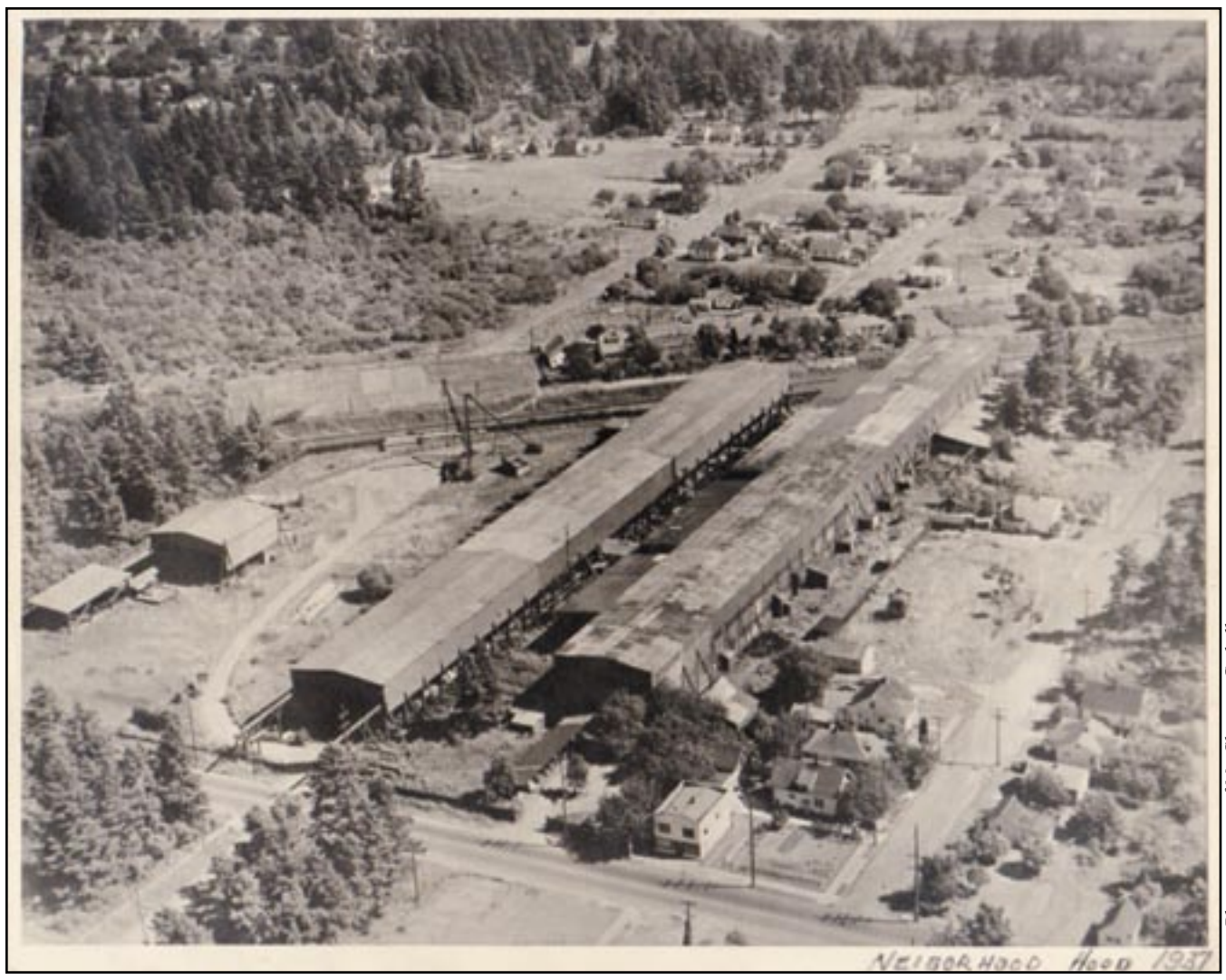


Photo courtesy of Mr. Clarence Giebelhouse

Recognize this 1937 view? Probably not, but the intersection in the lower right is NE 63rd and Halsey – the building just east of the intersection, to the left, is still there – the M&E Market. Though the long wood-drying sheds are long gone, their footprint is still there in the form of the two long buildings now used by Providence Hospital for their home care operations. Across the tracks to the south is the area we know as the "Center Pocket". Of course, the houses immediately south of the rail line were removed when I-84 was built, though several were merely relocated to other nearby sites (much of the spoil from the freeway construction was used to build the mound that the Fred Meyer store sits on). The brushy area about two-thirds up the photo on the left is where the Donald Long Juvenile Justice Center is now located. A number of the houses south and west of that site are still there, can you find some?

Sullivan's Gulch Trail

There is Progress to Report!

We are happy to report that there has been movement in the Sullivan's Gulch Corridor Trail (SGCT) effort, after several years of slow going. First, a segment of the Trail has been proposed for nomination by Metro as an Active Transportation Demonstration Project for possible funding under the Transportation Investments Generating Economic Recovery (TIGER) program. If funded, the project would concentrate on the westernmost mile of the SGCT, from the Eastbank Esplanade to NE 21st Ave, with the segment opening in 2015. At the other end of the SGCT, Gateway Green has been designated an Oregon Solutions project. This no-man's land near Rocky Butte, isolated by I-84 and I-205, would become a world-class bicycle park. Completion of the SGCT will place this new park at the juncture of the north-south I-205 bikeway with a completed east-west bikeway from downtown to Gresham and beyond.

The second item of great interest is that the Portland Parks and Recreation (PPR, the original official sponsor of the SGCT effort) has contracted with Portland Bureau of Transportation (PBOT) to serve as the lead agency guiding the Trail project (though PPR will still be a full partner). It has been clear from the beginning that it is its value as a multi-use transportation route rather than as a recreational area that makes the Trail vital to the City's plans to reduce dependence on the automobile, and the change of lead agency reflects that recognition. The topography of the Gulch, with steep slopes and narrow rights-of-way in many places present a real challenge to building the Trail. PBOT will concentrate first on securing funding for a thorough terrain analysis, which will be the necessary prelude to engineering planning and construction.

Finally, the SGCT Committee met on Aug 13 with Commissioner Nick Fish, who has enthusiastically endorsed the effort to build the Trail. Commissioner Fish was especially interested in the potential for affordable housing development at bridgeheads along the route, much of which property is currently under-utilized. Reducing the need to construct parking garages is a key factor in lowering the cost of residential construction. Commissioner Fish agrees that Portland's route to greatness as a city is not the false road of mega-stadium and grand monument construction, but rather efforts such as this – efforts that spread the benefits across wide segments of our population.

For more information on the Sullivan's Gulch Corridor Trail, visit the website http://www.sullivansgulchtrail.org/index.php .

— Robert Jordan

Reminiscing over 80 years

Interview with Clarence Giebelhouse

Clarence "Curly" Giebelhouse was born in Washington State in 1920. At the age of nine he moved with his family to NE 65th Street in Portland where he still resides in a house he built in 1946, across the street from the house where he was raised. He has two children, seven grandchildren, fourteen great-grandchildren, and three great-great grandchildren. Curly likes to reminisce about the days when the north side of North Tabor was affectionately known as "Skunk Hollow."

Photo by Gabe Frayne

Long time resident, Clarence Giebelhouse

Q: Can you describe what North Tabor was like in your youth?

A: I went to school over there on 60th, where Graybar is. Just south of that was all gravel pits....North of the freeway, up around that old city golf course, most of that was all gravel. This here was mostly older farmers. [Our family] had 200 feet of garden behind our house.

Q: Did you sell the produce?

A: A lot of it we sold, a lot of it we canned. You know, it was the depression. Most of the places were heated by wood, what they called slab flats--like Portland was originally called "slab town"--because they took all the planing when they cut a tree and we'd buy it by the cords. This whole neighborhood was slab wood that we'd use for heat and cooking and baking.

Q: Tell me something about the residential neighborhoods.

A: There were Italians--the Dominicos and Antonellis--there were some German families, which my family was, Swedish families. It was a mix.

Q: In Portland they used to have what were known as "ethics codes," in which realty companies agreed not to rent or sell property to Blacks in many areas of the city. Do you know if there were ethics codes around here? (see editor's note)

A: There were no Blacks in here, for reasons we don't know. But anyway, there were none in this particular area here, roughly from 60th over to where the freeway is now. We had some in the schools, in Mt. Tabor we had a family, I'm trying to think of their name--I think it's Colt.

Q: When you came back from [World War II], did you find that the neighborhood had changed?

A: No, just the original families in this area.... This house was built in 1946. I paid 75 dollars for the lot and I used it as a down payment to build this house, which cost 6,200 dollars.

Q: Then the freeway came in...

A: Yeah, the freeway came in, and this street here, they said if we would let them use their Euclids [bulldozers] to haul the dirt to Fred Meyers, they would pave our streets--because these streets weren't paved, they were oil.

Q: What was your reaction when you heard they were going to put the freeway through and basically cut the neighborhood in half?

A: I didn't care. People said, oh, we're going to hear all kinds of noise. But, you know, after a while you don't hear the noise. It's kind of tuned out some way....It was no big deal. They'd start running the Euclids at 7:00 in the morning until 8:00, sometimes 9:00 at night in the summer. All that dirt from Glisan St. to Oregon St. is all fill. They used to dump stuff in there, right after the war, a lot of metal was dumped over there for some reason.

Q: What would you say have been the most noticeable changes in the neighborhood in the last 10 to 20 years ?

A: Right after they built juvenile court. And you've got newer people coming in as people moved out, the older ones passing away and the younger ones not really taking over.

— Gabe Frayne

(Editor's note: For those interested in Portland History, you'll want to check out History of Portland's African American community (1805-to the present) / City of Portland, Bureau of Planning (1993) from the public library. A downloadable pdf is also available from https://scholarsbank.uoregon.edu/xmlui/handle/1794/5816. Diversity has not always been a goal of the residents of Portland; one hopes we have come a long way....)

August Durable Dish Pilot Project

Montavilla Farmer's Market

1. These dishes are part of the Durable Dish Pilot Project for the Montavilla Farmers Market (MFM) at SE Stark and 76th in Portland, Oregon.

2. The Durable Dish Volunteer Crew on August 9, 2009: Dominique Roberts, Kristin Wildensee, Frank Wildensee, Carolyn Sharp, and Chris Boyce.

3. Micro Mercantes serves up tamales on a durable plate.

4. The Mountain Village coffee house agreed to use spoons instead of throwaway stir sticks. Mountain Village offers a 25 cent discount to customers bringing their own cups.

5. People have a sit down in the eating area.

6. Kristin Wildensee in front of the waste collection station she created out of PVC piping. When customers finish, they bring their serviceware to the the waste station.

7. In August, people who used the durable dishes were invited to fill out a survey to rate their experience using real plates, cups, and forks.

8. Volunteer Dominique Roberts makes a quick trip to the local restaurant, Thatchers, to clean a batch of dirty dishes. She then stacks the dishes and brings them back to the market where they are put away, ready for next week. The whole process takes 20 minutes.

What is a "durable dish"? It is one you can use over and over and over again. You probably have some in your home. Now they are being pioneered at a Farmers Market.

Through a grant from Portland's Bureau of Planning and Sustainability, Montavilla Farmers Market purchased 108 plates, 48 cups, and 150 forks for use at their market, which were supplemented by additional donated materials.

It's a pretty straightforward process: Volunteers distribute the plates, forks, and cups to the food vendors at the beginning of the market. The vendors then serve their food on the plates.

The feedback from the food vendors has been positive: they are able to present their food artistically, and they are also able to cut costs because they do not need to purchase as much disposable serviceware. Farmer's market visitors are also enthusiastic: they like the plates, cups, and forks because they create a nicer eating experience.

Someone also wrote on their feedback form that "the plates don't blow away in the wind." One person said that they always bring their mug for coffee, but they were never going to bring a fork and plate from home. Now they are psyched because they have a waste-free option of eating food at the market.

In August 2009, armed with real 9" plates, metal forks, and hard-plastic cups, the waste stream from the Montavilla Farmer's Market has shifted dramatically. In an outdoor market with about 35 vendors and 1400 customers each Sunday, Kristin Wildensee reports her findings of the waste composition:

Plastic remains	Before Durables	After Durables
Forks	118	10
Drink Cups	30	7
Clamshells	lots	none

Montavilla Farmers Market is to be applauded for skipping the compostable serviceware step and going straight to durables. Kristin is leading the charge, gathering information and gleaning insights that will help others "take the plunge."

This photo essay is compiled by permission from photographs and material posted by Meredith Sorensen. For complete information on how this project was conceived and carried out please see Meredith's August 10th posting at: http://www.iknowtrash.com/blog

Yes You Can:

Tips for Canning Success

Canning fruits and vegetables at home, whether you've grown them in your own backyard, picked them at a farm, or purchased them at your local farmers market, is a highly rewarding and satisfying way to seal up summer's delights to enjoy during the dark days of winter. To reduce the frustrations that can come with working with precious, perishable produce and boiling hot jars, try these tips.

Be Prepared

The day before you plan to pick or purchase produce to can, gather and prepare your equipment and supplies. Haul the water bath canner or pressure canner out of the basement as well as your jar lifter, magnetic lid lifter, and canning funnel. Review the recipes you plan to use and determine the size jars you need and quantity. Prepare a couple of extra jars just in case.

Wash your equipment and jars (don't sterilize jars until just before you're ready to fill them). Make sure you have enough lids and rings. Clear off countertops so you have room to work the next day. Decide on where you will set up your jarring station: a spot near your stove to fill hot jars with room to set a measuring cup or ladle, jar and lid lifters, oven mitts. Have rings and lids within arm's reach.

Early To Bed, Early To Rise

Get a good night's sleep before a day of canning. The earlier you pick or purchase your produce, the better. During the height of summer produce picked early in the day is noticeably plumper than that harvested later. Produce can deteriorate quickly once picked, especially when it's hot outside. As an added benefit starting early means you can get to work while it's still relatively cool.

Timing is Everything

Determine approximately how long it will take you to get your produce washed, sorted, skinned, pitted, hulled, sliced and cooked. If it's going to be more than an hour put your jars into your water bath canner but don't turn on the heat until about 20-30 minutes before you expect to start filling jars. If it will take you less than 30 minutes fill the canner with enough water to cover the jars while they're processing and put the canner on a burner set to high. Hang rack on rim of canner, then

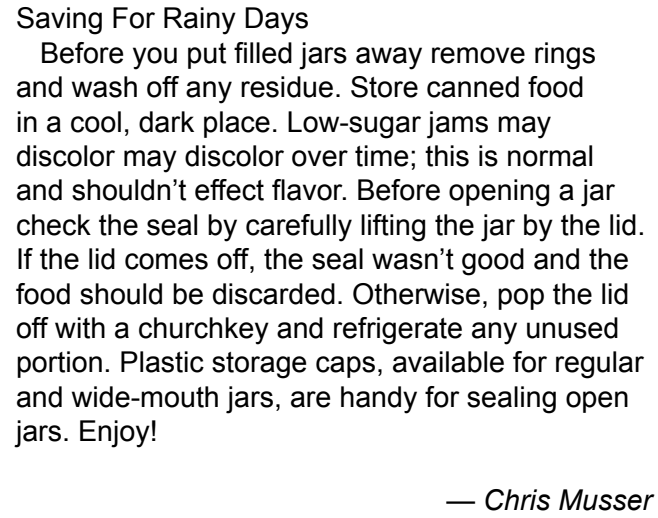


Photo by Lost Arts Kitchen

place jars upside down in rack to sterilize.

For Freshest Flavor

Cook preserves and chutneys in a wide, flat-bottomed pan to quickly reach the desired thickness. Shorter cooking time means fresher flavor. A 12-inch diameter, straight-sided, heavy-bottomed saute pan works best. Stir frequently with a heat-resistant spatula (silicon spatulas are ideal) to kept food from sticking to the bottom of your pan. Keep the burner set to keep food boiling but not sputtering or burning if you stop stirring for a minute.

When preparing a large batch of sauce or cooking whole fruits in syrup use a heavy-bottomed stockpot with enough capacity to allow about four inches between the top of the food and the rim of the pot to reduce splatter.

Saving For Rainy Days

Before you put filled jars away remove rings and wash off any residue. Store canned food in a cool, dark place. Low-sugar jams may discolor may discolor over time; this is normal and shouldn't effect flavor. Before opening a jar check the seal by carefully lifting the jar by the lid. If the lid comes off, the seal wasn't good and the food should be discarded. Otherwise, pop the lid off with a churchkey and refrigerate any unused portion. Plastic storage caps, available for regular and wide-mouth jars, are handy for sealing open jars. Enjoy!

— Chris Musser

Chris Musser owns Lost Arts Kitchen and teaches cooking, baking, and food preservation classes at her home in NE Portland.

EcoChallenge: Southeast Neighborhood Competition!

When was the last time you made an eco resolution—that is, a resolution to take one more action to live a sustainable lifestyle? If it's been a while since you've made a commitment on behalf of the planet, or if you are looking to step up your commitment to creating a sustainable future, the 2009 EcoChallenge is your chance to join a community effort to take action on behalf of our Earth. The Northwest Earth Institute's EcoChallenge will bring together people of all ages, backgrounds, professions and lifestyles.

Southeast Uplift is working with the Northwest Earth Institute to create neighborhood teams taking on the EcoChallenge. The winning team will receive a free Northwest Earth Institute course, including all materials, and free memberships to NWEI. If you're interested in organizing a team for North Tabor contact Tim O'Neal at 503.232.0010 x313 or email tim@southeastuplift.org for details about how to get started!

North Tabor & Friends of Trees Tree reservation ends Nov 23!

"The best time to plant a tree was 20 years ago. The next best time is now." – Chinese Proverb

Walk down two very different streets – one full of street trees and one without any. How do they feel? If you're like me, you'll notice a significant difference in the look and feel of both. The street full of trees provides shade, greenery, nature to observe, and feels more calming than the one without. I walk down a block with absolutely no street trees every day and during the past month I noticed something else – that block was significantly warmer than other blocks with trees. Friends of Trees took measurements on street pavement shaded by a street tree and street pavement that was not shaded and revealed a 50 degree difference in temperature (149 degrees vs. 99 degrees)! It's no surprise that most of the homes on the street without trees were shuttered closed with air conditioning units on full blast. Given the obvious benefits of trees, why don't more people take the time to plant trees?

Four Myths About Street Trees

1. *My planting strip is too narrow. The minimum planting strip width is just 2'6". Surprisingly, many tree species will thrive with such little room to grow.*

2. *Street trees tear up sidewalks. Urban forestry has come a long way over the past 30 years. In the past, a homeowner planted whatever tree he/she liked at the nursery irrespective of the planting strip width. Today, the City closely regulates which types of trees can be planted in various planting strip widths to prevent sidewalk damage in the future based on our knowledge of tree growth and rooting characteristics. Whereas some of the trees planted 50+ years ago may have destroyed many sidewalks, trees planted today will not – if thoughtfully chosen.*

3. *Trees can't be planted under power lines. Actually, there is a wide selection of trees that can grow around most power lines without any difficulty or burden on utility companies. The only power lines limiting tree planting are high-energy transmission lines, which are rare in residential neighborhoods.*

4. *Trees are too much work. Trees require very little work over the course of a year. Trees should be watered once a week during the first two summers and leaves should be raked a few times in the late fall/early winter, requiring a few hours of effort per year. Overall, the amount of effort compared with the collective benefit we each experience from our own and others' trees is immeasurable!*

Now, after dispelling these common myths, I invite you to participate in the upcoming Friends of Trees neighborhood **tree planting scheduled for January**. Last year, over 100 new trees were planted in the North Tabor neighborhood alone, five times the amount planted during the prior year. We'd like to have at least that many planted again this year.

All you have to do is visit www.friendsoftrees.org and register to have one or more trees planted in your planting strip. Friends of Trees will help identify the most appropriate location for your tree(s) and will also provide a full selection of appropriate trees given the characteristics of the planting strip. For just $39.99 a piece, a fraction of the cost of a similar-sized tree at a local nursery, Friends of Trees will have a tree brought to your location, professionally planted by a group of volunteers, and will secure the appropriate authorizations from the city and utility companies for you. The City requires a permit for new street trees to ensure that their maximum growth takes advantage of the width of the planting strip without damaging the sidewalk or interfering with utilities above and below the ground. The cost of the tree is significantly subsidized by donations, corporate sponsors, and government grants so that you can benefit from this opportunity with very little out-of-pocket cost. In addition to paying for the tree, you are requested to volunteer in some way during the planting event, which is a great way to meet neighbors and feel good about helping others. If you live in a rental property, be sure your landlord is informed of this low cost opportunity to improve the property.

The last day to register for trees is November 23rd and the earlier you register and select a tree the better selection of trees you have to choose from. Please don't hesitate to contact Joe Recker, Neighborhood Coordinator for the North Tabor Neighborhood, at 971-533-9393, leave a voicemail at 503-928-4655 or email at chair@northtabor.org.

— Joe Recker

Over 100 volunteers helped during the 2009 planting event, including children and corporate sponsors, like PGE. *Photo by Joe Recker*

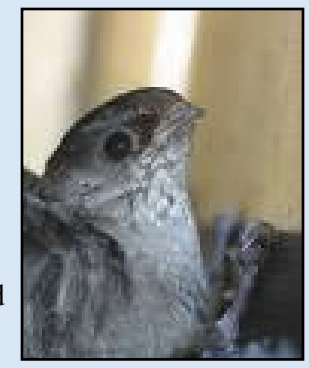
Swifts at the Chapman

Each evening in September on the lawn at Chapman School there is a spectacular display of Vaux's Swifts as they gather to roost in the school's chimney. Volunteers from Portland Audubon are present each night with information about the swifts, binoculars, and a spotting scope for viewing.

Vaux's (pronounced VOX) Swifts are truly amazing aerialists. They spend much of the time in the air and forage, drink, court, collect nesting materials, and copulate all in flight. They have a voracious appetite for flying insects and ballooning spiders. Vaux's Swifts arrive in Oregon in late April, court their mates in May and June, and have their 4-6 eggs laid and hatched by July.

People arrive, gather, and sit on the lawn of the school with a view of the chimney to watch the swifts overhead, applaud or boo the raptors that make an appearance, and clap when the last swift has entered the chimney. In the jubilant atmosphere of swift watch, your focus is on the moment, your friends, your family, the birds overhead. It is easy to forget that the scene you are a part of is taking place on public school grounds and a city park surrounded by a residential neighborhood.

<u>In the spirit of community mindfulness please:</u>



- Drive carefully
- Use free parking at Montgomery Park if arriving after 6pm
- Do not drive on Pettygrove Street beyond 27th Ave if full or after 6pm
- Respect the property and privacy of neighbors
- Pick up all your trash and that of others if necessary
- Encourage respectful and responsible behavior at all times!

CAR PARKING: Montgomery Park at 2701 NW Vaughn offers free off-street parking. Avoid driving around looking for non-existent parking close to the school. Parking for several blocks around the school is usually full by an hour before sunset during the month of September. This can lead to drivers making poor decisions such as blocking a driveway or double-parking because they didn't anticipate this situation. Don't be one of these people! Traffic is the single biggest concern of area residents, impacting safety for children and pets and access for emergency vehicles.

PUBLIC TRANSPORTATION: The Portland Street Car and bus lines 15 and 17 travel within two blocks of Wallace Park.

RIDE YOUR BIKE: Please use the school bike racks or lock bikes together on public property areas, not private ones. Be savvy so as to not block the view of prime swift-watching seats. Also, do not block the street with bikes.

WALK: Plan your evening, meet your friends somewhere nearby and then walk over. The phenomenon of Vaux's Swifts is happening ALL OVER Northwest Portland in the hour leading up to sunset. Even a half-mile away you'll see hundreds of swifts making their way towards the school.

www.audubonportland.org/local-birding/swiftwatch

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"Neighborhood" Happens

Another National Night Out has passed and the crime fighters at and around 63rd and Oregon once again took to the streets and showed the delinquents and miscreants that we know how to party too! As an organizer of the last two annual block parties I was delighted this year to find a color flyer in my door announcing a NNO party complete with food, music, games, and its own website! (63rdblockparty.weebly.com). Amy Burke, Meg Newman, and Ian Cameron stepped up and did the organizational heavy lifting along with their immediate neighbors, Richard Glenn and Bert Boehm, who set up the road blocks and manned the keg!

When I moved to North Tabor, I couldn't believe my luck that my immediate neighbor to the rear happened to be a fellow professional jazz player. Guitar, no less. And I play the bass. We've played together in our living rooms, and at venues around town, however, lately neither of us has had the time to get together. The block party provided the perfect reason so we set up for the "dinner set" and played "Time After Time", "St. Thomas", "Angel Eyes", and other jazz standards. Dolores Smith, whose family moved into their current house on 62nd during the Great Depression, said the songs brought back memories of good times in the neighborhood. Her friends and family used to sing and play those same tunes.

Next, the up-and-coming trio Winterhaven (Hoyt Emerson, Ed Thanhauser and John Mogielnicki) stepped up the music a notch with some original Americana-Rock. They support their tight, three-part harmony vocals with guitar, drums, various percussion and glockenspiel. Too bad we only got 3 encores out of them!

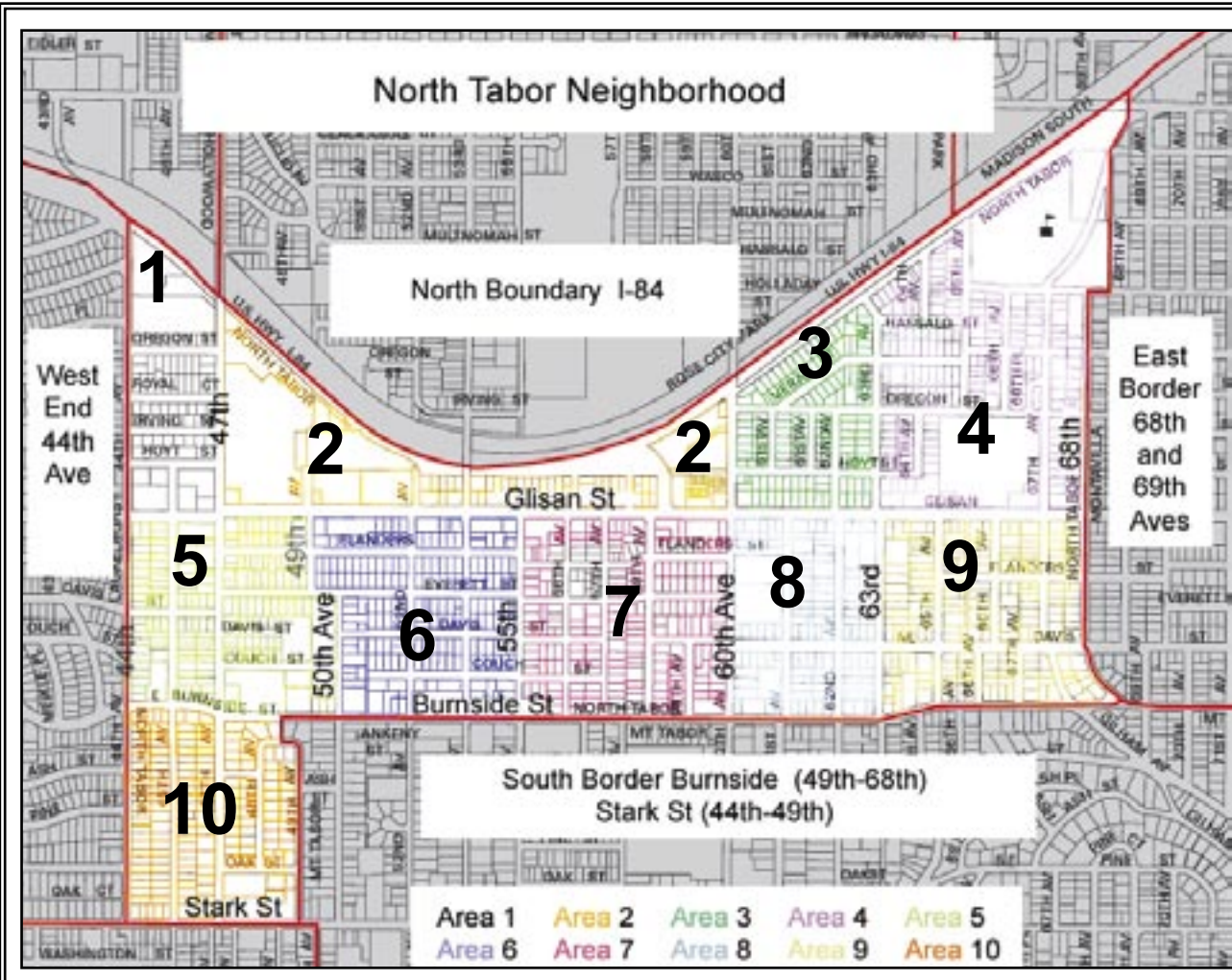
Elizabeth Fong played next. She is a very recent transplant to Portland from Sequim, WA who graciously agreed to step up to play after much coaxing. Armed with nothing more than a guitar, a mic, and her beautiful voice, she captivated the crowd with her take on some very familiar songs. It was a perfect introduction to the neighborhood and a perfect live music wrap-up before Nathan Smith took over with some amazing DJ skills!

Amy, Meg, and Ian went the extra mile to provide games and activities for both kids and adults. Face painting and chalk drawing were favorites, and the four square court was busy until it got dark. Check out the website for more pictures!

Overall the party went off without a hitch: good weather, good music, tons of delicious food, plenty of games, fireworks, beautiful street drawing and a great after-party that went later into the evening. Amy, Meg and Ian would like to sincerely extend their thanks to everyone for their generous donations, including help with clean-up, and for making this a genuinely fun and safe event for all ages.

We've had three fantastic block parties in a row over here in our little corner of North Tabor. The bar was raised pretty high this year by some relative new-comers. I can't wait until the next one!

— Dave Miller



Currently there is no representation on the Board of North Tabor Neighborhood Association for Areas 1, 6, 8, 9 and 10. Consider having the concerns of your immediate area reflected in the decision-making process by serving on the Board, on standing committees or work groups, or by just attending meetings and events in North Tabor. Open board positions are not limited to just the areas noted. Get involved and make North Tabor an even better place to live and work!

Photos courtesy of Richard Glenn and Dave Miller

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Review:
Romo's Latin Quarter

Romo's Latin Quarter at 7915 SE Stark St.

Photo by Robert Jordan

is in the midst of a temporary identity crisis. To start with the name, the sign outside the front door says Romo's Latin Quarter, but the heading on the lunch menu identifies the establishment as "Peso's Taqueria y Cantina."

If the name itself isn't confusing enough for the average gringo–isn't the Latin Quarter a neighborhood in Paris?– manager Miguel Andrade, who is negotiating to purchase the restaurant, insists that Romo's is in fact a restaurant, not a taqueria, the latter being Mexico's down-home version of fast food, specializing strictly in tacos. As we go to press it appears the name will remain Romo's Latin Quarter.

Still there is little question that Romo's rises above the level of the humble taqueria. It has a full bar with four micro-brews, several Mexican beers, and of course, all the ingredients for a lush variety of margaritas. In front of the bar is an ample dining area with tasteful lighting and decor. (I was especially smitten by one framed poster showing a young woman dressed in a 1940's era ruffled dress with the caption, "Cuba: Holiday Isle of the Tropics.")

The dinner menu features several dishes that are definitely not available in a typical counter-service Mexican eatery: prawns with wine-cilantro cream sauce, seafood enchiladas, and machaca moyhota, a very spicy shredded beef dish with a "juicy egg" on top, to name a few. And then, too, there are tacos, which is what my tasting squad and I mainly focused on since we came during the 3 to 6 p.m. happy hour when only the lunch menu is served (as well as dollar-off beers and margaritas).

Gabe and Nina Frayne and Alex Jordan enjoy Happy Hour at Romo's

Photo by Robert Jordan

The three varieties we sampled–chorizo con huevo (Mexican sausage and egg), al pastor (pork), and carne asada (grilled steak)–were all excellent, served with fresh tomato and cilantro --none of the carbo fillers that lesser establishments may offer. The only disappointment was a ceviche appetizer which seemed to have more onion and avocado than seafood in a dish that is known throughout Latin America for its extra spicy raw seafood marinated in lime juice.

There is room for improvement in Romo's menu, at least if authenticity is the goal. First, there are no soups (sopas or caldos) available; in restaurants over the border these are among the most popular offerings. If dessert is de rigeur in your meal, well, there's flan, but none of the gelatinas or chongos that one might find on a typical menu in Mexico. Romo's is open every day from 11 a.m. to 9 p.m. Dinner entrees range in price from 13 to 17 dollars, while lunch prices are considerably cheaper (most tacos are priced at $2.50).

Consider this a first-rate dinner choice before heading over to the Academy Theater in neighboring Montavilla's up-and-coming commercial center.

— Gabriel Frayne

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The Bargain Tree

Vicki and Peter Morrison are the owners of Bargain Tree at 7210 NE Glisan. Their store was part of the secondhand shopping hub in this area

Peter Morrison with some of his custom-made bookcases.

Photo by the Bargain Tree

23 years ago and remains a prime destination for savvy bargain hunters seeking quality new and used furniture, customized pine furniture, collectibles, glassware, tools, and books, all at reasonable prices.

In the woodshop in back Peter crafts solid pine furniture including unique corner bookcases. His furniture is dado jointed, meaning glued and screwed without nails. He makes cabinets and bunk beds with all wooden slats (twin over twin, and twin over full) with rounded edges, safer for children.

More furnishings at the Bargain Tree.

Photo by the Bargain Tree

In addition to new and used furniture and household items Peter and Vicki are beekeepers, carrying on the family business of Lamon Bee Acres started in the 1960's by Vicki's parents. The days are long, especially in the summer when the honey is harvested. Peter extracts honey for many other beekeepers while Vicki packages and labels honey for sale. Pure Raw local honey is also sold at their shop.

Furniture by day - bees by night is their motto. Most furniture deliveries in the area are included in the price of purchase. The shop is open Monday through Saturday, 9am to 6pm, 503-252-4011. Stop by and see the beautiful craftsmanship of the custom furniture.

If you are lucky, you may even get a chance to say hello to Charlie Brown, their slow, low- to-the-ground, 16 year-old Dachshund.

— Elizabeth Fischer

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