

North Tabor News

www.northtabor.org • c/o Southeast Uplift 3534 SE Main St Portland, OR 97214 • (503) 928-4655 • chair@northtabor.org

North Tabor Neighborhood Association Calendar of Events

Agenda items may be sent to board@northtabor.org
For more information: 503-928-4655

NTNA Board Meeting

Tues. September 21, 7:00 -8:30pm
Providence Cancer Ctr, Conf. Room D
4805 NE Glisan St.

NTNA General Membership Meeting

Tues. October 19th, Social Room,
Providence Portland
6:30 - 7:00 pm Social Hour with Light Refreshments
7:00 - 8:30 pm Presentations and Business
4805 NE Glisan St.

Neighborhood Tree Steward Training Starts September 21st

Scholarships Available, First Come, First Served. Call 503-928-4655 for more information.

Prescription Drug Turnin Sat., Sept 19, 10-4, See Page 2

Best Practices for Effective Neighborhood Associations
Thu., Sept 23 See Page 2

Community Resource Fair Sat., Nov 6th, See Page 2

Montavilla First Fridays Fri., Oct 1 and Nov 5 See Page 5

Montavilla Farmers Market Sundays through Oct. 31

Small Grant Applications Due Mon., Nov 1, 2 PM



Got Trees...?

See details inside for Friends of Trees planting this year. Register early for the best selection. Don't miss out!



A Birthday in the Sewer

Dula Baker

Intrigued after reading the Bureau of Environmental Services' newsletter, Riverview, I submitted my entry with the hope of being selected for an exclusive tour of the Opera Shaft, the main access shaft of the East Side Combined Overflow Sewer Overflow Tunnel Project, the "Big Pipe". I figured everyone in Portland had received the newsletter and most would respond, lessening my chance of winning. I later learned that 600 entries were received, 40 chosen.

When Debbie Caselton, Community Relations, called to tell me I was chosen, I was momentarily dumbfounded. When she said the tour would be August 28th, I told her that would be a wonderful birthday present. (cont. P 7)

NTNA Meetings

NTNA public meetings are your chance to have a say in the direction of North Tabor and the Neighborhood Association. Do you have ideas for projects to improve the quality of life in North Tabor? Let's see what we can accomplish in the coming year. Come and learn what you can do to make this a safer place to live, work, shop and play. Want to learn more about the Portland Plan (Oct. 19) and public projects affecting our neighborhood? Are there issues affecting your neighborhood that you would like to see addressed?

The September 21st meeting is a board meeting, all are welcome to attend. October 19th will be a General Membership meeting, preceded by a social hour with light refreshments from 6:30 to 7 in the Social Room at Providence Hospital (enter at the east end of the main building). A vote will be taken on proposed bylaws amendments after our speakers and presentations.

If you have items you would like to add to the agenda please call 503-928-4655 or email board@northtabor.org 7 days in advance of a scheduled meeting.



Rich Jewett entertains all at National Night Out Block Party

North Tabor Hosts 5 National Night Out Parties

Several groups of neighbors throughout North Tabor organized block parties and other events as part of National Night Out. National Night Out is an event celebrated across the US the first Tuesday of August. The City of Portland promotes this event making special provisions for parties that take place during a window of time including the weekends on either side of the first Tuesday in August. One goal of these events is to reduce crime and increase public safety by providing an opportunity for neighbors to get together strengthen relationships and bonds between neighbors.

Public services including the Portland Police Bureau, Office of Crime Prevention and Portland Fire Department make the rounds of these events providing information on public safety and crime prevention and an opportunity to get up close to a firetruck, police dogs and other resources in a fun and friendly atmosphere.

More on page 5. Talk with your neighbors soon and get started planning your event for next year!



Owner Angelo Markantonatos, outside the freshly painted A & L Sports Bar at NE 60th and Glisan. See story on page 6.

\$22,594 in Neighborhood Small Grants Funds Available!

SE Uplift and the Office of Neighborhood Involvement are pleased to announce the fifth year of the Neighborhood Small Grants Program, with \$86,664 in grant funds available to neighborhood and community groups across the city. SE Uplift will be awarding \$22,594 in grant funds for projects that build community, attract new and diverse members and sustain those members already involved.

If you have an idea of a project for North Tabor, now is your chance to apply for funds to help turn your ideas into reality. Bring your ideas to the North Tabor Neighborhood Association meetings September 21st and October 19th. Those with grantwriting experience can volunteer their skills to help us develop some winning proposals to benefit North Tabor. Information regarding winning proposals from prior years can be found on the Southeast Uplift website or stopping by their office. See page 2 for additional details on this program.



Neighbors Making a Difference in and around North Tabor

See Pages 4 and 5 to read about building a sense of community around a garden (above) and fundraising with an emphasis on fun (below).



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

Welcome To North Tabor

We encourage you to become an active member! 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 have a business, nonprofit or government facility 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 15, 2010 for distribution in November. 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 title. Please submit as plain text, no formatting. Images should be min. 3.25" wide at 300dpi. Submit ads to advertising@northtabor.org by October 15th, 2010. Ad placement is based on payment and the earliest receipt of ad copy.

Publication

The North Tabor News has been 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. To help with the production of the North Tabor News contact volunteer@northtabor.org.

Advertising: Candice Jordan
Distribution: Lori Kennedy

North Tabor Neighborhood Association Board Members

Voicemail messages can be left for any board member or committee at (503) 928-4655. Email can be sent to the Board at board@northtabor.org. Board members manage the daily affairs of the NTNA, make decisions and represent the interests of North Tabor, appoint committees and work groups for projects or issues of concern to the neighborhood and maintain and encourage open communication and involvement between neighbors, NTNA and other organizations and governmental agencies. For more information or to apply to serve on the NTNA Board or any committee, please leave a voicemail at (503) 928-4655 or email board@northtabor.org.

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Work Group Contacts

Volunteer Coordinator, volunteer@northtabor.org
Annual Cleanup, cleanup@northtabor.org
Friends of Trees, tot@northtabor.org
Land Use, landuse@northtabor.org
Newsletter, editor@northtabor.org
Night Out Events, nightout@northtabor.org
Outreach, outreach@northtabor.org
Volunteer Coordinator, volunteer@northtabor.org
Webmaster, webmaster@northtabor.org
Yard Sale, yardsale@northtabor.org

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503-928-4655 or email advertising@northtabor.org

\$22,594 in Neighborhood Small Grants Funds Available!

(cont. from page 1)

Submission Deadline:

Proposals must be received by: **2 PM, Monday, November 1, 2010** Applications must be submitted in person or by mail to: SE Uplift, Attn: Kristen Hagstrom, 3534 SE Main St, Portland, OR 97214

Proposed grant dollar amounts may range from \$500 to \$5,000. Grants will be awarded through a competitive process. Full details, applications and instructions can be found at www.southeastuplift.org or contact Kristen Hagstrom at Kristen@southeastuplift.org, 503-232-0010 x319. You can also find summaries of past awardee projects online or stop by the office to review them.

The goal of this program is to provide neighborhood and community organizations an opportunity to build community, attract new and diverse members and sustain those already involved. Proposed projects must address one or more of the following guidelines in order to qualify for consideration: Build community in neighborhood associations and communities or in community-based organizations working with underrepresented populations within the SE Uplift coalition area, and/or show partnerships between neighborhood associations and community-based organizations, between neighborhood associations and under-represented organizations and communities within the SE Uplift coalition.

Preference will be given to projects that: Build capacity in the neighborhood system, support engaging traditionally underrepresented groups in neighborhood association activities, and/or show partnerships between two neighborhood associations or an association and a traditionally underrepresented community or community-based organization supporting traditionally underrepresented communities within the SE Uplift coalition area.

Funds cannot be used for: Costs that may be incurred in preparing this application, direct social services such as food baskets, health clinic services, etc., ongoing general organizational support such as rent, utilities, etc., direct grants, scholarships or loans for the benefit of specific individuals, loans or debt retirement, annual appeals, general fund drives, emergency funding, or capital projects such as a new construction, expansion, renovation, or a replacement project for an existing facility or facilities.

Typical types of community-building projects include: communications and outreach (designing new websites, email lists and forums, all household mailing, door-to-door canvassing etc. to raise awareness and build membership among neighbors and businesses); targeted outreach strategies to build ties with people traditionally not involved including low-income families, people of color, young adults, immigrants, and people with disabilities; projects that build relationships between neighborhoods and local organizations such as schools, PTAs, churches, non-profits, and businesses; projects to make neighborhood activities more accessible including language translation and interpretation, childcare or travel stipends; community-building activities such as street tree plantings, street festivals and parades, neighborhood clean-ups, community forums, culturally specific events, etc.; and community planning efforts for playgrounds, intersection repairs, pocket parks, community gardens, etc.

Interested parties are invited to a grant information session to learn more about and to get feedback on their project ideas. Participation is strongly recommended though not required.

Thurs. Sept 30, 6:30-8:00PM

SE Uplift Neighborhood Coalition
3534 SE Main, two blocks south of Hawthorne. TRIMET: #14, #75

Wheelchair access on west side of building.

Timeline:

Applications available September 1, 2010.

Grant applications **due November 1, 2010**.

Awards announced no later than January 15, 2011.

Projects complete & reports submitted by December 31, 2011.

Although the application deadline is not until 2pm, Monday, November 1st, those interested in submitting proposals are encouraged to obtain the complete packet and instructions immediately to be clear on all guidelines, requirements and restrictions while developing proposals. A sample set will be available at NTNA meetings on Sept. 21 and Oct. 19th. Bring your ideas to brainstorm with your neighbors or call in your suggestions to 503-928-4655 or email to board@northtabor.org. The NTNA board does not have the resources to develop proposals but will provide whatever assistance we can to help, and would love to hear from individuals willing to work on preparing proposals for projects around North Tabor.

Keep the North Tabor News Alive

The North Tabor News has grown from an annual or semi-annual newsletter to a bimonthly publication that strives to keep the neighbors, businesses and organizations in and around North Tabor communicating on a regular basis. While many organizations have abandoned print in favor of cyberspace NTNA is firmly committed to reaching out to all of North Tabor. Currently there is a very heavy workload for just a few dedicated volunteers. If you look forward to receiving your North Tabor News won't you give us a call or send us an email to see if there is some way you can contribute in this process? 503-928-4655, editor@northtabor.org



NE 45th and 47th Green Street Project

Environmental Services is designing about 25 landscaped curb extensions and planter strip enclosures in the Laurelhurst, Mt. Tabor and North Tabor neighborhoods to manage stormwater runoff and help prevent sewer backups. The project includes replacing about 700 feet of sewer pipe. Construction is scheduled in 2011.

Green streets collect stormwater runoff and allow water to soak into the ground as soil and vegetation filter pollutants. These facilities keep stormwater out of the sewer system, replenish groundwater supplies and provide neighborhood green spaces.

Green Streets use low-growing plants suitable for a variety of conditions. The city routinely monitors green street facilities to maintain healthy plants and ensure the facilities function properly.

See <http://www.portlandonline.com/sustainablestormwater> for more information on green streets and sustainable stormwater management in Portland.

Prescription Drug Turn In

Saturday September 18, 2010

Gateway Fred Meyer Store

The Portland Police Bureau Mobile Precinct will be on site!

SE 102nd and Halsey

10:00AM - 4:00PM

Prevention starts at home!

Teens are abusing prescription medications at an alarming rate and they are accessing these drugs at home.

Did you know that pharmacies cannot take back your unused medications? Don't let them sit in your medicine cabinet or flush them into the water system.

Turn them in anonymously at this one day event and they will be safely disposed of.



Fred Meyer

Contact Janet Benfield, Crime Prevention Coordinator
503-421-2781 janet.benfield@portlandonline.com

Building Leaders, Building your Board: Best Practices for Effective Neighborhood Associations

SE Uplift's annual board orientation is now open to neighborhood leaders from across the city! Please join us on Thursday, September 23 from 6-9PM for an interactive and empowering training. Are you interested in learning new skills to improve the effectiveness of your neighborhood association? Do you want to meet and share ideas with association members citywide? Do want to be more effective in you role as a board member? Limited space available, so please RSVP to kristen@southeastuplift.org www.southeastuplift.org for more information.

Community Resource Fair

This event is an opportunity for neighborhood volunteers and anyone else who is interested to gain more information about community-based initiatives and grassroots organizing around issues of planning, transportation, environmental justice, public health, sustainability and livability. People will have the chance to learn about everything from neighborhood based infrastructure projects to creating a grassroots legislative agenda. Participating organizations will table at the event providing information on their organization or a particularly relevant project of the organization. There will also be 3-4 "mini trainings" on topics such as advocacy, asset mapping, and grant writing. This event would also be an opportunity for organizations to network with each other. This will be a FUN event, not another meeting, and hopefully inspire greater self-empowerment in our neighborhoods! Please join us to check out what other organizations are doing for our communities!

Saturday, November 6, 2010, 10:00 AM to 2:00 PM, SE Uplift, 3534 SE Main St. Call 503-928-4655 if you would like to ride, bike or walk with someone from North Tabor to this event.

Have a Say in What Happens in Your Neighborhood!

April Burris

There are many ongoing projects within the neighborhood which can and will impact our future. The city is considering changes to zoning throughout our neighborhood. What changes do you feel are appropriate? It is our neighborhood streets, bikepaths, sidewalks, crosswalks, signs (or lack thereof), bus stops, benches, art, storefronts, trees, gardens, homes, and people that make North Tabor a safe and welcoming neighborhood. What part do you want in making these decisions?

Oftentimes neighbors come to the North Tabor Neighborhood Association board meetings to discuss issues about a new development, or an unsafe intersection near their home or business. This is one way to get involved. Or, you could join a committee, or become a member of the board. Our neighborhood meetings are always open. Come meet your neighbors and get involved in your neighborhood association. Then, if you wish you could participate in an on-going committee that interests you, or a one-time project. Currently, we have the board position of secretary open. This could be a wonderful opportunity to stay up-to-date on what's going on in North Tabor.

Some current issues in the North Tabor Neighborhood Association are revising our neighborhood bylaws, increasing board and committee participation, publishing our newsletter, and getting a headstart on next year's neighborhood cleanup. We're always looking for input from anyone who lives or works in North Tabor. If you wish to contribute to our newsletter please, email editor@northtabor.org. If there is anything you need to know about the neighborhood or that you want us to know, please email board@northtabor.org or call 503-928-4655 and we will have an association member get back in touch with you.

SE/NE 50's Bikeway Project

Joe Recker

The City of Portland will soon be asking for public input in the planning and design of improvements made as part of the SE/NE 50's Bikeway Project. Several years ago, the Project was awarded \$1.5 million in regional transportation funds to make improvements on a four-mile stretch of the bikeway and those funds are finally available for the project to move forward. The North Tabor Neighborhood has a representative on the Citizens Advisory Committee – Joe Recker, with Robert Jordan as an alternate member. Generally, the bikeway is planned on 53rd Avenue through the North Tabor Neighborhood and shifts to 52nd Avenue south of SE Taylor St. It will connect with existing bike lanes on NE 57th north of I-84 and bike lanes on SE 52nd south of SE Woodstock.

The first meeting of the CAC was held on August 11th with two or three other meetings to be held over the next four or five months. The meeting included a presentation by Roger Geller, Portland's principle bike planner, who described the city's explosion of bike transportation users and market research analysis that identifies a target market of "interested, but concerned" users, who represent the majority of the traveling public. These are potential bikeway users that are interested in the idea of biking to work, visiting family and friends, going to medical appointments, or shopping, etc. via a bike, but are concerned about the safety of doing so, particularly on streets with high traffic volumes. The City feels these bikeway improvements will be most effective if the bikeway is direct, easy to use, comfortable and feels safe.

Generally, the CAC and project team have a toolbox of design solutions available and guidance on where to use bike lanes versus bike boulevard treatments. The City has also assembled a mountain of data on various segments of the bikeway, including auto volumes, street width, traffic speeds, on-street parking utilization, and more. The data will be used to inform decisions during the planning and design process on:

- Whether some on-street parking should be removed on certain stretches to accommodate bike lanes (primarily looking at SE 52nd Avenue south of Powell Blvd.);
- What types of crossing improvements are needed, if any, at major street crossings; and
- Whether the alignment should diverge from 52nd or 53rd Avenues to take advantage of lower traffic streets, signals, or improve route directness.

The meeting also included a discussion of proposed public outreach. The City is currently proposing one public open house, perhaps as early as October, with the remainder of public input via the CAC members. Residents of North Tabor interested in the project should first visit the project website at <http://www.portlandonline.com/transportation/index.c> or call 503-928-4655.

Salvaging Items with Remaining Useful Life

Despite the great volunteer turnout, we were unable to get many usable items to "new homes" at this spring's cleanup. A few dedicated volunteers could make a big dent here. If you would like to help plan this or any other part of next spring's cleanup, please call 503-928-4655 or email cleanup@northtabor.org.

Friends of Trees Signup Ends 12/20

Joe Recker

Friends of Trees, the City of Portland, and neighborhood volunteers are working together once again in preparation for our big tree planting this winter. We're mostly interested in seeing more street trees planted and I estimate we have the capacity for at least 500 additional street trees in our neighborhood. Street trees are planted in that grassy area between the sidewalk and street curb, even if it's as little as 2'6" wide! The width of the grassy area determines what types of trees can be planted there, but rest assured... a tree of an appropriate size is available for you at a reduced rate! A typical 50-foot wide residential lot can accommodate up to two street trees and corner lots can typically accommodate six street trees!

Registration for the North Tabor planting closes December 20th and trees must be ordered by January 9th for the January 22nd planting. The sooner you register and order your trees the better selection you have to choose from. If you sign up with Friends of Trees for our annual tree planting, an inspector will come by your property and will let you know how many street trees can be planted in front of, or next to your home. All you have to do is select your tree(s)!

There are many reasons to plant trees, but there are three that should get everyone interested in ordering their street tree(s) today:

- **Reduce your bills and increase your comfort level.** Trees shade street asphalt, parked cars, pedestrians, and help to significantly cool neighborhoods and homes during hot summer weather – reducing the need for a/c or running your a/c as often.

- **Protect the river ecosystem.** Trees collect hundreds of gallons of rainwater before it ever reaches the storm drain, reducing occurrences of raw sewage overflows in the Willamette River as a result of our combined sewer overflow system.

- **Support nature in your neighborhoods.** Trees make wonderful habitat for birds, insects and squirrels that bring beauty to our neighborhood and help us all cope with city living.

This winter's tree planting will take place on January 22, 2011, and will, similar to last year, be combined with the Laurelhurst, Kerns, and Sunnyside neighborhoods. Did you know that the best time to plant trees is fall through spring? Also, the earlier they can be planted the better, since it allows the root systems to grow during our wet winter months and helps ensure healthy tree growth through the summer.

Last year, we had about 60 trees planted in the neighborhood and we already have almost 30 individuals registered to participate this year. We can accommodate many more neighbors, so I hope you'll go to www.plantitportland.org and take a few moments to sign up for the annual tree planting now. If you do not have internet access and need assistance, please call 503-928-4655.

Sullivan's Gulch Trail Concept Plan

Robert Jordan

The steady but (it seems) agonizingly slow progress toward building a multi-purpose trail in Sullivan's Gulch, north of the Union Pacific rail line, got a real boost in July with the issuance of a Request for Proposal (RFP) for an engineering and feasibility study of the proposed route. Entitled RFP #24199, Sullivan's Gulch Trail Concept Plan, the bids close on Aug 26 and a contractor will be chosen by November to perform the work; the life of the contract is for a two-year period. The proposed route is a challenging one, due to the slope along much of it, and because of railroad and private property issues – only a small part of the proposed route is currently owned by the public. In the words of the document:

"The purpose of the Project is to conduct a technical evaluation of the feasibility to locate a shared-use bicycle/pedestrian trail along the northern property limit of the Union Pacific (UP) Railroad's Graham Line, and produce a conceptual plan for the facility. The Concept Plan will determine the trail alignment and basic design and provide cost estimates."

A Public Involvement plan will be produced which will enable stakeholder input (including that from Neighborhood Associations, such as North Tabor, along the route). This study must be completed before any further progress on the trail can be made. Though the route is an obvious one, and would significantly enhance the regional trail network by providing an automobile-free route from the eastern parts of the city to downtown and beyond, the technical challenges are such that no one really knows at present if it is either technically or financially feasible. When the study is done, we will know – and assuming it is feasible, then the real work would begin: finding financing and beginning construction. Look to future issues of the North Tabor News for updates, and for information about how to become involved. For more information visit www.sullivansgulchtrail.org or call 503-928-4655.



What about planting street trees at rental or commercial properties?

Do you live near, or in, a rental or commercial property that could use one or more street trees? There are a number of ways to solicit the owner's participation. If you already know the owner, just go ahead and ask if he or she would be willing to participate. Sometimes, absentee landlords don't see the value of street trees. Some suggestions include offering to pay for the trees yourself and offer to water the trees during the summer months for the first couple years. Most property owners already have landscapers that tend to the fallen leaves in early winter.

If you don't know the owner personally, you might try the property management company or look up property owner information on www.portlandmaps.com and write a letter with your request.

Just Tooling Around Our Neighborhoods

April Burris

It's been a year, almost, since neighborhood folks, including myself, were involved in regularly fighting invasive plants at Rosemont Bluff. Now, it seems that there is another opportunity for neighborhood folks to fight invasives, not quite as close, but still within our neighborhood coalition boundaries! Tabor To The River (Yes, SE's own Mt. Tabor Park!) Program is part of the citywide sewer, storm water, and watershed projects around Portland. Removing invasive plants and planting native plants in Mt. Tabor Park will improve storm water management and habitat. For more information about the Mt. Tabor project you can go online to www.taborfriends.org or www.portlandonline.com/bes/mttabor, or call Naomi Tsurumi at 503-823-4886.

We still have the tools that our neighborhood bought for the Rosemont Bluff project, and one of two options under consideration is to use them for this project provided there is neighborhood interest evidenced (by responding to volunteer@northtabor.org or calling 503-928-4655).

Another option would be to donate the tools to our new SE Portland Tool Library.

To find out ways to avoid accidentally planting invasives in your yard, go to www.portlandonline.com/bes/invasives and click on "Garden Smart Oregon". To find out how to use native plants in your yard to increase bird and pollinator habitat and cut down on watering, click on www.portlandonline.com/bes/vegetation.

If you wish to participate in this project or any other North Tabor projects or to contribute to the North Tabor News please email volunteer@northtabor.org or call 503-928-4655. If there is anything you need to know about the neighborhood or that you want us to know, please email board@northtabor.org or call 503-928-4655 and we will have an association member get back in touch with you.

Codependents Anonymous

There is a new meeting of Codependents Anonymous in the Mt. Tabor district. Codependents Anonymous is a 12-step program for people who want to get and maintain functional relationships. Some traits of codependence are having difficulties identifying your own feelings, making decisions, and asking others to meet your needs or wants; valuing other people's approval of your thoughts, feelings, and behaviors over self-approval; and not perceiving yourself as lovable or worthwhile. If this sounds like you, you may want to check out the newest meeting held every Thursday at 7:15 pm to 8:15 pm at the Mt. Tabor Church at the corner of SE 55th and Belmont. If you have any questions about the meeting, please call or text 503-422-8076 or email iofnewt66@hotmail.com. For more information about Codependents Anonymous, go to www.coda.org.



Growing Fruits, Vegetables, Flowers and Community

Stacy Gray has lived at Lindhurst in North Tabor near NE 60th and Flanders for the past 13 years. Previously she had always lived in house with garden and it didn't take long before she was planting flowers and vegetables in pots on the porch and space in front of her apartment. An interior designer by trade, Stacy's business suffered during the recent economic turmoil she found she needed to find another job. With her love of gardening and a track record to show her skills, Stacy approached City Houses to see if they would hire her to work on improving the grounds and has been working the past year and a half working on the grounds.

Last summer Stacy approached City Houses with her idea of a gardening project which would provide an opportunity for the tenants to come together working on a community garden. There was a perfect area in one of the courtyards to set up several raised bed gardens. Some of the tenants had small areas they could garden in, but many of the units did not have access to gardening space. The area Stacy had in mind also suffered from poor drainage and that could also be addressed by the gardening project. The project was approved last January and Stacy set to work researching and recruiting a group of tenants who were interested in "getting their hands dirty". Those interested met and decided as a group what to plant, and how to split of the work, expense and harvest. The garden would be a year-round, organic garden.

As any local gardener can tell you this wasn't the best year for gardening. Planting was delayed due to the uncooperative weather, but the project started in late March. Bamboo trellises were built and peas, lettuce, fava beans, radishes and spinach were planted. The following month nasturtiums, carrots, swiss chard, beets and collard

greens joined the beds. Although the spring and summer weather has been unusual and things have not grown as well as they normally would, Stacy feels the garden has been successful. "It has brought people together who otherwise probably wouldn't know each other and it certainly has made Lindhurst feel more like 'home'".

The photo below shows some of the rain barrels that were also part of the project to collect and better manage the rainwater that previously created wet and soggy areas in the courtyard. Stacy has more plans for the coming year and hopes to incorporate some rain garden elements along with continuing to add to and improve the adjacent flower beds and perhaps add a few more raised vegetable beds for the project.



For The Chicken Hearted: Playing Fowl

Monique Mos

Our chickens like to compete against each other. Every morning they dash for the first bite from the feeding bowl. They race for the juicy left-overs we dangle through the chicken wire. They play for hours at "Dig-the-Deepest-Hole" and its variant "Dig-a-Shallow-Hole-But-Be-First-To-Finish". They practice their skills all day. I watch them and have been learning a thing or two.

First of all, there do not seem to be special games for super players. In fact, you do not have to reach any level of competence at all. A bird can join in at any moment and written rules do not exist. There are no club fees and you can watch without an entrance ticket. Of course, other than the family and the occasional visitor, there aren't any crowds to cheer them on. But I have been thinking.....

This neighborhood needs a team!

We could call them the North Tabor Fast Fowl or the Portland Peckers and use them to demonstrate the superior nature of our part of town. Other folks, in different neighborhoods, could organize their chickens and form teams too. And if we really want to get serious, we should offer a reasonable salary and attract a reputable trainer. How about our very own training camp at Rosemont Bluff? (R-O-O-S-T-M-O-N-T Bluff?....Just a suggestion.) Once you get started, the sky is the limit! Chicken designer sportswear; a chicken-sport channel to debate our fowlosophy of the game! All this may seem trivial or even a bit ridiculous, but I assure you, I could not be more serious.

Please consider: right now, our neighborhood's main attraction is Rosemont Bluff. And I admit, it is a fine bluff. However, a chicken team would make a great local attraction. It would even lead to additional benefits for North Tabor. Think supporters! Think media! Think business! And listen to this: extra lanes could be added to Burnside and Glisan, leading to our new sports arena behind Fred Meyer and.....Ah, but wait!

What do I hear you say? You think we should redirect the attention from winning to playing well and enjoying the game? That we might want our young chickens to focus on eggademics as well, not sports primarily? You would like them to be exposed to ideas of good sportsmanship, the art of coop-eration, empathy even? You would not want them to be mere moneymakers???

Let me see if I understand where you are going with this? Did you actually suggest that playing sports as an industry, rather than for the love of the game, would put too much stress on our chickens? Are you implying that winning would become so important that they might peck at each other? Or, heaven forbid, kick each other in the chest?

Mmm.....you may have a point there. After all, they are only animals. What do they know of fair play?

Let the games begin!



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National Night Out Events

(Continued from Page 1)

The first five rows of photos to the left were submitted by organizers of two of the five National Night Out parties held August 3rd in North Tabor. The first two rows are from the event at Providence's Emile House on Glisan and the next three rows are from the party at NE 57th and Everett. As you can see a great time was had by all as neighbors gathered together to share great food and an evening of fun.

Shannon Stickler, Housing Director for Emile House submitted the following report of their event:

As for the evening, it was fantastic. We had about 35 people in attendance ages ranging from 2 - 92. When you register on the City of Portland website for a block party for National Night Out, they offer to TRY to send out either the Police or Fire Department (or both if they have time). Since our party was held on the actual night of National Night Out, we didn't know if we would see them. The City and the Portland Police and Fire Dept. were all able to attend. Three police officers attended, and brought along their K9 officer 'Ace'. He was a big hit with the group. He was very anxious around the group, so we only got to pet him a little bit. But just watching him take commands was interesting. We had a water balloon toss/fight, which helped us all cool down a bit. There were games and prizes for the kids, as well as door prizes for all guests. The fire department came toward the end of the event and brought a big fire truck to park in our parking lot along with 4 fireman. They allowed all of us to go inside of it, and they gave the kids a great presentation on how the truck works, and all of the things a fireman does. They even demonstrated how quickly they get into their fire fighting attire. Our Neighborhood Crime Prevention Coordinator, Katherine Anderson, also managed to spend some time with us, even though she had 13 other events to attend the same evening. We were able to convince the Police, Firemen and Katherine to stay long enough to eat with us, so I think would agree that our party was a success! The neighbors that attended were so grateful for the experience, and we are all looking forward to doing it again next year. This was a great opportunity to introduce our residents to the neighbors, and vice versa. We have had some small crimes take place on our property in the past, and having more eyes and ears can only help us more. This also helped them to see that even though we are a business, and we mostly run within our walls, that we care about the neighborhood and the community in which we belong. We don't want anyone to think because our building is always locked, that they aren't welcome to come to us for anything. We also had a lot of interest from within our building. Several residents read about these parties in the North Tabor News and had brought their copies to a residents meeting to suggest holding an event this year. Some of the residents who did not attend have already said they want to be there next year.

Daryl Summers, newly settled in North Tabor had the following to say about the block party at 57th and Everett and the North Tabor neighborhood in general

I recently moved into the North Tabor Neighborhood from Chehalis, Washington. The move was unexpected and came at a difficult point in my life, but it seemed logical to be near my daughter and grandson in a city with so many opportunities. I met many of my new neighbors at the delightful National Night Out get-together organized by several neighbors in "Area 7". What a wonderful introduction to the neighborhood! I knew I was in a good place when I was invited to sit at a "saved seat" for me at one of the tables. There were many interesting people there with great experiences to tell about, and I am sure some will become lifelong friends. Interesting how many people are looking for walking partners these days! It seems to be a very health conscious area and city, which certainly pleases me. Some of the neighbors I met at the block party have been kind enough to introduce me to the various farmer's markets and neighboring areas, so I'm finally getting my feet on the ground.

Upon moving here I was immediately taken with many of the lovely homes in the area, and the many well-tended gardens. Indeed this was a major reason I settled into my new home--it was awash with flowers of every size, shape and color. It was fun to walk the area and see what others have done, from corn growing in the parking strip to green beans and sunflowers shooting towards the sky. I quickly recognized the work that goes into these gardens, and it will certainly take me a year or two to get my current garden under control while still being beautiful (and hopefully a bit less thirsty!) But there is truth to the joy a garden can bring, and I am already looking forward to next spring.

Thank you for the warm welcome, and I look forward to meeting many more friends and neighbors in North Tabor!

Those attending the block party at 57th and Everett were treated to a performance by Rich Jewett, playing non-stop, all from memory, on his electronic keyboard.

Schmoozing with Mr. Jewett

Gabe Frayne

The slender, elderly gent who entertained his neighbors on a portable piano at a North Tabor "National Night Out" party in early August raised a lot of eyebrows with his flawless renditions of pop hits from the last seven decades. Rich Jewett is a professional musician with a long resume that begins on the iron range of northern Minnesota in the 1940s and continues to this day. I sat down for an interview with Rich in the basement apartment of the house he has lived in since 1979. He told me he began playing professionally at the age of 13, which made me wonder about the circumstances.

Did you want to do it?

Oh yeah, that was a big thing. During the 1940s big bands were the big thing. Glen Miller Band, Tommy Dorsey—I don't know if those are all foreign (continued on Page 7)

Courtyard Community Raises Funds for Alzheimer's

Rachel Butler, Move-In Coordinator

Our 5th Annual Courtyard Vintage Carnival, a fundraiser for the Alzheimer's Association, on Saturday the 21st was a huge success. This year we had live music (from Diva & the Dixies (pictured above, presented by Golden Harvest Music), dancing, vendors, a midway with over 20 games (tickets to play for vintage prices for chances to win tickets to redeem at the prize room), vintage cars, a beer tent, a variety of food and refreshments at vintage prices (including hamburgers & hot dogs, ice cream, popcorn, cotton candy, lemonade, Italian soda, and more!), a raffle of over 15 themed baskets, a face painter, a balloon artist, and stilt-walkers.

This all came together through the efforts of Krista Davis, Community Relations Director, with help from staff and many volunteers--residents, family members, friends, neighbors and health care professionals. Local businesses also donated monies, prizes, food, and other supplies. As in years past, the Carnival was a great success, raising over \$3,000 for the Alzheimer's Association, while providing a fantastic day of fun for our residents and the neighborhood.

Editor's Note: As our grandchildren were visiting that weekend we took them to the Carnival which turned out to be a fun and inexpensive family-friendly event. Don't miss this public event next year!

Monthly First Friday Events in Montavilla

Candice Jordan

First Friday is a monthly celebration of art and music in Montavilla, with most of the action along the trendy Stark Street business strip east and west of the Academy Theater. Pictured above in the bottom row are some participants from September's First Friday. Anna Schott and Tim Wenzel, two thirds of Shicky Gnarowitz, performing Eastern European folk and klezmer (after warming up with some Vivaldi) at the BiPartisan Cafe to an overflow crowd. Ron Strasser poses in front of a piece of his art inside The Oregon Bike Shop. Anthony Noble treats passers by to some great music on his slide guitar. Dan Moe of DMoeFunk shows off his DJ prowess on the sidewalk between The Oregon Bike Shop and Portland Garment Factory. There were art showings at the Portland Garment Factory and Montavilla Community Acupuncture (also free 10 minute chair massages), as well as live music here and at the Vintage Cocktail Lounge. Country Cat, Pastry Girl, the Academy Theater and Salty's Dog and Cat Shop were among others offering First Friday Specials and Immortal Pie and Larder had a wine tasting.

Fun to just see all the neighbors and families out enjoying simple pleasures and soaking up culture. Don't miss the next one. First Fridays are sponsored by the Montavilla East Tabor Business Association, <http://www.metba.org>.

A & L Sports Pub – Your Neighborhood Place to Be

Maura White

There is usually something comforting about a family-owned, neighborhood bar where servers know your name, your favorite drink and your favorite teams. The A & L Sports Pub, located at 5933 NE Glisan, has been family-owned and operated since the 1980s, and next year will mark 20 years of management by Angelo and Meghan Markantonatos. During their tenure, the A & L has grown from one part of the existing building to all sections of the building as other businesses have moved on. A & L expanded to make room for more darts, live music on special occasions, more big-screen televisions, and more seating. But despite the expansion, the A & L still has its homey feel with comfortable booths, long tables to accommodate your whole group, and hearty food to match with 35 beers on tap (and a full bar).

For each customer, A & L Sports Pub means something different. If you are a Steeler fan, it is the only place in town to be on game days. The fans start lining up in their colors long before the doors even open. For fans of other NFL or college teams, the A & L is a place where you can get your game showing on one of the 14+ televisions even if you and your best friend who came with you are the only fans of the team! If hockey is your sport, Brian will serve you up his own hockey stories and make sure you can cheer for your team as loudly as you want. If you are a basketball fan, you can be guaranteed several TVs showing the Blazers or other game-of-the night. The list goes on and on! For sure, this is the place to be all day Sunday and Monday nights during football season.

The day crowd is full of regulars. Fridays you can often find classmates from the Grant High School Class of

1962 sitting at their usual table and teaching newbies how to win at Keno, or a group of construction workers from one of the many projects nearby. Marco, who is usually in the kitchen making burgers, can be heard bantering with Meghan who is taking orders and keeping drinks filled to the rim. Their lunch-time humor will keep you laughing for hours. The A & L Sports Pub Facebook page usually calls the Friday lunch rush Fun Fridays, but you will have to stop by to see what it is all about.

Although it's technically a sports bar, the fun atmosphere and mixed-use crowd makes it a great place for anyone in your group. There is pool, electronic darts, lottery machines, arcade games, a new juke box, and great food (even salads if the hearty fare is more than you want). Lately, several groups have chosen to meet at A & L for quasi reunions, posting it as a meeting place on Facebook or Twitter. One night there were more than 200 Grantonians from the classes of 1962-1990s all hanging out in hand-written nametags listening to music by DJ Terry Mitchell and drinking their favorite beverage.

Located just two blocks south of the 60th Avenue MAX station, A & L Sports Pub is convenient and locally owned. Next time you stop by, bring a few cans of food for the Sunshine Division if you can spare them. A & L Sports Pub owners Meghan & Angelo Markantonatos are always supporting at least one cause a month, and if it isn't Sunshine Division, it is probably Wilshire-Riverside Little League, Alameda Soccer Club, or one of several local private schools.

A & L Sports Pub (503) 234-7607
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Sequel Apparel at 60th and Stark

Andrea Peruzzi

Sequel Apparel is a second-hand retail shop that opened in the fall of 2009. Located in the Mount Tabor district at the intersection of 60th St. and Stark St., Sequel Apparel specializes in the sale of gently worn, high quality clothing. On any day you can find amazing bargains from high end designers, including denim for every type of woman. This unique boutique carries men's and women's apparel, accessories, and shoes. "I also make sure to carry some clip-on earrings because they can be so hard to find," says store owner Rita Tiwari of her vintage jewelry case.

Rita is usually in the store willing to help any customer find their perfect fit. If you are interested in selling some well-cared-for clothing, she is also available to make purchases right at the front counter. Sequel Apparel is open Tuesday-Saturday 11 am-7pm and Sunday noon-5pm. Buying used is environmental, fashionable, and friendly on your wallet, so stop by and check this boutique out for yourself!

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My Emergency Contacts

My Neighbors' Phone Numbers

Crime Prevention: www.portlandonline.com/oni/cp

Emergency Management: www.portlandonline.com/oem



Cut out this phone reference list and keep it in a convenient place for emergencies. If you don't have your neighbors phone numbers this would be a good time to gather them up. Crime prevention at the neighborhood level begins with neighbors knowing neighbors and alerting each other and the authorities to any suspicious activity.

Another Bit of North Tabor History

Robert Jordan

Nobody could call this a prize-winning photo, but then it wasn't meant to be beautiful. It's part of the vast archive of utilitarian photography created by the city over the years to analyze its streets, and this is the intersection of 47th and Burnside as it was in 1939, looking north (and apparently taken with a telephoto lens, so everything in the distance appears closer than it really is).

On the left we can see some familiar buildings – Dante's, which was then an auto repair shop called Rudy's Service Station (at 11 NE 47th), and further down we can see houses that are still there. But on the right, the east side of the street, it's very different. Instead of the SE Precinct there is Hal Shaner's gas station at 4701 E Burnside (selling Atlantic Richfield products) and a small grocery store just past it (Ghent's Grocery at 26 NE 47th, which appears to be in a converted house). This picture must have been taken late in 1939, because the Richfield station is giving away free War Maps (of course, the US didn't enter the war until Dec 8, 1941, but it started in Europe in September of 1939 when Hitler invaded Poland).

Some of the above information can be obtained from the photo itself, but other details come from examination of old Polk Directories, which were published almost every year and are available in the Reference Room at the Multnomah County Library downtown. From them we know that the grocery changed hands, and in 1943 was operated by Fred J. Peterson and his wife Anna, and that the Richfield station had in the meantime become a Northwest Oil Company station. In 1955, Safeway purchased most of the property at this corner and leased



the rest - in the 1960 Directory, 4701 E Burnside is still listed as "under construction". The new Safeway became 4747 E Burnside (4701 having disappeared under asphalt). In 1971 Multnomah County acquired the Safeway building and remodeled it, renaming it after Penumbra Kelly, Multnomah County sheriff from 1888 to 1894 (yes, "Penumbra" is in this case a man's name).

Want to learn how to do research on the history of your house or other properties? The Architectural Heritage Center is offering a presentation entitled How to Research the History of Your House, 10 – 11:30 AM, Saturday September 25th (at 701 SE Grand). Visit their website at www.visitAHC.org or call 503-231-7264 for more information and to purchase tickets for the class.

A Birthday in the Sewer

(cont. from p. 1)

On that beautiful sunny morning, I arrived at the Opera Shaft construction site and was greeted with "Happy Birthday!" and given a blinking "Today's my birthday" badge. After picking up required protective gear (helmet, reflective vest, glasses, gloves, and steel toed boots), the first tour group assembled in a trailer for a brief welcome, overview of the project, and safety training. I was again surprised when Debbie served birthday cupcakes.

The group was escorted through the worksite to the shaft, a 67' wide, 115' deep concrete-lined hole in the ground. Through this hole, "Rosie", the tunnel boring machine and equipment had been lowered. We entered an elevator and slowly creaked down to a walkway about 110 feet below, then walked a short distance into the tunnel. A large ventilation pipe and other pipes which carried excavated materials and slurry were braced along the walls; a railroad type track ran along the floor; and lighting extended around the curves of the tunnel.

Rosie was manufactured in Germany and arrived in Portland in the spring of 2007. She was assembled at the bottom of the shaft and, including the supporting equipment she pulls behind her, is 220' long, 25' in diameter (the size of the cutterhead), and weighs 1,000 tons. She builds an average of 39 feet of tunnel per day, putting the arc pieces of steel lining in place as several feet of soil are excavated. The soil is barged to Ross Island to fill in the lagoon; the slurry is returned to the front of the cutterhead.

The tunnel north to the Swan Island pump station has been completed and Rosie is now working her way south to the intersection of SE 17th St. and SE McLoughlin Blvd. The 6-mile long tunnel is slated to be completed by the end of the year. It will be activated in 2011 and will prevent more than 2 billion gallons of combined sewage from entering the Willamette River each year.

Portlanders are paying for this estimated \$464 million project through increased sewer rates. By end of construction, \$95 million in wages and benefits will have been paid to workers on the project, about \$53 million worth of contracts will have been awarded to local firms and \$25 million of that total will have been to emerging small businesses owned by women and minorities.

For me, seeing the magnitude of this project and realizing the impact it has on our community and will have on the water quality of the Willamette River, makes the increased payment of my sewer bill a privilege. Portland is receiving national attention and other major cities are considering similar projects. To be part of this "cutting edge" community is an awesome birthday present indeed!

Schmoozing with Mr. Jewett

(cont. from P 5)

names to you—and Harry James. And I had a band when I was in high school.

What was its name? It just went under my name.

Did you play high school dances? No, we played for the public. During the war bands were hard to catch because everybody was in the service and gasoline was [scarce]. We played at a large dance pavilion. I also played out in various places with smaller groups...We played out at various night clubs and dance halls, like grange halls, which was not often.

Do you have any one favorite memory from playing those dance halls? I've got loads of them...There was this drummer, an older fella, and he was a very good drummer. He played for silent movies and he played vaudeville and his wife played piano. Well, he was an alcoholic. One time we come to pick him up and he was not in shape, and I told his old mother—she was really old, she had one of those ear trumpets—I said, 'I'm not taking him.' She said, 'oh, he'll be okay, gets out in that cold weather. We'll get him some coffee, he'll be fine.' So we get him going, he's coming around pretty good. This was at the Red Lake Indian reservation, where we were playing. This fella was sponsoring a dance in this hall. He was paying good money for that time. He was paying us 20 dollars each. That was big money at that time because we played at Shorecrest [pavilion] for five dollars apiece. Anyway, we get in there, we're playing music and all of a sudden, no drums. He fell off and passed out off the drums. It was warm in there and there was an Indian fella running around in the hall madder than a wet hen. Somebody had stolen his whiskey and it was our drummer. He had this bottle in his back pocket, and he lifted the bottle, passed out off the drums. Well, the guitar player took him outside into the cold air of Minnesota in the wintertime, and he kinda sobered up! But that Indian was madder than hell going around looking for his bottle of whiskey.

You played the musicians you mentioned—Tommy Dorsey and Harry James. Is that the kind of music you were playing?

At that time I did. Now I play any, I play different forms. I'm working presently—and I've worked there since February of '07—at Tony Starlight's Supper Club on Sandy Boulevard...I just work on Saturday night, mostly. I usually play just for the dinner hour before the show goes on.

Let's go back a little bit—you were playing with Gene Autrey? Not with him, for him. I worked for him. The place I was working was called Melody Ranch [in Palm Springs, CA]. This was the 1960s? I gotta stop and think...It was up in that area, about '68.

So you went to Palm Spings and you were working for Gene Autrey. What was that like? It used to be a Holiday Inn. He bought the Holiday Inn. So they had a motel and a night club, swimming pool, the whole smear. Kind of a resort.

Were you playing with a band? I was playing solo. Solo piano.

Talk a little bit about your music I've played at so many places you would have to sit for hours on end to describe them all. I worked at the 500 Cub in Atlantic City, NJ, and that's where Dean Martin, Jerry Lewis, Frank Sinatra, Milton Berle and all those guys appeared.

Did you play with any of them? No. They were on in the part of the club called the supper club and I was in the cabaret playing single. They had upwards of twenty or more musicians working with them—violins, trumpets, the whole business. It was big time. It was run by a New York crook called Skinny D'amato...I went back and talked with Sammy Davis Jr. This was soon after he had lost his eye in an automobile accident. I kind of off-handed knew Sammy Davis and his dad and uncle. They were originally the Will Mastin Trio featuring Sammy Davis Jr. They used to come to Everett, WA once a year at the Elk's Club. And I got on the train in Seattle to go down to see my brother who lived in Los Angeles and three black guys got on the train and it happened to be the Will Mastin Trio. And so Sammy Davis seen me with some music, came over and sat down with me and we chatted all the way down to LA. And he gave me some tickets to come in and see him.

Do you prefer playing solo or with a band? A band. It's a lot more fun. I like them both, but it's a bigger kick playing with other musicians.

Have you ever been tempted to change your style to adopt some more modern tunes, or are you comfortable with the swing style? I do some things. They probably don't call it modern, but I do Beatles. To me Beatles is new! I also do some other songs people have done recently.

Council for Prostitution Alternatives

Elizabeth Fischer

Most of us are aware that prostitution is rampant on 82nd Avenue. Runaway teens are forced by pimps to turn tricks. The sex industry victimizes mostly females. What happens to the teen who is caught in a web of abuse, homelessness and addiction who doesn't get the help she needs? What happens if decades later she is still (barely) surviving on the streets? Who will help her find a way to turn her life around?

That's where Lila E. Lee comes in. With a J.D. degree, and a Master's of Law in Feminist Jurisprudence from University of Michigan Law School, in 2006 she restarted the Council for Prostitution Alternatives (CPA), a 501-C-3 non profit with donated office space in a Montavilla church, with an all-volunteer staff. She has become an expert on the underbelly of the sex industry, the side of Rose City most of us don't want to acknowledge.

Why has Lee made this her mission? It began with the 40 hour Portland Women's Crisis Line training years ago. Lee then met Susan Hunter, who started the original Council for Prostitution Alternatives, and was impressed by the strengths-based model, which validates survivors, treating them with what Lee calls "Compassion, Partnership, and Availability." She was also influenced by Catharine MacKinnon, a law professor and a leader in fighting the sex industry. In MacKinnon's view, prostitution is a *human rights violation*.

This is a composite of a typical CPA client. They are born into both poverty and substance abuse. About 90% were sexually abused as a child, usually by a male relative. Due to trauma and consequent sleep deprivation, the part of the brain that controls memory and judgment may not fully develop. Educational and emotional difficulties manifested by middle school, and few graduated high school. As victims of abuse or neglect, they failed to thrive. Most had a female relative in prostitution; it's a multigenerational problem. By puberty, they joined a rebellious peer group, dabbling in drugs. More damaging than a lack of self-esteem, the child's basic sense of identity is seriously compromised. She grows up feeling that her sexuality is both a source of power, and a source of shame.

CPA's clients range in age from 15 – 56. They cope with overwhelming challenges: PTSD, violent rape (or worse) perpetuated by sadistic pimps and johns, and a measure of trauma that studies show is greater than combat fatigue. To be a homeless female, of whatever age, is to be vulnerable to victimization. Serial killers (such as the notorious Jack the Ripper) target prostitutes. It is simply unsafe for any woman to be "on the streets". To be female is to be vulnerable, and all of these women have been exploited by men. Men need to ask themselves, "What is my response to vulnerability?" when they see a woman, and truly help rather than exploit.

The younger the victim, the more likely she can be rehabilitated. But Lee is particularly concerned about the grandmothers who need help to escape the cycle of homelessness, addiction & prostitution. A woman needs a safe place – a stable home of her own – more than a shelter. Additionally, she needs a healthy community of three but preferably six people who can be both supportive role models and practical help. That's what Lee and the CPA peer mentors provide. Emotional support and encouragement. A shoulder to cry on. Help with transportation to appointments, resumes, GED classes, and shelter from domestic violence. Survivors can get trapped in prostitution for decades. Without the resources to help them transition to a healthier life, they die a premature death.

Lee says "There are two occupations where women are paid more than men: trophy wife, and prostitution." She explains that pimps are like the Mafia; they control "their" women even in prison through their contacts. Their victims live in fear of death should they testify, which is why secure housing for the women is so important.

"Prostitution is what women do when all else fails. And all else fails frequently," according to Catherine MacKinnon. Lee advocates the Swedish model: Provide women survivors with services, and prosecute the men. "Portland needs to reclaim itself from the sex trade, and cut out this cancerous growth."

CPA's current goal is to move into a multi-storied building of their own. The first floor would provide employment opportunities for the women. On the second floor there would be addiction treatment and counseling. It would include temporary housing, as well as day care. She is working with Architects Without Borders to see what it would take to retrofit a building.

CPA operates on private donations and is seeking government funding. You can learn how to help by going to www.prostitutionalternatives.org. Even if you're not in the position to make a financial contribution, consider donating hygiene products, Trimet tickets, or bottles of water. Think about becoming a mentor. We can all do something. Now that you've read this, please don't be an ostrich. Let's reclaim our city, one woman at a time. Every prostitute was once a child. As Lee points out, "No little girl grows up wanting to be a hooker."

Lila Lee gets my vote as one of Portland's every day heroes.




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Courtyard at Mt Tabor is putting a Hawaiian spin on National Active Living Week to promote healthy living among older adults, Sept. 19th - 25th. Several special events will be open to the public.

Mon., 9/20, 2 PM Hawaiian Slide Show and Pina Coladas
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