

## North Tabor Neighborhood Association

Meetings are generally held on the third Tuesday of the month, but date, time and location may vary. You may call 503-928-4655 to verify date, time and location of meetings. Unless otherwise noted these are meetings of the Board, which are open to the public to attend and comment, but only members of the board may vote at a board meeting. The next two meetings are scheduled for Tuesdays, November 15th, and January 17th (No meeting in December), 6:30 pm, at Emilie House, 5520 NE Glisan St. Agenda item requests may be sent seven or more days in advance to board@northtabor.org or left as a voicemail at 503-928-4655. The first 30-45 minutes of each meeting are designated for socializing and lite refreshments.

**North Tabor Neighborhood Association Meetings**  
**Tues., November 15**  
**No Meeting in December**  
**Tues., January 17**  
**5520 NE Glisan**  
**6:30 Social Time**  
**7:00 Business Meeting**  
**All are welcome to attend!**

(Enter at the back door, please do not park in the residents parking lot. Call 503-928-4655 or check the website at www.northtabor.org for agenda items, speakers, other meeting details and to confirm date and time of meetings.)

## Farmers Markets

•Montavilla Farmers Market  
 Nov 20th 10 - 2 Holiday Market  
 Dec, Jan and Feb 2nd Sundays 11 am - 1 pm

•Hollywood Farmers Market  
 Nov 5, 12, 19 9 am - 1 pm  
 1st and 3rd Saturdays Dec - April

Meet State Rep. Alissa Keny-Guyer  
 Nov 19 and 20 (See Front Page Article)

Portland Master Plan Hearings  
 Nov 8, 15 and 29 (See Page 3)

Friends of Trees Deadlines/Dates  
 (See Pages 2 and 4)

Nov 5, 12 and 19 - Training Dates  
 Dec 12th - Sign-up and Register  
 Jan 9th - Select and Pay for Trees  
 Jan 21st - Planting Day

Pretty Kitty Holiday Craft Bazaar  
 Nov 12 (See Page 5)

Annual Neighborhood Cleanup  
 Saturday, Apr 28th (See Page 3)

## Farming the Median Strip

(Kathryn Mathew)

Median Farms is a newly formed group of gardeners and activists. Our dream is to transform median strips into a community snack-spot, an educational resource, and a testing ground for small-scale, food gardening. We are working with communities and individuals to prepare for various gardening projects this coming spring.

Why the median strip you might ask? We see it as the often ignored little piece of land that buffers the sidewalk from the curb. The intention of Median Farms is to convert this barely thought-of land into a community resource that increases food-security, public knowledge of food gardening, and that strengthens neighborhood bonds. Median Farms is part community project, part social experiment--in which we will work together to grow food in median strips. It will be a social activity between neighbors and a small step towards increasing local food-resilience.

The Median Strip has a unique if not (yet) glorious position in the urban landscape. Median Strips are technically the property of the city, or "public property," but are in stewardship of the nearest property owner. They are a sort of border land between the public and the private. The lawn as we know it now, is the inheritance of various enclosure movements in which common grazing land has been increasingly fenced off into private ownership. This movement from public to private has had huge implications, good and bad, for the political and social life of Western civilization. In his famous essay, "The Tragedy of the Commons", Garrett Hardin uses the example of a communal grazing area as a parable that illustrates that a commonly held resource is inevitably



An example of a well-farmed parking strip. (Kathryn Mathew)

depleted by the selfish economy of individuals. Or as Aristotle said "that which is common to the greatest number has the least care bestowed upon it." We hope to bring back the idea of the commons and to foster within our communities a sense of responsibility and care for that which belongs to all of us, both now and in the future.

Median Farms looks forward to the prospect of working in whatever capacity fits the needs and wishes of North Tabor. If you are interested in Median Farms or have any questions, please feel free to contact any time.

Median Farms Project Coordinators: Kathryn Mathew, Emma Onstott. E-mail: medianfarms@gmail.

## North Tabor Board and Providence Portland Struggle with Providence Portland Good Neighbor Agreement

Zach Michaud reported on the progress of the North Tabor - Laurelhurst - Providence Good Neighbor Agreement during the October general meeting. Providence rejected all of North Tabor and Laurelhurst Neighborhoods Associations' requests. Providence will not agree to the removal of the cell phone tower located on the roof of a building recently acquired nor will Providence agree to no new cell towers being added on their premises. Additionally, Providence will not agree to no new net gain of parking spaces as Providence continues to grow. The space occupied by Elderplace will not be opened up as retail space, as Providence is opposed to supplying Elderplace with a space on the Providence campus, or working a space into the Providence Master Plan. The issue of entrances and windows facing Glisan to avoid a blank wall and non-community feel was also rejected by Providence. In light of the complete rejection of North Tabor Neighborhood Association's Good Neighbor Agreement proposals, Jacob Wollner made a motion for North Tabor Neighborhood Association not to sign the North Tabor - Laurelhurst - Providence Good Neighbor Agreement as it stands. Moonrose Doherty seconded and the motion was passed. (More on Page 3)

## State Rep. Alissa Keny-Guyer at Laurelhurst Cafe and Seven Virtues

Alissa Keny-Guyer was sworn in as our State Representative to fill the seat formerly held by Representative Ben Cannon. Rep. Keny-Guyer stated that she is passionate about improving our economy, public education, health, and vital services for our community. She hopes to meet many of her North Tabor constituents at a series of coffees to be held in and near North Tabor. Come out and join your neighbors in this opportunity to let your representative hear your concerns and ideas.

### Saturday, November 19

9:00 - 10:00 Laurelhurst Cafe, 4611 E Burnside St.  
 10:30 - 11:30 Seven Virtues, 5936 NE Glisan St.

### Sunday, November 20th

1:00 - 2:00 Cafe au Play, 5633 SE Division St.  
 2:30 - 3:30 Cooper's Coffee, 6049 SE Stark St.

## North Tabor Equinox Party Features Bouncy House and Hula Hoops



Photo by Robert Jordan  
 Well, someone clearly thinks Mom and new neighborhood friend are having more fun than he is. Don't these bigger folks know how to share their toys?  
 (More photos on Page 4)

Thanks to the Providence Montessori School and the Portland Community of Christ Church for the use of the wonderful space, North Tabor Neighborhood Association held what will hopefully be the first of an annual North Tabor Equinox Party. Those who made it to the event, despite the rain and cool weather had a great time. It was wonderful to see so many families with young children. High points of this year's party included a bouncy house, hula hoops, live music, and bug juice. Lots of networking took place among neighbors. See you next year!

## Homes in North Tabor Dress Up for Halloween



Photo: Robert Jordan

The Spirit of Halloween was alive and well throughout North Tabor last week. Several residents really go out year after year with their decorating. Wouldn't it be fun to have a Tour of North Tabor Haunted Houses? We apologize if yours was missed, but we couldn't resist taking photos in our immediate vicinity of some of the displays that caught our eye this year.

## Welcome To North Tabor

Neighborhood associations are a recognized voice in the City of Portland. We encourage you to become an active member! Let your voice be part of the process.

Participation is voluntary and open to all residents who live, work, rent or own property, or have a business, non-profit or government facility within our boundaries. Next meetings, 6:30 pm, Tues 11/15/2011 and 1/17/2012, 5520 NE Glisan St. (No Meeting in December)



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 December 20th, 2011 for distribution in January. 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. Photos 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 December 28th, 2011 to reserve space. Ad placement is based on payment and the earliest receipt of ad copy.

## Publication

The North Tabor News is published by the North Tabor Neighborhood Association. The North Tabor News reserves the right to edit material submitted for publication. Unless otherwise noted, opinions expressed are the opinion of the author and not those of the North Tabor Neighborhood Association or its board. Publication and distribution of the North Tabor News is the result of a combined volunteer effort. To help with the production of the North Tabor News, contact editor@northtabor.org or submit articles, stories, photos, announcements or suggestions via email to editor@northtabor.org, or by post to North Tabor News, c/o 302 NE 57th Ave., Portland, OR 97213, or leave a message at 503-928-4655. Printing and postage expenses for the North Tabor News are paid from advertisers fees and sponsors with a supplement from the North Tabor Neighborhood Association and a small grant from Southeast Uplift.

## 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 t and governmental agencies.

For more information or to apply to serve on the NTNA Board or any of its committees, please leave a voicemail at (503) 928-4655 or email chair@northtabor.org.

Moonrose Doherty, Secretary, Sustainability  
Christin Huja Zach  
Michaud, Chair Gail  
Morris  
Jacob Wollner, Vice Chair

## Work Group and Committee Contacts

Annual Cleanup, cleanup@northtabor.org  
Calendar Notes, calendar@northtabor.org  
Friends of Trees, fot@northtabor.org  
Land Use, landuse@northtabor.org  
Newsletter, editor@northtabor.org  
Night Out Events, nightout@northtabor.org  
Schools Liaison, schools@northtabor.org  
Volunteer Coordinator, volunteer@northtabor.org

## Advertise in the North Tabor News

Reach 3000+ North Tabor Residents for pennies per copy.  
Advertising rates start as low as \$25 per issue.  
Now accepting inserts of your fliers or brochures  
503-928-4655 or email advertising@northtabor.org



covered and spirits were high going into a second year of this new board's work.

Ajai Huja, the neighborhood's treasurer, put in his resignation from the board due to being unable to attend regular board meetings in the future. We were happy to hear that we will still see him around as he will remain active in creating more events like the Fall Equinox Party that he helmed. Now, he will be performing at more of a committee level, which we think is great!

Where we lost one Huja, we gained another, as Ajai's wife Christin nominated herself to serve on the board and was voted on unanimously by neighbors present at the meeting.

In communications news, the board voted to approve funding John Morris' expense for a website class at PCC. John has been helping us for several months with our new website and this class will further help him in that work. Our hope is to have a website that not necessarily replaces the printed paper, but supports it in an online format and adds an open two-way communication directly between the neighbors and the board. Some online interaction is already taking place with neighbors who have "liked" our Facebook page (www.facebook.com/NorthTaborNews), but we understand that Facebook does not reach all in the neighborhood. Know that it is an option if you have something you would like to share in that format.

Speaking of "liking" pages on Facebook, we just "liked" our new friends over at Willamette Pedestrian

## Promote North Tabor With a Temporary Lawn Sign

We are looking for North Tabor residents and businesses around the neighborhood who would be willing to "adopt" a yard sign to place out a week or so before meetings and neighborhood events to serve as a reminder. If you would be willing to adopt one of these signs, please call 503-928-4655 and leave your name and phone number or email address so we can get back with you when we have signs available.

Once your signs have been delivered, you will be contacted by phone or email with reminders of when to put out the signs and when to bring them back in. So often we hear "I totally forgot about the neighborhood meeting (or event)!"

## Friends of Trees Needs Planting Crew Leaders

Andy Meeks, Friends of Trees

Crew leaders are needed for more than 65 different planting events with Friends of Trees this season. We're aiming to plant over 5,000 street and yard trees in our award-winning Neighborhood Trees program and around 25,000 native trees and plants in our Green Space Initiative program this season. No experience is necessary, rather the enthusiasm and desire to make the Portland region a greener and healthier city. As a Crew Leader, you can make a tangible and immediate contribution; plus, it's an excellent way to meet people and learn more about our neighborhoods and green spaces.

Our urban canopy provides so many tangible benefits: including stormwater retention, carbon sequestration, traffic calming, shade and cooling, and significant property value appreciation. It's easy to overlook the less tangible benefits of aesthetic beauty, wildlife habitat, and the rustle of dry leaves on a cool night. Plant the next generation of trees that comprise that urban canopy!

To join our Crew Leader ranks (and earn a coveted Tree Team t-shirt in the process), you need to attend a training on a Saturday in November to learn how to plant trees, how to lead our crews of volunteers and how to help be a great liaison to the community at our events. We ask that all Crew Leaders attend at least 4 plantings over the course of the season and these can be scheduled in advance for when they best fit your schedule.

Pre-register now for either the Green Space Crew Leader program or the Neighborhood Trees Crew Leader program. Trainings for Neighborhood Tree plantings are scheduled:

Saturday, Nov 5, 9am-4pm, Moreland Presbyterian Church, 1814 SE Bybee Street, or Saturday, Nov 19, 9am-4pm, Evergreen Bible Church, 9600 East Mill Plain Blvd., (Vancouver)

Training for Green Space Initiative plantings is scheduled Saturday, Nov 12: 9am-4pm, at the Audubon Society, 5151 NW Cornell Road.

If you have any questions about being a crew leader or need additional information, please don't hesitate to contact Andy Meeks at 503-282-8846, ext. 24 or AndyM@FriendsofTrees.org.

# Notes From the Chair

Zach Michaud, Chair, North Tabor Neighborhood

Coalition who gave a presentation at October's meeting. This non-profit, volunteer supported and operated group works to: make sure walking projects are integrated into new neighborhood plans and developments; educate pedestrians in safe and healthy walking; empower coalition members to advocate for solutions to problems they see; and promote legislation that improves pedestrian safety and invests in pedestrian needs. Check them out at www.wpcwalks.org or call 503-223-1597.

Another exciting project we learned about at October's meeting was from our own Sustainability Committee. Board members Moonrose Doherty and Gail Morris have been working on a way to create identity for the neighbors of North Tabor. Surrounded by such recognizable neighborhoods like Mt. Tabor, Laurelhurst, Hollywood, and Montavilla, sometimes our neighbors are not sure where they live. (No wonder we do not always see the turnout we would like at a neighborhood meeting!) Gail and Moonrose have teamed up to write a grant proposal which they have submitted to Southeast Uplift, our neighborhood's parent coalition, to purchase fabric banners that can be mounted on PGE poles to identify North Tabor Neighborhood boundaries and let residents and guests know they are in North Tabor! In addition to the banners, the grant funds would also help with an information fair that will let neighbors know about resources to achieve goals and solve problems that are available here in our own neighborhood and about the North Tabor Neighborhood Association.

If you would like to get involved in any capacity, let us know! Our website, mailing address, voicemail number, and emails are included throughout this paper. You can also contact me personally at chair@northtabor.org.

## Donated Food, Clothing and Other Items Needed during the Holiday Season for FISH Emergency Services

FISH Emergency Services is drastically short of several necessary items that you and I may take for granted, such as toilet paper, used men's clothing, baby food, diapers, feminine hygiene products, and canned food. There is a very severe food shortage in Oregon right now, the worst in 30 years. Meanwhile, the government is proposing sizeable cutbacks in food assistance programs. FISH needs your help so they can distribute these items to families and individuals living in poverty. Poverty has a much wider reach than it once did. You can call FISH at 503-233-5533 to find out what is most needed and where to drop items off. Here's a list to start off with:

men's clothes and shoes, toilet paper, toothpaste and toothbrushes, shaving razors, baby food, high protein energy drinks, cereals, juices (individual size), spaghetti & macaroni pasta, rice, canned fruits and vegetables, refried or baked beans, chili, snack pack puddings, microwaveable meals, ramen noodles, bags of apples/oranges, bags of potatoes, and powdered milk.

## Sustainability Projects Need Volunteers

Moonrose Doherty, Sustainability

This is a call out to the neighborhood for those interested in sustainability and also a welcoming invitation for those of you who are interested, to please come and join a committee, or if that sounds like too much of a commitment, to help out on a project, or help with writing or organizing a grant proposal. Moonrose Doherty invites you to join her in sustainability efforts for North Tabor Neighborhood. The possibilities are endless and there are grants out there that could assist us in our next North Tabor Project. What would you like to see in North Tabor?

Would you like to see a community space? A hub or place where benches and trees welcome residents and a community kiosk that provides information about the neighborhood? Or maybe you'd like to see a Gardenshare program where residents share produce or space or gardening/food preservation expertise? Perhaps you would like to help get a North Tabor Walking Group together? Or maybe a Walking Group and a North Tabor Walking Map?! Maybe you are interested in a community mural project and you know the perfect space, an artist that would be interested, or something about the process? There is also neighborhood asset mapping, a neighborhood history partnership with schools, and community-building event ideas that need your input, energy, and guidance. Call 503-928-4655 or email sustainability@northtabor.org with your ideas.

## Mark Your Calendars: Tabor Neighborhoods Clean-up Scheduled April 28, 2012

By Candice Jordan, Clean-up Committee

The North Tabor Neighborhood Association (NTNA) will once again partner with Mt. Tabor Neighborhood Association (MTNA) to organize and staff our annual cleanup. Saturday, April 28th has been selected for the date of this year's clean-up and will be held again at Mount Tabor Middle School. This year's date is earlier than usual, but will coincide with Earth Week. Initial planning and preparations are being made by Paul Leistner and Amy Chomowicz of MTNA and Moonrose Doherty and Candice Jordan of NTNA. The cleanup committee could use the help of many neighbors to make this a successful event. For those of you new to the neighborhood, the annual clean-up is an opportunity for residents to get rid of accumulated trash, plant debris, and other waste at prices less than you would be charged to take to the dump. There is also a big emphasis on reuse and recycling with arrangements made with various organizations and partners to reduce the amount of waste going into our landfills, offering convenience and savings to our neighbors. Just like the tree planting, it is a fun and interactive social event with a result that benefits us all. If you would like to help plan and participate in the clean-up this year, please email [cleanup@northtabor.org](mailto:cleanup@northtabor.org) or call 503-928-4655.



Gargoyle guarding over walled garden in North Tabor.  
Photo by Mike Renfrow

## Portland Master Plan Hearing Dates

Leah Dawkins, SE Uplift Land Use Program Manager

The much anticipated Portland Plan Draft has been released and is available for public review and testimony. The Planning and Sustainability Commission will be holding public hearings on the Portland Plan throughout November. The hearing schedule is as follows: Tuesday, November 8, 5:30-9 pm, Jefferson High School, 5210 N Kerby; Tuesday, November 15, 5:30-9 pm, Parkrose High School, 12003 NE Shaver; Tuesday, November 29, 5:30-9 pm, 1900 SW Fourth Ave., Conference Room 2500.

## Letter from Montavilla Food Co-op

Thanks to our member-owners, we are now 56 members strong and over halfway to the 100 member-owner threshold! At 100 member-owners, we'll progress to a more formal organizational structure, obtaining matching grants and get closer to our goal of opening our store! So if you haven't made an investment in the Montavilla Food Co-op, now is the time! An investment in your food co-op is an investment in the health and well being of your family, community and neighborhood. Everyone will be welcome to shop at our co-op. But, picture walking through the doors of a thriving local business offering healthy, locally sourced food and products with socially and environmentally responsible values and cooperative guiding principles, knowing that your investment has helped make it happen!

One of our members' most frequently asked questions is: what's the connection between the Montavilla Food Buying Club and the Montavilla Food Co-op? While we are separate organizations, the Co-op is proud to be associated with the buying club. Many of our members are also buying club members and we share similar values: learning more about where our food comes from, making conscious purchasing choices, and supporting the local economy by bringing good food to the neighborhood. The buying club organizers say it's a great way to "Buy Better Together": better quality at better prices with better (less) packaging. Go to <http://montavillafbc.wordpress.com> to learn more and start buying bulk. To learn more about the Co-op member-owner benefits or to join on line through our website, go to <http://www.montavilla.coop/node/22>. If you have any questions, please contact us at [ownershare@montavilla.coop](mailto:ownershare@montavilla.coop) or call us at (971) 208-5743.

## Montavilla Food Co-op Seeks Volunteer Coordinator.

If you've been to any Co-op events, you know how wonderful our volunteers are. To continue to build, expand and organize our volunteer base, the Co-op Core team is seeking a Volunteer Coordinator – an individual who can commit an average minimum of 4 hours per week, is capable of efficiently organizing and delegating tasks and activities, and is comfortable communicating with a diverse group of volunteers with varying levels of commitment. If you are interested and would like to see a description of the activities asked of this position, contact [outreach@montavilla.coop](mailto:outreach@montavilla.coop). At this point in time, the Volunteer Coordinator position is unpaid; however, funding may become available in the future.

## North Tabor Neighborhood Submits Application for Sustainability Grant

Moonrose Doherty, Sustainability

Moonrose Doherty and Gail Morris have been working on putting together a plan and proposal for the SEUL/Neighborhood Small Grants Program for a November 1, 2011 deadline. The sustainability focused proposal includes North Tabor neighborhood banners that would be placed on utility poles along Glisan. The new banners would be introduced with a neighborhood recognition celebration and health and safety fair to help create a North Tabor that is more engaged and has a sense of place. The Glisan St. Fred Meyer store has agreed to partner with us as a sponsor for the event, providing their back lot as a location. A variety of organizations will be invited to provide educational and informational resources to North Tabor residents. Informational booths will be available on local resources, services, how to be healthy and safe, and how to get engaged in the North Tabor community. To help boost the identity of North Tabor, the "know your neighborhood" game will be prepared for the event. Watch for more details.

If you would like to help on these projects, contact [chair@northtabor.org](mailto:chair@northtabor.org) or call 503-938-4655.

## Update to Providence Good Neighbor Agreement

Zach Michaud, NTNA Chair

At a meeting with Providence representatives on November 1st, no new draft of the GNA was present for signing, but discussion throughout the night was focused and productive. Providence's James Arp lead with concessions to some typographical errors that Laurelhurst Neighborhood pointed out. He also conceded to remove the section about the neighborhoods not being able to appeal the Conditional Use Master Plan (CUMP) because negotiations are still taking place on the updated version. Discussion then devolved for a short time over how effectively the Good Neighborhood Agreement is utilized for all parties. Essentially, the neighborhoods wanted to add stipulations to the Good Neighbor Agreement (GNA) that Providence felt would conflict with the CUMP plans and Providence did not want to be stuck between a CUMP that said one thing and a GNA that required another. Providence reminded the neighborhoods that although they already submitted the CUMP to the city, comments are still open and that would be the best way for the neighborhoods to bring up changes they think should be made to the CUMP. Providence will draw up final draft of GNA for neighborhoods to sign.

The next large section of the meeting was spent talking about traffic and parking issues that Laurelhurst Neighborhood association (LNA) had found in the new CUMP. LNA identified specific actions that PPMC could implement to more aggressively reduce single occupant car trips that were only addressed in a very general way in the proposed CUMP. Providence agreed they would take the list back to their Transportation Demand Management (TDM) team to see what they could integrate into the CUMP. The big message out of this topic was that the standing committee needs to reactivate the transportation work group that was established by the original GNA to address more of the transportation issues than can be addressed in a meeting where we are trying to finalize a GNA.

## North Tabor News Needs Reporters and Photographers

The primary purpose of the North Tabor News is for the North Tabor Neighborhood Association to communicate with all residents and businesses in North Tabor, especially those who do not have access or choose not to use the internet. Every attempt is made to include everyone, inviting participation and feedback to the board. We also strive to support sustainability by increasing awareness of local businesses within and in proximity to the neighborhood and provide communication from various governmental agencies.

We were delayed in publishing this issue and unable to include some planned articles due to illness, computer issues and other complications in the lives of the 2 volunteers who are primarily responsible for the North Tabor News. If we had more volunteers, especially ones with knowledge of or interest in learning how to use the software for publishing, we might have been able to overcome these issues.

The last part of the discussion was open to any remaining questions about the CUMP. Laurelhurst neighborhood brought up a gray area surrounding the proposed expansion of the ambulatory care building on the northeast corner of 47th and Glisan. The expansion would put the building over the square footage marker that requires ground floor retail space to be integrated into a new building along Glisan. The question is, would the expansion be considered a new building or just an expansion? Is there a requirement for retail space? The last discussion topic was the proposed skybridge across 47th Ave. Both neighborhoods were assured that an inclusion of a skybridge in an approved CUMP does not mean a skybridge will be built. If, within ten years, PPMC decides that they would still like to build a skybridge, they have to apply to city council for an encroachment permit and at that point, the neighborhoods could weigh in with comments to the city.

The big message that I took away from the whole meeting was that North Tabor needs to hear more voices from the neighbors on issues they may be having with relation to Providence. This is the time to get to know the CUMP, make comments, form committees that can gather information and create a position. Once the project is being presented to the neighborhoods, we should be ready with our comments, not a month after the project is presented. The only way we can do that is to hear voices now, to start planning now. Worried about traffic at 47th Ave and Glisan St., at 60th Ave and Glisan St.? Worried about Providence employees parking on the street next to your house? Think Glisan is over congested during rush hour? If you are having problems with these or any other issues, the Providence GNA committee needs your participation. Please email [chair@northtabor.org](mailto:chair@northtabor.org) or call 503-928-4655 if you would like to become involved in this or any other North Tabor issue, committee or project.

Is there some part you can play in keeping this publication sustainable? Is there a subject for which you would like to provide content--sustainability, transportation, safety, history, neighborhood schools or churches or...? We could use reporters in various areas to help spread out the workload and photographers or graphics to help bring articles to life.

Could you help us cut our costs by hand-delivering the six issues per year to your neighbors in an area near your home? Could you deliver copies to businesses?

Could you obtain new advertising accounts? If you feel shy about that, could you maintain communication with a few of our ongoing advertisers?

By spreading out the work load we can insure that our own neighborhood paper improves, continues to arrive, and continues to be a fun project for all involved. Let us know what you can do. Please call 503-928-4655 or email [editor@northtabor.org](mailto:editor@northtabor.org).

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## Montavilla Farmers Market Holiday and Winter Dates

Nay Shayan, MFM

Shopping and eating locally isn't just for fair-weather friends, so join us at the Montavilla Farmers Market this winter. We're proud to offer you the opportunity to continue celebrating the bounty of the Montavilla community this season. Come out and reward yourself with quality produce and artisan foods. Keep your home stocked through this winter with the nutritious staples your family deserves. Bundle up and join us the second Sundays of December, January and February from 11 a.m. to 1 p.m. to fortify your pantry. Be sure to mark your calendars for our Harvest Market the Sunday before Thanksgiving 10 a.m. to 2 p.m. its going to be a cornucopia of delight. Located on the 7600 block of SE Stark. For more information visit our website: [www.montavillamarket.org](http://www.montavillamarket.org).



(Photo: Montavilla Farmers Market)  
Looking for something to get you out on a winter's day? Check out the local winter farmers markets. More on Page 1

## Friends of Trees Sign-Up Deadline December 12th!

Moonrose Doherty, North Tabor Friends of Trees Coordinator

It's "Friends of Trees" time again! This is our once-a-year opportunity to get beautiful trees for our yard or parking strip at bargain prices, planted by volunteers who want to increase the tree canopy by growing more trees. Signup in North Tabor must happen by December 12 and planting day is scheduled for January 21, when Friends of Trees' volunteers will be on the street planting in North Tabor, Kerns, Laurelhurst and Sunnyside neighborhoods. Signing up is easy, just go to [www.friendsoftrees.org](http://www.friendsoftrees.org) and click "Order street and yard trees" and you will be guided through the steps. If you need help with the sign-up process, email [fot@northtabor.org](mailto:fot@northtabor.org) or call 503-928-4655.



Crew busy at work at last year's planting.

Parking strips in the neighborhood (that are at least 30 inches wide), deserve a lovely tree whether it be a flowering, fruiting, evergreen, or fall color tree. If you have a parking strip and it is treeless or could use another tree, this is your chance to beautify that space and clean the air! There are a variety of trees including small stature, fast-growing, and slow-growing trees. Within city and Friends of Trees guidelines, you select what is the best tree for your spot. Here is how it all works:

## FOR THE CHICKEN HEARTED: The Teaching of Chicks....

This week, one of the chickens approached me with a thoughtful look in her beady eyes.

"Rather than going on and on about the silly things that happen around here, I wish you would submit something a bit more cluck-cluck...substantial", she said.

"We are frequently reading about hens with unusual plumage; hens that produce more eggs; hens with sharper beaks or hens who scratch out a worm in record time! Surely you have noticed that at this very moment inside the coop, real changes are taking place-and that is what you should be reporting on! The inhabitants of this run are not as hopeful and excited as two years ago, when the whole business was new. You would think that those airheads would give the restructuring of the coop a bit more time...Instead they do nothing but complain and obstruct every move I make. All day long they listen to the squirrels next door who claim they would run this place better than I do. I'm sick and tired of it! When one of the hens settles herself on a branch, the squirrels insist on charging rent. If we don't dish it out right away, they double the amount. Some of us are at the end of our rope. Do you see that fat grey squirrel up high, the one with the bushy tail? He says that we owe him for his protection; that without him, the possums would overtake this yard

what needs to happen? We need to raise a whole new kind of chicken and...." She paused, and looked at me with some melancholy, moving her old head back and forth, while slowly pecking between the roots of a blueberry bush.



by Monique Mos, Neighbor

and make us all speak Possum! And while he, and the likes of him, fill the heads of those gullible creatures inside the coop with this nonsense, they gather up our grain, and right before our very eyes take off with it and stash the whole lot in a hollow tree while my hens have to do without! Next thing you know, we'll have to buy back the food we gathered ourselves by polishing and combing

his tail for him. And after that, we'll simply be too tired to do for ourselves and we will end up paying him for our own eggs!

"Because the squirrel, you know, does not expect us to stand up for ourselves, just maybe cluck a bit: cluck, cluck here and cluck, cluck there...and in the end, that's what we too, will believe is all we can do. Cluck! You know

what needs to happen? We need to raise a whole new kind of chicken and...." She paused, and looked at me with some melancholy, moving her old head back and forth, while slowly pecking between the roots of a blueberry bush.

"We need to start when they have just hatched! We need to teach those little ones the things that are truly important. That is our only hope, cluck, cluck.

"Our only hope", she said.



## More Halloween Photos Taken in North Tabor Neighborhood



(Photos: Robert Jordan)

## More Photos from the 1st Annual North Tabor Fall Equinox Party



The Bouncy Castle was among the activities and entertainment provided by Ajai and his volunteers for the Fall Equinox Party. Participants got to make their own fall leaf themed nametags at the welcome booth or just take one of the pre-decorated ones.  
(Photo: Robert Jordan)



Little bug getting a bit of fuel before heading off to the Bouncy Castle.  
(Photo: Robert Jordan)

Won't you help North Tabor Neighborhood Association to plan some fun events for the whole neighborhood in 2012? What ideas do you have to add? What is a kind of event that would bring out you and your family to meet your neighbors and find out all the things we have in common? Let us know by leaving a message at 503-928-

# North Tabor Resident Travels to the Wallowa Mountains with Portland Parks and Recreation

Story and Photos by Avis McHugh, Neighbor

I love to walk and I love to hike. I have been doing both, using events with Portland Parks & Recreation. I live alone and would not have done this summer trip by myself. Metro Mover walks are easy and in town. Hike for Health trips average 5 to 7 miles on trails near the Portland area. Those trips are for senior-age folks, with other programs for all ages.



View of the Wallowas from the top of Howard Mountain

In September, I went on a five-day excursion trip to hike in the Wallowa Mountains. Two days were travel days and three days there allowed for a tram trip to Howard Mountain. As we walked the trail, we had views of the rugged mountaintops and wild flowers. Next day there was a drive up to see Hells Canyon with views from Top Hat Mountain and other wonderful short hikes to interesting viewpoints. Our last day was spent at the Chief Joseph Memorial and on a hike to Hurricane Ridge to a



September wildflowers on Hurricane Ridge

beautiful waterfall above Slick Rock Gorge. This was a wonderful adventure and one that I will always remember.

I always felt safe. We had free time, the ability to fix our own food, and the cost was reasonable. The leader was fun to be with and accommodated different hiking abilities and personalities. I highly recommend Portland Parks and Recreation programs for seniors and younger. Ages were from 25 to 70+ on the Wallowa trip.

“Healthy Parks, Healthy Portland.”

The Outdoor Recreation program offers access to extraordinary natural and cultural landscapes in and around the Portland metro area through a wide range of outdoor classes, trips, and overnight adventures. Participate in a multitude of fabulous, unique, outdoor recreational opportunities offered at reasonable prices with qualified and experienced leaders.

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Slick Rock Gorge from Howard Mountain Trail



Trail through the trees at the top of Howard Mountain

The 11th Annual  
**Pretty Kitty Holiday Craft Bazaar**  
 Saturday, November 12, 2011 - 10:00 am - 4:00 pm  
 Tabor Space, 5441 SE Belmont St, Portland, OR 97215  
Featuring handmade gifts for people and pets! Silent auction and raffle for great prizes! Special Free Pizzazz that adds 10% off to one selected table. Email: kathy@houseofdreams.com

## House of Dreams Pretty Kitty Holiday Craft Bazaar Nov. 12

Now in its eleventh year, the Pretty Kitty Holiday Craft Bazaar is House of Dreams' biggest annual fundraiser. The bazaar features handmade gifts for people and pets, a large silent auction, and raffle prizes. One of the most popular elements of the bazaar is "Second Time Around", our sale of quality pre-owned holiday items. All of the proceeds from the bazaar go directly to the care of the cats at House of Dreams.

House of Dreams is a non-profit, all-volunteer operated cat shelter located in the North Tabor area of Portland. We provide shelter and care for abandoned and homeless cats, with the goal of finding them permanent homes, or providing them a lifetime home in our facility. House of Dreams is a free-roam, no-kill cat shelter, and one of the only area shelters with facilities for Feline Leukemia positive kitties.

**Saturday, November 12, 2011, 10:00 am - 4:00 pm**  
**Tabor Space, 5441 SE Belmont St.**

Contact House of Dreams at 503.262.0763 or visit our website at [www.kittydreams.org](http://www.kittydreams.org). House of Dreams is a 501(c)(3) organization.

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## Am I Your Neighbor?

*This is the first of a series of autobiographical writings that will make you wonder if you are recognizing your neighbor, and if so, which one? Maybe it is the one who always climbs in a tree when you approach... Should you recognize details, and finally get the whole story, do not hesitate to re-introduce yourself. Remember: there must be something you have in common. Maybe you both tie up your tomatoes with broken shoe laces, spend your weekends walking backwards or are passionately reading about the other side of the Kilimanjaro....*

I write for a living but I am not used to writing about myself. However, at the request of a good neighbor, I will make an exception here and respond to some questions (though I have been instructed to make it look like I am not doing that.)

We have lived in this neighborhood for almost 15 years, moving from the Hawthorne area when it got too busy for us and we needed more room for our growing kids. I have lived in Portland for over 20 years now and much prefer it to the Midwest, where I am from. I grew up in Joplin, MO, lately of tornado fame, so it is easy to see why the Pacific Northwest looks better to me.

This house and neighborhood have been good for us. It is very convenient to major surface routes and the highway, important for me in a former business that required me to drive every day and handy for my wife who travels to various parts of town for her job.

My two boys went to Glencoe grade school and da Vinci middle school, both of which were excellent. High school has been a little bit more challenging but it has worked out pretty well.

It would be nice if there were more close walking distance restaurant/pub kind of places, but if there were too many we would be back in the Hawthorne situation with people carousing around at 2:00 in the morning. You can't have it both ways, I guess. I do like being so close to the small Fred Meyer on Glisan. As I work at home, it is nice to have an excuse to get out of the house and go to the store on a daily basis. Sometimes I think I am more familiar with the store layout than the employees are.

We are pretty regular people, try to be decent to others and teach our kids to do the same. It seems to be working so far. Both of them are rapidly approaching adulthood so we will be able to see how they actually turned out before too long. I just hope they can find jobs and don't end up living in the basement.

Most of my favorite jokes could never be published in a newspaper like this. My older son says he wants to be a comedy writer (which does not explain why he goes to Oregon State) so I guess my very favorite joke will be the first one someone pays him for. He has performed standup comedy at some open mic nights and says he was well received (we didn't shame him by attending) but so far I have yet to see a check.

As for free time, it seems like most of the stuff we do centers around the kids and their activities, usually sports. That will be over soon when our younger son goes off to college so I will have to find something else, maybe a return to the fishing and golf that has been mostly on the shelf for the last 20 years. We'll see what my wife has to say about that.

That is the tale of me. The good thing about starting with my life story (I understand this is the first of a series) is that everyone who comes after me will look fascinating by comparison. It is always better to start slow and build to a big ending.

## The Visionary Aspects of the Arts and Crafts Movement

Sat., Nov 12, 2011, 10-11:30 am (\$10-\$18)

Explore the influences and aesthetic ideals that evolved into the International Arts & Crafts movement during this presentation by Barbara Pierce and C.J. Hurley. In marked contrast to Victorian era architecture, our presenters will illustrate what inspired Arts & Crafts architects to unite their designs with nature and ultimately to "bring the outside in" through structure and decorative details. Register on line at [www.visitAHC.org](http://www.visitAHC.org) or phone 503 231-7264.

Architectural Heritage Center, 701 SE Grand Ave.

## Five Pruning Tips for Newbies: Basics for the Timid and the Wild

By Bonnie Bruce, Master Gardener

There are basically two types of newbie arborists – the timid and the wild. The timid are those who live in fear of making the WRONG cut and therefore clip around the edges of a plant without accomplishing the job. The wild ones are the slashers, who boldly tackle pruning, brandishing loppers like Don Quixote charging windmills. Before you head for the garden here a few basics tips to remember.

### 1. Safety First

Pruning may seem like a relatively tame activity, but anytime you play with a tool meant to cut, be cautious. Protect your extremities: wear gloves and sensible shoes with closed toes and a shirt with long sleeves. Likewise, plants can poke and slap back, so safety glasses are always recommended. Have a healthy respect for electricity when using power tools. Always use a grounded extension cord. Do not drag your cord or equipment through puddles. Better yet, do not use power tools in the rain. Know where your power cord is in relationship to the blade end at all times. One careless cut will end your work for the day.

### 2. Tools of the Trade

You don't need many tools, just the right tools.

**Hand Pruners:** Find the pruner that fits your hand size and is comfortable to use or you will be tired before you begin.

**Loppers:** A well balanced, light weight lopper will make the job easier.

**Hand Saw:** There are many styles. Some have sheaths for the blades; others fold the blades into the handle for storage. My preference is the folding saw with a quick and easy release so I am never tempted to pocket the saw without protecting the blade first.

**Pole Pruner:** Some jobs require reach. Rather than struggle with ladders, pole pruners extend your reach while your feet stay planted. Be sure the pole pruner you use is right for the job. There are light use and heavy use pruners. Don't ask a light use pruner to cut through a branch more than 1 inch in diameter, or you may tax the tool and frustrate yourself.

**Hedge Trimmers:** Pay attention to how much the trimmer weighs. A big person can handle a heavier trimmer more easily than a smaller person for longer periods of time. Equally important as overall weight is an easily accessible "dead" switch. Remember, safety first.

All tools should be clean, well oiled and sharp when you begin. Dull blades and tools which have poor "action" are more dangerous and frustrating to use. They can bind and stick and require more force and strength to accomplish the job. Choose tools with brightly colored handles. They are easier to find on the ground or among a pile of prunings and less likely to get lost.

### 3. Know Your Plant

Some plants are happiest pruned in the spring before they leaf out and others do best when dormant in the late fall or winter. Familiarize yourself with the plants you prune, do a bit of research and get the timing right. As example, rhododendrons, azaleas and camellias all set their blooms over the summer months. If you prune any of these plants in the fall, you will lop off next spring's blossoms. Prune after they bloom, in early summer. If you prune a birch in the spring while it is in its growth spurt, it will bleed (the sap will run profusely, sometimes killing the plant). Know your plant.

There is an ongoing debate about the correct time to prune fruit trees. According to Joe Harrity of Harrity Tree Specialists,

Europeans carefully prune their trees in summer to eliminate unwanted new growth and to direct the tree's energy into fruit production. In the US, fruit growers prune in the winter during dormancy, after the growing season is over and they have the time to prune. Choose for yourself on which side of the debate you stand.

Before you start cutting on a plant, take a careful look at its natural growth habit-- is it upright, prostrate, weeping, dense or open? Respect the natural lines of a plant. Attempting to rigidly control the shape of a plant will set you up for an ongoing power struggle with Mother Nature. Example: plants do not grow in geometric shapes left to their own.

### 4. Technique is Important

Plants respond differently to pruning when different techniques are used. Thinning cuts (cutting out secondary branches back to a main branch) will open up a plant from the inside and will discourage new growth at the center of the plant. Heading cuts (trimming the tips of the branches) will signal most plants to do just the opposite – will encourage new growth at the center, making the plant denser. Shearing with hedge trimmers (trimming the very exterior tips) will maintain even surfaces for formal hedges and topiary. A word of caution, on shearing: this technique is only successful on plants which have naturally dense growth. Remember -- respect the natural growth habit of a plant.

Three words on topping any tree (cutting the leading vertical branch to control height): don't do it. There are no trees that recover from topping. Instead, choose the right tree for the right location the first time.

Follow a few simple rules:

Cuts should be made at 45 degrees to allow water to run off and not puddle on the cut surface.

Remove branches crossing to the inside of the plant, this maintains good air circulation and structure.

When removing a good sized limb, to ensure the limb will cut cleanly and not tear the bark, first undercut the limb a few inches from the collar of the limb, then come back to make the final cut from the top just in front of the collar.

Take your time. Stop, step back and look at your work as you progress. This will help you to decide where the next pruning cut should be. "Less is more" should be your mantra, knowing you can always cut more but never add back.

### 5. Hire an Expert

Although pruning is not rocket science, there is a point when even the best amateur arborist should hire an expert. Consider calling a professional when:

The job is BIG. Leave the high ladder work and tree climbing to others.

A plant has suffered serious damage. Lean on a professional to advise you on the best strategy for rejuvenating a bad situation.

A series of poor pruning jobs have left a plant misshapen and it requires major restructuring. Don't risk making a bad situation worse, trust those who are practiced.

Bonnie Bruce, ANLD, LEED AP, Master Gardener,  
[www.CelloGardens.com](http://www.CelloGardens.com)

### References:

*The American Horticultural Society Pruning and Training, Christopher Brickell and David Joyce, Dorling Kindersley Ltd., 2011*

Joe Harrity, Harrity Tree Specialists, 503-331-0452,  
[www.harritytrees.com](http://www.harritytrees.com)

## Timely Safety and Crime Prevention Tips for the Holiday Season

The Holiday season is always a special time of year. It is also a time when busy people become careless and vulnerable to theft and other holiday crimes. We can never be too careful, too prepared or too aware. Here are a few Holiday Safety Tips, from your East Portland Crime Prevention Coordinators and Portland Police Bureau's East Precinct to help you make your season safe, secure and crime free.

**Home:** Be extra cautious about locking doors and windows when you leave the house, even for a few minutes. Also remember to close drapes and curtains. When leaving home for an extended time, have a neighbor or family member watch your house and pick up your newspapers and mail. You can also go online at [usps.com](http://usps.com) or in person to your postal station to request a hold on your mail. Indoor and outdoor lights should be on an automatic timer. Leave a radio or television on so the house looks and sounds occupied. Large displays of holiday gifts should not be visible through the windows and doors of your home. When setting up a Christmas tree or other holiday displays, make sure doors and passageways are clear inside your home. Be sure your Christmas tree is mounted on a sturdy base so children, elderly persons or family pets cannot pull it over on themselves. If you use lights on your Christmas tree, ensure the wiring is not damaged or frayed. Frayed or damaged wiring can cause a fire. Place your Christmas tree in a water container to keep it green, and remember to add water every few days. Never place wrapping paper in your fireplace. Be aware of what is happening on your street and with your neighbors. If you notice criminal behavior or suspicious activity, call 911, or non-emergency, 503-823-3333. Remember paper shredders, and motion detection lighting are good presents to give.

**Shopping:** Shop during daylight hours whenever possible. If you must shop at night, go with a friend or family member. Dress casually and comfortably. Take a secure purse or wallet; strap long enough to cross your body and leave hands free; straps should be thick enough so that they can't be snapped or cut easily; should zip completely closed and have secured flap covering the zippers. Pay attention to where you park, and have key in hand before heading to car. Take an envelope for receipts, and keep receipts separate from purchases. Only carry the necessary cash, checks and or credit cards you expect to use, along with your Drivers License or Identification Card. Notify the credit card issuer immediately if your credit card is lost, stolen or misused. Keep a record of all of your credit card numbers in a safe place at home. Don't overload yourself with packages. Make sure to have clear visibility and freedom of motion to avoid mishaps. Even though you are rushed and thinking about a thousand things, stay alert to your surroundings. Walk with purpose. Beware of strangers approaching you for any reason. This is a time of year, con artists may try a variety of methods of distracting you with the intention of taking your money or belongings. Store purchases in trunk, not in the passenger section where they can be seen. Once stored in trunk, either move car to other side of the store, or go on to another store. Be aware that thieves may be lurking in large parking lots on the lookout for shoppers leaving items in their cars while going back to other stores.

Wishing you and yours a Safe and Wonderful Holiday Season and a Happy and Prosperous New Year! From your East Portland Crime Prevention Coordinators and Portland Police Bureau's East Precinct.



# 60th Avenue MAX Station Project Update

Matt Wickstrom, Portland Bureau of Transportation

The last we left, the Planning and Sustainability Commission (PSC) recommended forwarding the 60th Avenue Station Community Project to City Council. The project involves adding the Design Overlay to the residential and commercial areas around the 60th Ave. MAX station, changing commercial zoning at 60th and Halsey and along Glisan to promote mixed use development, and leaving the residential zoning as is. Further examination of high density Comprehensive Plan Map designations on small residential lots are yet to come as part of the Comprehensive Plan Project.

One other thing to point out, Portland Bureau of Transportation is planning to make crossing improvements on NE 60th Avenue at the MAX station but does not have a final design at this point. PBOT will notify the neighborhood associations when they have a design approach and conduct outreach. Here are issues and responses to North Tabor issues:

**NE Willow at NE 60th Ave.** Problem: Pedestrian safety and vehicle access to I-84. NE Willow is a local service street with a 25 MPH speed limit which also provides access to I-84. Drivers often disregard or are unaware of the speed limit and travel much faster. Response: Reliance on the Portland Police Bureau for enforcement of traffic laws needs to occur. Portland Bureau of Transportation is also studying the effectiveness of "fire friendly speed bumps" and if tests prove successful, they could be implemented in this location. The street was recently painted with the speed limit as another approach to reduce vehicle speeds.

**NE 60th crosswalk at MAX station.** Problem: Pedestrian safety at MAX entrance. Safety of the crosswalk on the NE 60th Avenue overpass is of key concern. The crosswalk is used to access the 60th Avenue MAX station located below the overpass. Issues include: 1) the station entrance is obscured by a concrete wall, reducing the visibility of transit users leaving the station; 2) various styles of lights along the overpass create visibility issues. Some lights were modified to increase the amount of light emitted but this has increased glare for drivers. The lights also primarily illuminate the sidewalk and not the crosswalk or street, creating blind spots for drivers. Dark and rainy conditions exacerbate visibility issues; 3) due to the slope of the overpass, location of the crosswalk at the crown and vehicles changing lanes, drivers need a reminder to stop at the crosswalk. Neighbors have suggested a pedestrian activated crosswalk signal light; and 4) the crosswalk at the overpass is oriented at a diagonal lengthening the time pedestrians are in the roadway and confusing motorists. Neighbors have suggested straightening the crosswalk. Response: Portland Bureau of Transportation is planning to make crossing improvements at this location but does not have a final design at this point. PBOT will notify the neighborhood associations when a design is complete and conduct outreach. A previous Portland Bureau of Transportation response mentioned a long history of complaints at this crossing location and a considerable list of constraints for improving this crossing. Issues include: 1) the slope of the overpass creates issues with visibility; 2) the structure and its location over the railway makes improvements extremely difficult i.e. an underpass sidewalk to avoid pedestrians crossing NE 60th would have clearance issues with the railway; 3) relocating the angled crosswalk would require altering the structural components of the bridge; 4) signalizing the crosswalk needs further evaluation; 5) the crosswalk and bus stop could be moved south on the overpass to align with Willow Street but this would result in out-of-direction travel for pedestrians; and 6) the street lights are owned by Oregon Department of Transportation and TriMet, and Portland Bureau of Transportation can work with both organizations to resolve this issue.

**NE 47th and Glisan.** Problem: Pedestrian and vehicle safety. The intersection has poor visibility due to the skewed alignment of the intersection resulting in unsafe crossing and dangerous turning conflicts for vehicles. Response: Portland Bureau of Transportation states that the intersection has been extensively studied. A short-term solution of altering

parking control on NE 47th could be possible but additional improvements will require capital funding. The intersection has been added to the list of potential future projects. An Operational Investigation report was distributed to neighbors.

**NE 58th and Glisan.** Problem: Pedestrian safety. The timing of the pedestrian signal makes it challenging to cross the street. In addition the crossing is angled and further complicated by the entrance and egress points for the gas station. Response: Portland Bureau of Transportation states the signal timing concern has been forwarded to the Signal Engineer who will follow-up on this issue. Traffic engineers will also evaluate the visibility and cross walk locations concerns. Bureau of Planning responds that the owners of the gas station have expressed the desire to expand the convenience store at this location. The potential permit has been flagged for Portland Bureau of Transportation and Oregon Department of Transportation so that entrance and egress points can be evaluated as part of the permit process.

**NE 60th and Glisan.** Problem: Pedestrian safety/sidewalk obstructions/vehicle turning movements. Delivery vehicles tend to park on the sidewalk which blocks visibility and pedestrian traffic. In addition, sign poles and light pole interfere with pedestrian traffic. Large trucks have difficulty turning at this location without driving over the curb. Signal timing causes excessive waits for vehicles turning left onto 60th from westbound NE Glisan. Response: Portland Bureau of Transportation responds that "It is illegal to park on the sidewalk. These actions should be reported to parking enforcement at 503-823-5195."

**NE Glisan between NE 63rd and NE 66th.** Problem: Pedestrian safety/mobility. This stretch of NE Glisan lacks crosswalks which are necessary due to the proximity to a grocery store and the four-lane width of the roadway. Vehicle speeds contribute to pedestrian safety concerns. A bioswale/curb extension was recently installed but is without a corresponding crosswalk. Response: Portland Bureau of Transportation responds that there is an open pedestrian crossing improvement request for this segment of roadway. Portland Bureau of Transportation will contact the neighborhood association with the investigation results.

**East Burnside between NE 57th and NE 58th.** Problem: Pedestrian safety. The middle school near this intersection generates a large number of crossings as well as a large number of parents picking up students at the same time. The intersection is not aligned at 90 degree angles and the street signals at 55th and 60th are timed such that there is not a safe break in traffic to accommodate pedestrian crossings. Response: Portland Bureau of Transportation has requested engineering staff to investigate this location for potential pedestrian safety issues.



To comment or get more information, contact Matt Wickstrom, Southeast District Liaison for City of Portland's Bureau of Planning and Sustainability, 503 823-2834, matt.wickstrom@portlandoregon.gov.

## 3 Easy Steps to Creating a Successful Business!

By Tracia Graham

A daily practice of "intending" can create the life, the job or the business we want. When we engage in this practice we are consciously creating our world exactly the way we wish.

Intending can be used for a variety of outcomes from throwing an audacious surprise party to helping you grow your business or assist you in solving problems. For the purposes of this article however, I'm addressing the concept of "Intending" as a helpful business tool. There are two parts to successful intending. Initially there's the "Setup" and then the "Daily Practice".

### PART ONE: THE SETUP!

The setup is your foundation. You decide what you want and how to get it.

### Step 1. DECIDE WHAT YOU WANT AND WHY YOU WANT IT!

The first question you ask yourself is "Why do I want the subject of my intending?" You might decide you want a larger office space. Perhaps you want a larger office space so you can add another service to your business or practice. Now ask yourself who benefits from this larger space. It might be that your clients or patients benefit from the additional services being offered or perhaps your family benefits from the resulting increased revenues. Next consider if there is any apparent downside to acquiring the larger space. Perhaps the increased overhead will force you to raise your rates. This may be okay if you're also adding value to your service or product. During this first step, weigh all of your options and be certain, before you continue on, that you are clear about what you want.

### Step 2. BRAINSTORM A PLAN

This is the fun part for me. I like to sit with a big pad and colored pens and play. Write the subject of your intending in the center of the page. You may even consider drawing pictures or using cutouts from magazines. Get creative with your blank page; make it colorful, inspiring and energetic. Sometimes, playing with images will create a path for ideas to bubble up that you might not otherwise imagine. Don't question any ideas at this point. Just be playful. Write/draw/paste pictures of whatever comes to mind that might allow you to achieve what you want. Perhaps you get an idea to throw a party for your current clients. You could draw or paste a picture of a group of people having fun together. I once had great success after I imagined, and then

implemented, hiring a magician for a magic act at our local park to help me increase my revenues. I had over 150 guests, their kids and dogs for a day of sunshine, community, play, laughter and fun. It worked! My revenues increased as a result of this creative inspiration.

### Step 3. NOW LOOK – EYES WIDE OPEN

Put your word/visual picture on the floor and stand above it looking down. From this perspective choose the steps you feel will best support your chosen outcome. Each step should have a subset of tasks that will accomplish the step. These steps and tasks now become your master list.

### PART TWO – THE DAILY PRACTICE

Each morning before you begin your day, take a few moments for your daily practice.

### Step 1. LOOK OVER YOUR MASTER LIST

Each day choose the tasks you are able to accomplish and transfer them to your daily reminder list.

### Step 2. VISUALIZE

Now that you've settled on what you want and the daily steps to get you there, take a few minutes and visualize yourself accomplishing each of these steps. Really see yourself performing the tasks at hand. Be as imaginative as possible with your visualization. For instance, you might smell the coffee brewing as you're making phone calls or see yourself interacting with new clients or patients and notice the smell of freshly cut roses on your desk.

### Step 3. BEGIN TODAY

As we step into ownership of our abilities to be the creator of our outcomes, we are choosing our present and our future life. We are the archer of our bow, which lands in perfect synchronized union, driven directly by our intention.

I've given a brief overview here of a more complex subject. Please feel free to contact me should you have questions.

*Looking for ways to increase profits in your business or practice? Tracia Graham, Business Coach and creator of Money Attitudes helps business owners, solopreneurs & professionals create a thriving business or practice. She can be reached at 971-279-4388 or www.MoneyAttitudes.com.*

## Community Acupuncture: The Calmest Revolution Ever Staged

Shauna McCuaig, Working Class Acupuncture

On Sunday, Nov 13th from 6-8 pm, the Hollywood Theater will be screening a new documentary by award-winning Portland filmmaker Brian Lindstrom. The film is: "Community Acupuncture: the Calmest Revolution Ever Staged" and the screening is also a fundraiser for a new community acupuncture clinic opening this fall in the Lents neighborhood.

Lindstrom is best known for his cinema-verite documentary, "Finding Normal", which follows the lives of three people in recovery from chemical dependency. He uses the same style in the new film, shooting and editing himself, to tell the story of the community acupuncture movement: probably one of the few social movements to start in NE Portland's Cully neighborhood and subsequently spread around the country.

In 2002, two Portland acupuncturists, Skip Van Meter and Lisa Rohleder, opened a clinic in Cully with the intention of making acupuncture affordable and accessible to people of ordinary incomes. They redesigned the conventional acupuncture business model, treating patients in a communal setting in used recliners, and charging a sliding scale of \$15-35 per treatment. They started by treating about 12 patients a week; today, Working Class Acupuncture treats some 450 patients a week at its Cully location, and another 200 per week in its Hillsdale location, making it the busiest acupuncture practice in Oregon. WCA has received a loan from the Portland Development Commission to renovate a building that has been vacant since the 1980's in the heart of the Lents neighborhood, in order to open a third clinic. WCA's model has been replicated in some 200 other affordable acupuncture clinics all over the country. The film follows six diverse community acupuncture patients and shows the impact of affordable acupuncture on their lives and communities. Brian Lindstrom will be present at the screening for a question and answer session following the film. Tickets are \$10 and can be purchased at the Hollywood Theater, 4122 NE Sandy Boulevard (503 281-4215).

Business Briefs and Notes

The North Tabor News offers a Business Briefs and Notes (BBN) section. The News does stories on local businesses as time and space permit but due to the number of local businesses not yet covered, does not run new feature stories for the same business or organization. BBN allows for short announcements regarding major changes or special events at local businesses or organizations. Items such as the change in days and hours of Laurelhurst Cafe (see ad on page 5), the opening of Sherwin and Williams on the site formerly occupied by Blockbusters on E Burnside and the closing of the Asian Family Center and Slip Enterprises on NE 60th will be noted here. To request a business story or submit an item for Business Briefs and Notes please call 503-928-4655 or email editor@northtabor.org.

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