

# North Tabor NEWS

September/October 2011 • Volume Three • Number Five

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

## 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, September 20th, and October 19th, 6:30 pm, at Emilie House, 5520 NE Glisan (Please enter from the back and do not park in the Emilie House parking lot). 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 refreshments.

## NTNA Monthly Meetings

Tues., Sept. 20th

Tues., Oct. 18th

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.)

## Leaf Depots are located and scheduled at:

**Lents Park** SE 92nd and Holgate, east side of the parking lot

**Westmoreland Park** SE 23rd and Nehalem, parking lot by the baseball field

**Gabriel Park** SW 42nd and Vermont, upper parking lot  
The schedule is below

**Lents Park and Westmoreland Park.**

Sat Nov 12th, Sat Nov 19th and Sat Dec 3rd

**Gabriel Park**

Sun Nov 13th, Sun Nov 20th and Sun Dec 4th

Questions may be directed to Shoshanah Oppenheim  
e: shoshanah.oppenheim@portlandoregon.gov  
p: 503-823-7677 or 503-823-6351

## See You at the North Tabor Equinox Party

Saturday, September 17th

4911 NE Couch, 2pm - 6pm

See enclosed flyer for details,  
check www.northtabor.org or  
call 503-928-4655.



Historic Laurelhurst Club (See story on Page 3)

## What To Do With Your Fallen Leaves

By Shoshanah E. Oppenheim, PBOT

One of the joys of living in the North Tabor neighborhood is our virtual urban forest of street trees -- especially in the next few months, when they're ablaze with Fall color. But with autumn trees come fallen leaves, and they can't just be left on the ground. Not only are they a slippery safety hazard to pedestrians, bikes, and even cars, they clog storm drains and sewer lines and degrade asphalt, both of which take a lot more money to fix downstream.

Enter "Leaf Day," the Portland Bureau of Transportation's leaf removal and recycling service for the City's most tree-lined neighborhoods. Incorporating suggestions from across Portland, this year's program represents a significant upgrade, offering a lot more value for the fee. For example, sweeper crews will now take any tree leaves, not just those from trees in your parking strip. Just rake them into the street the day before the crews come by. **Only a small section of the North Tabor neighborhood along the west end is in a "Leaf Service Zone,"** so to be sure, enter your address in the new Leaf Zone Locator at www.portlandonline.gov/leafday. There, you'll also find service dates for your address, tips about how to get ready, online payment, and a streamlined opt-out process if you'd like to manage the street leaves yourself.

One of those tips? Be sure to move your car and any other obstacles off the street on your Leaf Days. Since the sweeper machines can't fit between and behind cars, you'll get a better clean if they can get right to the curb. You can also opt out of the program on line if you don't have street trees or you wish to manage your leaves on your own. But remember to do so by the deadline October 18th so that we can remove your name from our billing system. Enjoy the rest of the summer and our fall colors.

Neighbors that are not in the leaf service areas can use the yard debris canisters provided by the garbage haulers or take their leaves to the three leaf depots operated by the City for \$5 a carload, \$10 a truck, SUV or trailer load or \$20 for a truck and trailer. Remember that as of October 31, 2011 haulers will provide weekly yard debris pick up as part of your garbage service.

## North Tabor is Conveniently Located Between Three Farmers Markets Offering Food, Fun and Entertainment

With the recent addition on Saturdays at Cafe au Play (5633 SE Division) North Tabor residents have a choice of three local farmers markets within walking and biking distance. (See related articles on page 4.)

The growth in farmers markets is fueled by public awareness on how to eat better. Customers want to know where their food is grown and who grew it. Farmers markets offer shoppers the opportunity to purchase fresh-picked, good-tasting, seasonal produce from the farmers who grow it. Direct-from-the-farm products are often picked at the peak of maturity only a day or even hours before they are sold at farmers markets. Once people taste what's available at the farmers market they don't want to go back to the taste they get from the supermarket. Nothing substitutes for a vine-ripened, fresh-picked tomato, or a peach, corn or baby bok choy.

At farmers markets customers are able to sample new products and varieties not ordinarily found in supermarkets. While supermarkets usually offer only one or a few varieties of a product, direct markets may sell many different varieties of one product, such as apples, peaches, peppers or tomatoes, as well as exotic and heirloom products, organically grown produce, and ethnic foods.

Many markets have been established to provide customers with fresh produce at lower prices than local supermarkets. In other cases the goal has been to provide

**Mark Your Calendar!**  
**North Tabor Equinox Party**  
**Saturday, 9/17**  
**Providence Montessori School**  
**4911 NE Couch**  
**Food, Fun, Kids and Adults Activities, Music, Neighbors**  
For more details check  
[www.northtabor.org](http://www.northtabor.org)  
or call 503-928-4655.  
Please email [board@northtabor.org](mailto:board@northtabor.org)  
or call at 503-928-4655 if you would like to help.

## National Night Out at Providence Emilie House

By Shannan Stickler, Housing Director

Emilie House held a National Night Out event on August 2nd, Tuesday at Emilie House Apartments. Approximately 35 people attended the event.

It was potluck style, with Emilie House providing the main course, BBQ hamburgers and hotdogs. We had children and adult games, as well as door prizes and a raffle to help cover the cost of the party.

The kids had a wonderful time playing a fishing game, egg walk, balloon toss and a frog toss game. There were probably enough prizes for each kid to get about 5 prizes. There was a photo booth with props for people to put on. The residents, guests and law enforcement had a blast taking photos.

Local business's donated door prizes. Next year, we plan to have an even bigger event!



fresher, superior product at competitive prices. Either way, the customer finds better value, which is defined by the relationship between product and price.

Farmers markets are fun! Farmers markets are important social events. People run into friends and talk, or meet new ones including farmers to exchange recipes. In fact, some markets have adopted the slogan: "Come for the freshness; stay for the fun!"

Some say that the attraction of farmers markets is fundamentally a human one. Shoppers at farmers markets have seven times as many social interactions in a farmers market as they do in a grocery store! Certainly, they are a return to a form of business and social interaction common for thousands of years, where consumers purchased goods more directly from those who produced them.

Customers come to trust farmers. Other customers intuitively follow that trust. The relationship one has with a produce clerk who doesn't know what country the tomatoes come from simply can't compare with a friendship with a farmer who can tell you what his soil tastes like, why she doesn't irrigate, how the Ace compares with a Zebra, the recipe for her best sauce, or how many weeks before he says so-long for the season.

Summarized from *New World, The New Farmers' Market Resources, Benefits of Farmers' Markets for Vendors, Consumers & Communities*

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c/o 3534 SE Main St  
Portland, OR 97214

## 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 9/20 and 10/18, 5520 NE Glisan St.



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, 2011 for distribution in November. Submit articles and photos to: [editor@northtabor.org](mailto: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](mailto:advertising@northtabor.org) by October 15th, 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 [volunteer@northtabor.org](mailto:volunteer@northtabor.org) or submit articles, stories, photos, announcements or suggestions via email to [editor@northtabor.org](mailto:editor@northtabor.org), or by post to North Tabor News, c/o Southeast Uplift, 3534 SE Main St., Portland, OR 97214, 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](mailto: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 [chair@northtabor.org](mailto:chair@northtabor.org).

Moonrose Doherty, Secretary, Sustainability  
Ajai Huja, Treasurer/SEUL Rep  
Zach Michaud, Chair  
Gail Morris  
Shaun Sieren  
Jacob Wollner, Vice Chair

## Work Group and Committee Contacts

Annual Cleanup, [cleanup@northtabor.org](mailto:cleanup@northtabor.org)  
Friends of Trees, [fot@northtabor.org](mailto:fot@northtabor.org)  
Land Use, [landuse@northtabor.org](mailto:landuse@northtabor.org)  
Newsletter, [editor@northtabor.org](mailto:editor@northtabor.org)  
Night Out Events, [nightout@northtabor.org](mailto:nightout@northtabor.org)  
Schools Liaison, [schools@northtabor.org](mailto:schools@northtabor.org)  
Volunteer Coordinator, [volunteer@northtabor.org](mailto: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](mailto:advertising@northtabor.org)



Hope all of you have been enjoying the bit of summer that has finally decided to grace us with its presence. Eyes are toward the autumn on the Board. You will see in this issue news of a party that we are throwing for the whole neighborhood on the Fall Equinox. The event will be family friendly and we hope to see many of you out celebrating with us.

Board member Gail Morris is beginning to look into something to help North Tabor stand out with its own identity. She will be looking into prices and a process for adding "North Tabor" toppers to street signs around the neighborhood. She is also looking into getting yard signs made that can be scattered around the neighborhood to remind neighbors of meeting dates as well as other neighborhood events. She hopes that neighbors throughout North Tabor will adopt a sign and place it out prior to scheduled events. Small grants are currently available through Southeast Uplift. If you would like to help Gail look into the process, know anything about the process of applying for sign toppers, or would like to help write a grant for money that would help fund such a project, please use the contact information below.

Gail has also been helping us greatly with the website. Thanks to her, we now have a calendar that is much easier to read and has clearer information about the events listed. Visit the calendar and have updates added directly to your own Google Calendar with a click.

Katherine Anderson, Southeast Crime Prevention Coordinator, Office of Neighborhood Involvement, gave the board an update at our August meeting about two Good Neighbor Agreements (GNAs) that have been in the works. Katherine and neighbor Alison Gavine, have been working hard with both Carolyn Court Apartments and Jacksons Food Stores to create agreements that will improve relations with the neighbors. The agreement with Carolyn Court Apartments is ready to be signed. The property manager has agreed to our draft GNA by phone and we are now waiting to set up a date where we can all meet to go over the final copy and sign in person. The agreement with Jacksons Food Stores, on the other hand, will not be going forward. The Board agreed at the July meeting that we would go forward with the GNA even though Jacksons would not agree to many of the items we had discussed, but we would not support their liquor license application. The decision to oppose the liquor license was based on information that Alison collected from neighbors going door to door letting neighbors know about the expansion. Neighbors voiced concern about more trash in their yards and more disruption from increased consumption of alcohol from the large single containers that will be sold at the store leading to more DUI related incidents. With all of the other options available for alcohol consumption nearby in the neighborhood and the concerns from the neighbors, the board decided it would oppose the liquor license. Andrea Jackson, president of Jacksons Food Stores, said she could not sign a Good Neighbor Agreement if the

## Thank You to Businesses for Prizes

NTNA would like to thank the following local businesses for donating door prizes for our June meeting: A Good Locksmith, Cyclopeda, Laurelhurst Cafe, Mt. Tabor Acupuncture and Body in Balance.

## Barking Dogs and Other Nuisances

In any neighborhood there is often conflict between neighbors due to barking dogs or other nuisances. As to barking dogs the law states "It is unlawful to permit any animal to unreasonably make a disturbance, such as repeated episodes of continuous noise lasting 10 minutes or episodes of intermittent noise lasting 30 minutes, providing someone, other than the owner did not intentionally provoke the animal to bark." Often the owner is not even aware that his or her dog is barking when left alone during the day.

Multnomah County Animal Services (MCAS) is the agency which handles these kinds of complaints. But the agency also offers a lot of useful information, tools and advice as to how these issues can be dealt with on a neighbor to neighbor basis with the hope of resolving disputes before escalating them to MCAS complaints. The agency even provides a sample letter to be sent to the owner of the animal in question, a pamphlet of suggestions for dog owners on how to deal with this problem and a form with which an unresolved matter can be reported. It is best to resolve these types of issues early rather than letting them create a hostile situation. Please contact Multnomah County Animal Service at 503-988-7387 if you would like more information or a list of additional resources.

If you are having a problem with a neighbor over noise or other nuisance issues and don't know how to resolve the problem, please call the North Tabor Neighborhood Association at 503-928-4655 for assistance in locating the correct agency to handle your issue.

# Notes From the Chair

Zach Michaud, Chair, North Tabor Neighborhood

neighborhood was not going to support the liquor license application. The neighborhood association is planning to ask other retailers of alcohol in the neighborhood to agree to the same conditions asked of Jacksons, which is to stop selling the low priced, high alcohol content, single containers in their stores. This will be done in or around January when liquor licenses come up for renewal. If you would like more information about this issue or would like to help address neighborhood stores about this issue, please see the contact information below.

The board has been enjoying meetings for the past two months in a new home. Due to acoustic and seating issues in our last meeting space, we went on a search for a new home and found one in Emilie House at 5520 NE Glisan. The social room of the building is warm and inviting. There is plenty of comfortable seating and there is a small kitchen to make it more convenient to serve refreshments. The acoustics are great and everybody can be easily heard. We have enjoyed having more involvement from our neighbors at Emilie House since we made the move and we hope to see more neighbors from around North Tabor coming in to see the new meeting space and catching up on neighborhood happenings. Thank you to Emilie House for housing our monthly meetings and to Seven Virtues for providing space earlier this year.

If you have yet to come to a neighborhood meeting, please consider it in the next couple of months. October is particularly important because it will be our general meeting when we will elect new board members and elect new officers from the new board. We would love to see some new faces at the meetings and to get new ideas flowing into the meetings. We have lost both of our land use committee members due to outside commitments and with land use material always flowing in, it would be great to have a couple board members who would like to get involved with these issues. Even if you cannot commit the extra time a month to be a board member, please come to a meeting and see in what small ways you can help better your community. We would especially like any neighbors to stop by that like reading this paper every other month. The vast majority of the workload has been done by ONE person and she has put out an exceptional paper that other neighborhoods are desperate to copy, but one person cannot sustain such a workload. Swing by a meeting in September or October and learn in what small ways you can help spread out the work to keep this great paper running! If you can't make the meeting date, please contact us by one of the formats below. And there is always room for those who wish to focus on specific issues and projects, even if they are not able to attend the monthly board or general meetings.

We hope to see many of you on September 17th at the North Tabor Equinox Party--volunteers are working to make sure we have lots of fun activities at the event. And we hope to see you at our regular meetings on the third Tuesday of the month, Sep 20th and Oct 18th.

Visit: [www.northtabor.org](http://www.northtabor.org) Email: [chair@northtabor.org](mailto:chair@northtabor.org)  
Call: 503-928-4655

## Adopt a North Tabor 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.

## North Tabor News Needs a Little Help

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.

Is there some part you can play in keeping this publication going beyond the end of the year? 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 some local 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 ensure that our own neighborhood paper 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).

# Historic Laurelhurst Club Reaches Out to North Tabor Neighborhood

By Rudy Lachenmeier, immediate past President, Laurelhurst Club

It was election night in November of 1912 with Woodrow Wilson, Howard Taft, and Theodore Roosevelt all on the ballot. The election board in the Laurelhurst precinct finished counting ballots shortly before 2 am and had until 3 am to wait for the owl car that would take them with their ballot boxes to the courthouse. Conversation drifted from one thing to another until someone suggested that the Laurelhurst neighborhood needed a community club. The idea took with all of them and a few nights later a meeting was held in the office of the Laurelhurst Company, located at Ladd Circle (now called Coe Circle) at 39th and Glisan and there the Laurelhurst Club was formed. Dr. Horace Fenton was chairman or president for the remainder of 1912 and meetings were held in the homes of participants until the clubhouse was built in 1914.

As a community organization, the club also took an active interest in all things of benefit to the community, schools, street car service, fire protection, etc. But among other things, they began immediately holding dances. First at various homes, and then at available dance halls.

Plans for a permanent clubhouse were approved shortly thereafter, and 32 men from the neighborhood each agreed to advance \$100 and with the \$3,200 so obtained, four lots were purchased, a building built, and the club was formally incorporated in the fall of 1914.



Original caption reads: circa 1915: Laurelhurst Club Another selling point to attract buyers to the area was the Laurelhurst Club, built in 1915. It offered a rich social life for residents: dancing, tennis, cards, billiards, lectures, parties, etc.

For much of Portland, the club then became the social center. By 1917, they had the use of 17 lots for tennis courts, and the club soon had its own orchestra, study groups, a quartet, and even its own publication. Some of the old records indicate that the club had a dance class in 1924 where the Charleston was taught to club members. During 1925-1926, the club offered its members 93 functions, 68 of which were dances, 38 of which were with full orchestra, and 30 with piano only! By that time, it had members from all over the city. Mayors, police chiefs, and socialites blended with neighbors for a wide variety of functions.

From the very beginning, the club could be rented by businesses or organizations or just families. For many in the Laurelhurst neighborhood, it was a central gathering place. As the years moved on, there were two major fires and lots of changes.

Some of our current older members talk about when they first joined, it was definitely a dance club and you had to demonstrate your proficiency to be allowed to join. At the dances you could only dance with people on your dance card! Unfortunately, during this period of time, the club was looked at as a bit exclusive and not nearly as friendly as it

had been in its earlier era. All that has now changed again for the better.

In the last few years, the club has made a herculean effort to once again open itself to the neighborhood including Mt. Tabor and North Tabor areas, welcoming all with open arms.



Laurelhurst Club Christmas Party 1921

The Laurelhurst Club now has regular dance classes open to the public taught by our very talented instructor Rachel Lidskog, mostly on Monday nights, but this Fall we will experiment with Thursdays as well. The Fall Classes start Thursday September 15th and Monday September 19th. The classes are great fun and designed to give you the confidence to dance at weddings, or when you are out socially. Information on dance classes, and much more, is available at our website, [www.TheLaurelhurstClub.com](http://www.TheLaurelhurstClub.com).

In order to pay its bills, the club has always been available as a rental, but in recent years we have made sure to let the neighborhoods know what a great, friendly and historic place it is for weddings, memorial services, and lots more.

But the heart of the club was and is a ballroom dance club. What has changed is that now everyone is welcome and all skill levels are encouraged in a wonderful friendly atmosphere. As we kick off our 99th year, we have 17 dances—all but one to live music—and we are featuring a wide variety of musicians this year to meet everyone's taste. If you would like to be invited to one of our dances, just send an e-mail to me, Rudy at [rudy@lerlaw.com](mailto:rudy@lerlaw.com). The only requirement is that we are a couples club so you must bring a dance partner.

Meanwhile, put Sunday, December 4th on your calendar and come join us for our 3rd annual Holiday Sing. But if you only want to do one fantastic event with us this year, watch for information on our black tie New Year's Eve party which last year featured cedar plank salmon and prime rib buffet, a champagne toast at midnight and the exquisite dance music of the John Bennett Orchestra. Definitely the best New Year's Party in town and walking distance from home!

For those of you interested in joining our club, our first dance of the season is September 17th, and like everything else, the entire schedule is available on our website. The total cost for membership, should you choose to join, is \$325 for the 17 dances, not counting New Year's, and that is per couple. All in all, a wonderful bargain with all that live music and fun, supportive neighbors.

Located at 3721 SE Ankeny, we are just north of Laurelhurst Park. See you on the dance floor!

## Relieving Back Pain: Massage Therapy Trumps Medication

According to an article published in *The Oregonian* recently (by Joe Rojas-Burke, July 6 issue), a recent scientific study conducted in Seattle and Portland found that massage therapy is more effective for back pain than the usual care treatments offered by physicians. The findings of this study were no surprise to Laurie Schaefer, a professional massage therapist and longtime Mt. Tabor community resident.

"Pain in the body is often directly associated with tight muscles. Medication and other traditional care is helpful and often well-advised; however rather than masking pain, massage therapy can directly address some of the root physical muscular problems out of which pain arises. I think that is why it can be the most successful treatment option for many people," says Laurie Schaefer, LMT, "Also, people's lives are stressful enough. To manage their own pain with doctor instructed exercises or to wait in line for medication at the pharmacy can add a mild headache on top of back pain. Massage therapy is the gift of relaxation from day-to-day stress."

A graduate of East West College for massage therapy, Laurie's practice focuses on deep relaxation Swedish and gentle lymphatic massage to reduce aches, pains and muscle tension in the body. She brings a love of physical movement, cycling and yoga to her practice, to help assess and release the postural restrictions and muscular holding patterns that can cause pain, soreness and stiffness.

"The Mt. Tabor/North Tabor community is a wonderful place," says Laurie, who enjoys the short bike ride from her home near the base of Mt. Tabor to her studio, located in a beautiful professional house on East Burnside, directly across from QFC, which she shares with other health and therapy practitioners. New clients are welcome. Massage therapy gift certificates are available.

Laurie Schaefer, LMT #17493, 5525 E Burnside  
503-236-7132 [www.lymphaticmassagetherapy.com](http://www.lymphaticmassagetherapy.com)

## Close Encounter With Nature

By Daryl Summers

When I awoke a few days ago it was obvious that something had been "visiting" my home overnight. My dog Luna was frantic, racing around the house (upstairs and down) trying to track a new scent. Later that day I began to inquire about mouse traps, picturing the miserable task of mouse murder in my immediate future. Conveniently forgetting about it, that night being exceptionally warm, I left a downstairs screened back window open about 8". Luna is an early riser, so at 6 the next morning we headed downstairs for our morning walk. She immediately headed to the window barking furiously at something very hairy with a long rat-like tail. It was making the strangest noises, obviously quite upset by the proximity of the dog. I quickly closed the window, assuming it was on the outside of the screen.

After our walk (Luna being most anxious to return home), I made the rather shocking discovery that A) it was a (cute) baby opossum, and B) it was on the INSIDE of the screen, now somewhat squished between the window and the screen. Phone calls ensued: to the vector control (they are there at 7, and no, they don't "do" possums).

Then I anxiously wait until 9 to call animal control, and sorry, but no, they don't "do" possums either. What a mess! Good grief--I grew up on Long Island! I don't "do" possums either! Next phone call was to my wonderful neighbor. She quickly gathered up a box and her animal and/or rosebush heavy duty gloves, and "scurried" over. We carefully opened the window, and gently pushed him (with a spatula) into a small FedEx box. Then a quick drive to Mt Tabor where he (or she) is hopefully residing amongst kinfolk.

So--this intruder was hiding out in my house possibly 2 days. Lesson learned: don't leave back doors open. We have rats (yuck), raccoons (cute but dangerous) and opossums in our neighborhood. Just like Forest park!



## Providence Center for Medically Fragile Children Aided By Laurelhurst Cafe

Despite inclement weather, fun was had and \$700 was raised from the Car Show and fundraiser held at the Laurelhurst Cafe on July 16th. Ken and Greg plan to make this an annual event and hope for better weather next year.

**Laurelhurst Cafe**

**Coffee Tea & Espresso**  
**Panini • Salads • Soups**  
**Desserts • Beer & Wine**  
**Kid, Dog & Bike Friendly**

Wed - Sun 11am - 9pm  
 Happy Hour 4pm - 9pm  
[www.laurelhurstcafe.com](http://www.laurelhurstcafe.com)

**47th & E. Burnside**

## New Kid on the Block Tabor Farmers Market at Café au Play

By Mitchell Frister

Since opening on July 9th, Tabor Farmers Market has begun to attract a loyal following of neighbors looking for a unique market experience. The market offers a wide range of products including organic produce, flowers, gluten-free sweets, handmade skin care products, wine, all-natural candy, and recycled crafts. The setting, at Café au Play (5633 SE Division Street), breaks with the current trend of locating markets in unused commercial parking lots. Vendors set up on permeable pavers and patios, surrounded by the cafe's rain gardens and natural landscaping.

Popular cafe features, including children's play areas, shaded patios, and sandboxes, are complemented at the market by family friendly events. Beginning August 20th, the market will feature a kid's craft activity sponsored by a new Division Street neighborhood store, Aster & Bee. Sweet Chaos, a market vendor, hosts a unique cookie decoration table. For \$1, kids are given a plain sugar cookie, with all the frosting, candies, and marshmallows they can fit on top.



New Farmers Market at Cafe au Play Photo: Mitchell Frister

Café au Play offers customers a full food and drink menu in an environment that fosters meaningful connections. Throughout the week the cafe host's music, parenting classes, and other events aimed at bringing together parents and families. Café au Play and the property, known as Tabor Commons, are testaments to the hard work of committed volunteers and neighborhood organizers, who transformed a cigarette shop and convenience store into a vital community space. The farmers market expands on the cafe's non-profit mission to foster and build positive connections, but also serves as an asset for the broader community. Organizers plan for the market to operate year around, and to increase the number of vendors from the current 18 to 25.

In order for Tabor Market to expand and thrive, we need neighborhood and community supporters to make shopping at the market part of their weekly routine! Please come by and check out Tabor Market this Saturday at 10 am!

The Tabor Farmers Market runs every Saturday from 10am to 2pm, and is located at Café au Play (5633 SE Division Street). For more information, please contact the market manager Mitchell Frister at [mitchellandrewfrister@gmail.com](mailto:mitchellandrewfrister@gmail.com)

For current event listings visit [facebook.com/cafeauplay](https://www.facebook.com/cafeauplay), [cafeauplay.org](http://cafeauplay.org), on Twitter @TaborMkt, or [facebook.com/tabormarket](https://www.facebook.com/tabormarket).

## Montavilla Farmers Market Strives to See that Everybody Eats

By Montavilla Farmers Market

One of our guiding principles at the Montavilla Farmers Market is fairness and affordability. These words might not have a lot of meaning by themselves, but when you think of them in terms of health, nutrition and wellness it becomes evident that the Montavilla Farmers Market has a responsibility to improve our community's access to fresh and healthy food, regardless of an individual's income. In light of this, in 2010 we started the market's "Everybody Eats" program. One of the huge knocks against farmers markets—and local food in general—is that it isn't accessible to a broad population. The Everybody Eats program bridges a portion of that gap by matching the first \$5 of each Oregon Trail (food stamp)



purchase at the market and creating an incentive for people to shop locally and support local agriculture.

Everybody Eats, a program funded by a generous Pacific Village grant from New Seasons Market, has been incredibly successful and has helped bring new shoppers to the market. Unfortunately, given its popularity, program funds are running out and we are only midway through the season. Starting last year, the Everybody Eats program took another step toward food equity by partnering with St. Vincent de Paul and raising \$1,175 in donations from customers, vendors, and market match. \$25 in market tokens were provided to 47 food insecure families prior to the Thanksgiving market. This concept came out of the Food Forum hosted by former market board member and local food advocate Kyle Curtis.

This year, by working with Multnomah County's Aging and Disabilities Services Division, the program is reaching out to seniors at the Belmont Center. While not all details are finalized, the program plans to deliver bags of fresh fruits and veggies—purchased from vendors at the Montavilla Farmers Market—to seniors who lack sufficient access to quality food. Interested seniors will purchase these bags for \$2.50 prior to the market when community volunteers shop collectively for the seniors. The Everybody Eats program will match their purchase and the senior's money will be pooled to extend their purchasing power. While \$5 of produce doesn't seem like a huge amount, many of these seniors are on extremely tight budgets and a weekly delivery of fresh green beans, berries, cherry tomatoes, and other snacky fruits and vegetables can go far towards improving their diet.

To ensure the continuation of the Everybody Eats program, a donation jar will be available at the info booth to accept tokens or money for the remainder of the season. Customers who are interested in donating to Everybody Eats can also do so using their debit cards at the market. You may also mail a check made out to the "Montavilla Farmers Market" with "Everybody Eats" in the memo line, or donate online through PayPal. 100% of your donation will go directly to local families and individuals in need while supporting market vendors. Help us ensure that everybody eats at our farmers market this season!

## Hollywood Farmers Market Expands Year and Assumes Management of the Lloyd Farmers Market

By Ari Rosner

It's a very exciting time for Hollywood Farmers Market. Starting this fall, the market will be year-round with its first winter market scheduled for Saturday, December 3, 2011. The market will setup in the Grocery Outlet parking lot on NE Hancock Street the 1st & 3rd Saturdays from December to April from 9 am to 1 pm.

Hollywood Farmers Market (HFM) customers and vendors have long asked for an opportunity to keep the market going all year long. Many of our farmer vendors employ cutting edge season extension techniques and many others are experts at storing winter crops, a small winter market at our current location will showcase much of what is available during Oregon's winters.

We look forward to extending our season and serving residents of the North Tabor neighborhood year-round to provide fresh produce and locally-made products.

Also, beginning in August HFM will assume management of Lloyd Farmers Market, a mid-week year-round market in the center of the Lloyd District. Acquisition of this market will enable HFM to increase the number of customers it serves and to provide expanded farm-direct opportunities to local vendors.

Lloyd Farmers Market is a weekly year-round (excepting certain holiday periods) market, open Tuesdays from 10am to 2pm. LFM is also open every Thursday, same time, during the height of berry season, June through September.

The Lloyd market serves hundreds of employees who work in the Lloyd district as well as nearby hotel guests & chefs, visitors to the State of Oregon building, and residents of the Sullivan's Gulch, Irvington, Eliot, and Kerns neighborhoods. It offers a tranquil environment compared to the bustling Saturday Hollywood Farmers Market with a smaller footprint and no music. Under the cover of a large gazebo, Lloyd Farmers Market is a pleasant market to shop in the rain.

The Lloyd Farmers Market began in 2007 as part of a grant to promote active living and healthy workites. The market has most recently been owned and operated by Eamon Molloy, who also manages the successful Hillsdale Farmers Market in SW Portland. Eamon approached the Hollywood Farmers Market about taking over management of the Lloyd Farmers Market earlier this year.

Hollywood Farmers Market will recruit additional farmer vendors to fill out Lloyd Farmers Market. HFM management will also add a token machine in order to process debit and SNAP (formerly known as food stamps) transactions, enabling more customers to shop the market.

Lloyd Farmers Market is located under the gazebo in the Oregon Square Courtyard on NE Holladay Street between NE 7th Ave and NE 9th Ave in front of the 7th Ave MAX stop.

The Hollywood Farmers Market is located on NE Hancock Street between 44 & 45 Avenues, one block off Sandy Blvd. It is open every Saturday from May – Thanksgiving and the 1st & 3rd Saturdays, December – April. Market hours are 8am – 1pm from May to October, and 9am – 1pm from November to April. Dogs are welcome in the market after 10am.

As you may know, the Fresh Funds Program is a nutrition incentive program at the Hollywood Farmers Market. This

program offers a dollar-to-dollar match, up to five dollars, to SNAP (formerly known as food stamp) recipients who spend their funds at the market. Fresh Funds Program matching dollars can be used to purchase fruit, vegetables, meat, bread, cheese and some baked goods. Funds can also be used to purchase edible plant seeds and garden starts.

In 2010, the program's first season, we matched over \$7,000 to low income shoppers and are seeing an increase in need in 2011. It was incredibly rewarding to offer this program throughout the season due to gracious donations by local businesses, the market, and our customers.

Since its first season in 1997, the Hollywood Farmers Market was able to financially sustain its operations solely through vendor stall fees. In 2009, the HFM Board agreed on a vision to strengthen the Hollywood Farmers Market's role in the regional food system by building community, enhancing education, creating partnerships, and focusing on sustainability. As part of our vision, the HFM is creating and funding programs to help increase food access for low-income shoppers (Fresh Funds Program).

We continue our efforts to raise funds through sponsorships, donations, grants and raffles. A donation of as little as \$25 will help 5 families double their food dollars each and every week. We are excited to announce that Central Northeast Neighbors has agreed to be the fiscal partner for the Fresh Funds Program at the Hollywood Farmers Market. This will allow donations to be tax deductible. Tax ID 98-0881484 Checks can be made out to Central Northeast Neighbors, HFM Fresh Funds. Donations can be sent to: Central Northeast Neighbors, 4418 NE 87th Avenue, Portland, OR 97220. A thank you letter and Donation Receipt with tax information will be provided to you. Thank you for taking the time to consider helping us with this program that is a win for our customers, a win for our vendors and a win for the Hollywood community. Please let me know if you have any questions about the program.

Ari Rosner, Hollywood Farmers Market

Community Volunteer Coordinator

[volunteers@hollywoodfarmersmarket.org](mailto:volunteers@hollywoodfarmersmarket.org) 503-803-7279

## Mike Renfrow, North Tabor Photographer and Digital Artist

By Gabe Frayne



Mike Renfrow  
Photo by Gabe Frayne

Photographer Mike Renfrow is sitting in front of an oversized Mac screen in his dimly-lit basement in North Tabor—otherwise known as the Renfrow "man cave"—trying to explain to me the concept of brushes in his Photo-shop program. There are images of ballerinas floating in space, oddly-shaped planets spiraling out of a vortex, and an assortment of other spheres in various stages of

distortion. One file fills the screen with splotches of color reminiscent of a deKooning canvas. He gives a quick demonstration of how to distort and shade simple images using a pull-down menu as long as the credits to *Titanic*. I look on, befuddled, as if my understanding of his techniques has disappeared into one of the black holes on his screen. "I'm constantly experimenting," he remarks. "That's why I love the computer."

Renfrow's latest work clearly marks a departure from the more conventional photography he produced in the first three decades of his career. The walls of his basement are covered with blow-ups of Mt. Jefferson, Portland street scenes, and Native American dwellings in his home state of North Dakota, among other points of interest. His living room and foyer display various samples of two of his leading artistic interests: ballet dancers and the stunning details of the Cascade range. A simple portrait of himself and his wife Vicki, both forty years younger, sits on a table by the doorway.

Renfrow Photo of Pacific Ballet



Renfrow Photo of Oregon Ballet

Actually, the past is something Mike talks about frequently; is this not the fruit of any serious photographer's work? We are sipping home-made Gamay wine ("Chateau Renfrow") on his back patio one summer afternoon and I ask him how the advent of digital photography has changed his business in recent years. He pushes back his sunglasses and thinks about the

question a minute. "[I used to be] you're driving to Salem to photograph a politician or driving to a dance studio to photograph a bunch of kids," he recalls. "There used to be a lot of intense dark room time. You do a job, next thing you know you're in the dark (cont. Page 6)

## Taoist Tai Chi Society Grand Opening Saturday, September 17

By Monique Mos

On September 17, at 11 AM, the Taoist Tai Chi Society of America, will officially be opening their new space at 2251 NE Glisan St. with a demonstration of Tai Chi and other entertainment. The new building is easy to locate, being situated one block before Glisan intersects with Sandy. (Coming from North Tabor.) Parking is available next to and behind the building.

Tai Chi is an ancient Chinese discipline that consists of a series of postures, and looks like a graceful dance. The movements are extremely gentle and can be learned by people of any age or gender. Tai Chi can have a beneficial effect on the cardiovascular, skeletal, muscular and nervous systems. In addition, and at least as important: it is fun to do! Check it out! Highly recommended.



Having fun getting fit! Photo by M. Mos

Taoist Tai Chi Society  
2251 NE Glisan  
503-220-5970  
oregon@taoist.org

## Home of the Dancing Taco

by Scott Hall



Owner Roberto Cruz Maya Photo by M. Mos

Los Taquitos on 58th and NE Glisan is not only the "Home of the Dancing Taco" (I'm not sure what that exactly means but I dig it.) but also home to Kick-Ass authentic Mexican cuisine. No carts can touch this place, that's supposed to be a compliment. For the past 5 years, Los Taquitos has made a name for itself in the North Tabor 'Hood serving high quality tasty meat with their dishes, which can be a conundrum at times when choosing Mexican. Here's the meat breakdown, order the chicken with quesadillas, the asada goes best with the tacos and the carnitas in their burritos rules.

The Value is even better. I can go there for lunch, order the chicken quesadilla, standard issue, eat half of it and take the other half home for a second meal. Only \$5! That's without drink of course. Drink choice goes one of two ways, first the genuine sugar Coca-Cola in the glass bottle, delicious. But the premier choice is the horchetta. For those of you who have not tried a horchetta let me explain without you having to Google it. It tastes like rice milk, sweet but not too sweet, with some refreshment. I'm not going to say it's the best I ever had, but it's in the top 5.



Los Taquitos, 5832 NE Glisan  
Photo by Robert Jordan

Los Taquitos location is super convenient. Nestled between Pantry Pride food wholesalers and Jacksons Shell station, just a block (west) away from Seven Virtues coffee house on 60th/Glisan. I know what you are thinking, no parking, with the off ramp from 84, busy intersection, nightmare. It's currently not a problem as they have a shared lot with the Shell station with plenty of parking right alongside the restaurant. I have literally gassed up (left my car by the pump while fueling) and ordered food and was on my way in 5 minutes. Besides, with its central location in North Tabor it is an easy walk or bike ride from anywhere in the neighborhood and makes a great stop on the way to or from the MAX.

Los Taquitos is not to be taken lightly. Go hungry or be prepared to take food home with you. Enjoy!

Los Taquitos Taqueria  
5832 NE Glisan 503-808-9169  
7 days a week 10 am to 10 pm

## Q&A with Michael Howells, of HOWELLS ARCHITECTURE + DESIGN

By Amanda Gersh

### These are tough times for anyone connected with construction and the building industry. How do you stay afloat?



Michael Howells (AIA/LEED AP) is a North Tabor area architect specializing in residential renovation.

We are certainly in interesting times. But the kind of work I do is less about what I call "Architecture with a capital A" and more about working with clients' existing homes, helping people make the most out of where they are.

In some ways the recession is encouraging people to remodel, not just to go green in order to cut energy bills, but also because for many people, "trading up" to the dream home isn't happening because they can't sell their current homes. So I'm seeing a number of people staying put and making their homes work well for the long-term, or buying something for less and spending the savings tailoring the house to their needs. It's not inexpensive to renovate a home properly, but it can be a smart move.

I also stay viable by being open to small projects, from bathroom remodels to fence design and accessory dwelling units (mother-in-law cottages). I really enjoy small projects. Kitchens and bathrooms are a passion of mine.

### What is your design philosophy?

I like a simple, straightforward approach to design, with an emphasis on quality materials and long-lasting beauty and performance. I'm not a fan of trends; I'm much more interested in how to create something timeless, something that will endure. If a house is 70 years old, how can I design something that blends with the past, looks good in the present, and will still look good in another 70 years? This is the kind of question that motivates me.

### Why should someone hire an architect for a remodel?

It's easy to see why you need an architect for new construction. People understandably have a harder time assessing that need when it comes to small renovations. You aren't required to have an architect to remodel your kitchen, so why should you?

As far as the design phase goes, architects are trained to work with buildings inside and out, right down to the tile, cabinetry, fixtures, and finishes. Considering how much time we spend indoors—especially in a rainy place like Portland—it's important to get things right within a home. Details matter. They often make or break the success of a renovation and can make a real difference to a person's quality of life, over time. When you have proper documentation—detailed architectural drawings—you get a better result.

When it comes to the construction phase, renovating any part of a house is a stressful process and it's important for homeowners to have an expert advocate for their interests, interacting with the builder. I think of myself as both a quality control and a budget check when it comes to project management. I understand the building process very well, and my clients know I'm looking out for them as my number one priority. I respect good builders and craftsmen, but I believe in the value of my services too. I see what I do as a necessity, not a luxury. Architects come at things in a very specific way: every decision we make is grounded in rational thinking. I help my clients see that every choice—from tile shape and color, to the cut of a cabinet—should be very deliberate and go beyond simple first-impulse preference. There's a bigger picture and I have it in mind, always.

### How should a person choose an architect?

For a renovation, the most important thing is to have someone who respects the home you live in and sees the integrity and potential in the building, not only the weaknesses you want addressed.

You want someone who can walk through your home and get a feel for the space as well as for who you are and how you want to live. I look at everything and try to absorb it before offering design advice: the paintings on the walls, the furniture, family heirlooms—it's all part of the story of the owner. You want to be very personal when you renovate a house: the architect needs to connect to who you are so they can help make your home better for you, and not for someone else. Obviously I have my own sensibilities, but I try to use them as a filter, not a mandate. An architect should interpret what they see and hear, not simply impress what they know on a client.

### Help Us Make Cleanup 2012 Even Better!

Sign up for the 2012 North Tabor Cleanup now and participate in the planning stage. Help us improve upon this year's efforts to increase the percentage of items recycled or reused and lower the percentage of items ending up in the landfill. With your help we can do it. Call 503-928-4655 or email cleanup@northtabor.org. Feedback on this year also welcome.

Also, when looking for an architect, consider the "small designer": you don't have to have a beautiful office to do beautiful work. I work out of my far from beautiful basement, but it doesn't matter because my clients need me to meet with them in their homes, not mine. Because I don't have the overhead of an office, my services are more affordable.

### What do you like best about your work?

Happy clients! A good remodel can truly transform someone's daily life. It's gratifying to see something ordinary become something special and just right for its owner. As for the process itself, I love it when there's a client-builder-architect symbiosis—when there is true collaboration. You can feel it in the result.

### What are your top tips for remodeling a kitchen or bathroom?



BEFORE: A NE Portland bathroom remodel by Michael Howells

Invest in quality: If it won't last, it's not worth it. You get what you pay for. So if you're renovating your kitchen, get the best appliances and fixtures you can afford. Even if you sell your house in a few years, a good remodel will serve your interests. Buyers are often put off by new cheap remodels. So either renovate or hold off. But if you do it, build it to last.

When it comes to bathrooms, make them "bullet-proof": Bathrooms take a real beating. They're hit hard by water, soap, steam, foot traffic. The smaller they are, the more durable they need to be. This is where design comes in. It's not just what materials you use but how you use them. For example, thoughtful tile placement minimizes wear and tear and make it easier to clean a space that sees a lot of dirt and moisture.



AFTER: The smaller the bathroom, the more durable it needs to be. Thoughtful tile placement minimizes wear and tear (and looks beautiful). Photo credit: Matt Niebuhr

My last piece of advice is cautionary: watch out for green gimmicks. Sustainability is a noble goal. It's also good business. Be wary of the latest eco-friendly product and gadget. I'm LEED-certified architect and I think it's great that responsible building practices are part of the mainstream. But there's also a lot of hype. There are age-old principles of sustainability and true design embodies them: enduring aesthetics and materials, fine craftsmanship, maximizing light and functionality—these are fundamental elements of architecture. Just by renovating your existing home instead of building from scratch, you're making a major sustainable move.

For more about Michael's services, visit his website:  
[www.howellsarc.com](http://www.howellsarc.com)  
Or find him on Facebook:  
[www.facebook.com/HowellsArchitecture](http://www.facebook.com/HowellsArchitecture)

### Correction to July Skin and Bones Story

"All of the herbs and greens that are used on the menu are picked fresh from the garden" Should read "A lot of the herbs and greens that are used on the menu are picked fresh from the garden"

"While I was studying to become a slow food chef in Italy..." Should read "While I was studying at the Slow Food school in Italy" (The Gastronomic Science University was not a cooking school but a school for Food Culture, History, and Science.)

## North Tabor Resident Opens Mucca Osteria in Portland

By Simone Savaiano, Neighbor

When I arrived in the US in 2004, I had a duffle bag, \$1500, and a head full of dreams. After 7 years, I had the opportunity to realize my greatest dream of opening an Italian restaurant in the U.S. After backpacking in Asia for a year with my wife, Kathy Chaya, we decided it was time to move from Los Angeles and find a new place to live. We drove north in an old Jeep that was given to us by our very good friend, Pietro Biondi, who is also now helping us with everything in the restaurant, from being a sous chef to managing and also helping with all of the remodeling of the restaurant before we opened. At first, Kathy and I thought we wanted an area outside of San Francisco, but the towns didn't give us the same kind of sensation that Portland gave us when we first arrived. We arrived the week after Thanksgiving, and it was very cold, but the views were amazing especially from the top of Mt. Tabor, and the people were so warm that we liked the city right away.

I always had the idea of opening an osteria in the US. Long ago in Italy, an osteria was a place that one found in an intersection where explorers and traders stopped to refuel and relax. There was always a host who took care of the travelers to ensure that they received good food and wine. The osteria offered small menus, but they were more refined to ensure good food to the travelers and explorers. Still today they often have a menu that lasts only a few days or a week. So from this idea, my first months in Portland were spent looking for a place where I could open my own osteria.

Mucca's menu is mostly based on local ingredients that are available based on the season's selections. Like in the best traditional restaurants in Italy, we make our own bread, desserts, and pastas in house. Our bread is made from a yeast that comes from the fermentation of raisins in water. This water is used as the starter for the bread, and therefore eliminates the need to use chemicals in yeast to make bread rise. The pastas are made following an old original Italian recipe that uses egg yolks without whites or water to give the pasta a unique texture and flavor. For the stuffed pastas (agnolotti, ravioli), we use local organic produce and local grass fed animals.

One of the dishes, Tagliatelle al Ragù di Coda, comes from an old Roman recipe called La Coda alla Vacinara. This recipe uses a lot of celery giving it a very fresh flavor but also requires the use of one's hands to eat the meat of the oxtail. From this idea, I had the idea to simmer the meat for a long time until the meat softened enough to melt away from the bones. The meat is then chopped so that it has the same consistency as a ragù, eliminating the need to dirty one's hands while eating.

Another pasta that is very delicious to eat in the summer are Maltagliati. This is a basil pasta topped with roasted cherry tomatoes and Burrata Mozzarella. The quality of the basil and extra virgin olive oil is fundamental to the flavor of this pasta as is the melting together of the tomatoes and Burrata, which becomes the sauce itself. The result is a very long sensation of freshness and sweetness on the pallet.

Bottarga is another ingredient that I love to use. Bottarga is dried eggs from the mullet fish, which is a Mediterranean fish that is commonly used in Sardegna. The eggs are cured and simply grated over Spaghetti to give it a very unique flavor.

All of our veal is local and grass fed, the beef is all USDA prime grade meat, and the lamb is also local and grass-fed. We rotate our selection of game meats constantly based on availability in the market. Our selection of fish is personally chosen daily by me to ensure that we get the freshest fish possible from the market.



Mucca Osteria  
1022 SW Morrison St, Portland, OR 97205  
(503) 227-5521

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## FOR THE CHICKEN HEARTED: Counting Crows

First I must ask you if you have noticed that there are a lot of crows these days. They are watching my house, twenty to thirty at a time. You would believe we were living in a corn field. Or that any moment now, Alfred Hitchcock will make his cameo appearance, silhouetted against the setting sun on Burnside, to watch us being gutted by his trained birds...

Crows are beautiful, intelligent and loud animals. They have inspired us for centuries. An ancient rhyme goes:

1 crow is for sadness, 2 crows is for mirth  
3 crows is for marriage, 4 is for birth  
5 crows is laughter, 6 is for crying  
7 for sickness, 8 for dying  
9 for silver and 10 for gold  
11 is a secret, that never gets told

Replace the word 'crows' with 'chickens' and abruptly these lines lose much of their mystique. It is certain that since historic times, the counting of crows has played an important role in our lives. Next to the oracle of Delphi, tea-leaf readings and the election projections, they do seem to have a function.

After my children received a beautifully illustrated book containing this verse, counting crows has become, if not a compulsion quite yet, something I find myself doing more and more. Beware of some confusion, however.

This morning, I counted 8 crows on the wire. If we go by the rules, that would indicate very bad news. But what if one crow immediately flies off? I now find myself trying to negotiate with fate. If 8 crows become 7, does that indicate an upgrade, health-wise? Whoops: only 4 crows left now. Let's see: that means laughter. How does it all add up?

Am I making merry on my deathbed, or does this event leave the neighborhood hiccupping hysterically at my demise? As you can see, one easily fills an afternoon gathering information this way...

You may find it hard to believe then, that not everybody is enthusiastically endorsing crows. Some people (I am not ashamed to admit that amongst them are family members, beloved neighbors and dear friends), would gladly replace the rhyme with their own version, possibly:

### Mike Renfrow (cont. from Page 4)

room for hours." The passing of the film era has made his work somewhat easier, and definitely less toxic, Mike explains, but there is also a downside to the digital avalanche.

"The one thing digital really took away was the community of photographers. At one point I used to work at a place called U-Develop, which is Digicraft, and there were all these photographers there—this was color because you could do your own black and white at home—and you'd meet all these photographers. You'd exchange information, meet other photographers, talk about work, discuss equipment, technical things. It was just a nice place to meet the community. Now with digital everybody's sitting at home on the computer. It's kind of deteriorated the community."



Renfrow Photo of President Jimmy Carter

Despite ample evidence of original work hanging from the walls of Mike's home, he makes no apologies for devoting the bulk of his career to commercial photography. It seems not everyone can make a living photographing Yosemite Valley or shapely women getting wolf-whistled on the streets of post-war Rome. Among the leading money makers in Mike's career are (coincidentally) industrial machines and politicians.

"My favorite all-time day in this business, I got on a plane, ticket paid by the art director, flew to Bend, photographed one machine—spent two hours in this place," he recalls about one job back in the 1980s. "By noon, we were in the bar waiting for our plane to take us back to Portland. Several drinks plus they feed me, I'm inebriated (don't put this in the article), we fly past Mt. Hood, which is as close as I've ever been to Mt. Hood in the air. By 1:30 I'm home and I made \$1,500 dollars...Now that's the way every day should be!"

As for the politicians, Mike simply notes that they've "always been interesting." There was the time when he was setting up for a shoot and a former governor and a congressman got into a shouting match within inches of



by Monique Mos, Neighbor

1 crow means others are never far  
2 crows; a toilet above my car  
3 wake me Sunday at 6 AM  
squawking and screaming their requiem!  
Etc. etc.

Recently I was told a story of (if you will permit the indulgence) crow-woe. This is my neighbor Raven's story (real name withheld upon request):

"I moved to this neighborhood because it's quiet. I understand the weed whackers: I am against weeds too. I understand the weed blowers! (See preceding argumentation.) The electric mowing machines? Gotta take care of that lawn, don't you? You won't hear me say a bad word about them. People with loud cars? A person's gotta move around. Drunks slamming their vehicle into multiple objects in the street? Come on, the convenience stores need to make a buck too in this economy. Increasing sirens? Poorly managed teenagers? It's all part of city life!

So what is driving me around the bend? Crows. Why people feed them, is beyond me!"

Someone else adds:

"Crows disturb the peace here. We want some silence restored. We want those nasty feathers out of here. Nobody is going to tell me that crow droppings do not pollute. This city has vowed to be green. That color must be restored in our street. Down with the crows! We are not the only city with a bird problem. But why can't we have something a bit fancier, more colorful, like San Francisco's Telegraph Hill? Believe me, I am not a snob, but I would settle for those parrots, any time..."

You will agree with me, that we have a bit of a problem here. But North Tabor is a creative neighborhood.

What can each of us do to reduce noise levels?

This is what the chickens have to say:

Where, oh where have the songbirds gone?

Why are the crows here, all alone?

And which, if we choose, is a better thing:

some crows on a wire or

a Silent Spring....?

his lens. Then there was the job when a prominent Oregon official threw a fit because Mike was having trouble loading his film during a prime photo op. At least that one ended up in a brochure.

The world of photography—or more aptly, the world through photography—grabbed Mike's attention at an early age. Growing up in the insular universe of 1950s North Dakota, he would go often to his neighborhood library to admire the period pictures in Life magazine. "That was kind of my escape into the world. There were all these exotic places where things happened," he recalls. "At that time photography was just like this fascinating window into the world from this isolation. In the fifties we really were isolated." After a stint in the army during the Vietnam War, he moved to Portland with Vicki and began a graduate program in anthropology with a view towards becoming a college professor. But the plan didn't last long: "that frightened me, the idea of being indoors, stuck in a classroom."

And so he picked up a camera. By the time he got around to taking any photography courses he already knew pretty much whatever they had to offer, though he does credit one class at PCC with improving his portraiture technique. More than thirty years later he still spends a considerable part of his day behind a view finder, albeit one that looks completely different than the first one he used. Since his first photo job Mike has never had a boss, and though the life of a college professor may have been more secure, he says, "I'm glad I did the photography. I have no regrets."

Editor's Note: I fear the quality of Mike's photography will not show up well in this paper. If you would like to see some of his work up close and personal, Mike will be having a show at the Laurelhurst Cafe, 47th and E. Burnside starting on September 7th.

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## 2011 Fall Training



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Class topics include:

- Biology • Identification • Disease • Planting • Establishment • Tree Preservation • Pruning • Tree inventories • City regulations • Tricks of the trade to organize community involvement**



Photos Courtesy of Bob Langan (Top) and Joe Poracsky (Bottom)

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| <b>Discounts:</b>                               | 25% off each registration fee if two or more people from one neighborhood register together. To receive the discount, register with Autumn Montegna by phone or email.   |
| <b>Scholarships:</b>                            | Scholarships are available. To request a scholarship, please contact Autumn Montegna to obtain the appropriate form.   |
| <b>Registration:</b>                            | To register for the training, visit <a href="http://www.portlandonline.com/parks/">www.portlandonline.com/parks/</a> or call the customer service at 503-823-2525 and ask to sign up for course number 356806. |
| <b>Discount &amp; Scholarship Registration:</b> | Contact Autumn Montegna, Urban Forest Outreach Coordinator at 503-701-7622 or <a href="mailto:autumn.montegna@portlandoregon.gov">autumn.montegna@portlandoregon.gov</a>                                       |

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### Patient/Physician Cooperatives "Organizing for a Healthier Community"

By Morgan Butler

Patients and physicians coming together to solve the healthcare problem, sounds like a fairy tale, right? Wrong. This magical place is real, and access to it is available for... EVERYONE. That's right, everyone. Portland is proudly the newest home of the community driven Patient/Physician Cooperatives (PPC) where patients and physicians work together to provide access to healthcare for people who cannot afford insurance.

The creation of the PPC comes at a time when many people do not have an affordable solution to gaining access to preventative and medical care. People wishing to change how health care is organized in their communities have banded together to join and support the PPC. This includes the self-employed, those who are insured but would like complementary care, those who work for small businesses, as well as, local primary care practitioners, such as Medical Doctors, Chiropractors, Physician's Assistants, Naturopaths, Doctors of Oriental Medicine and Nurse Practitioners.

The model is simple. Eliminate the need for insurance companies, pay the service providers directly, and get healthcare. Members pay a fee to join the co-op and in turn receive access to all of the physicians who are also members of the co-op, all for a set cost per month.

Working PPC's already exist in Texas and North Carolina and have proven to be the model that changes the way communities think about and receive healthcare.

PPC (Patient Physician Cooperative) is a free thinking non-profit Co-operative that has been operating in Portland for the last 4 months. We have providers that are ready to see co-op members right now! Our goal is to organize a local, sustainable basis for affordable access to healthcare without 3rd party insurance involvement. This allows members to seek out healthcare before their issues become critical and to actually develop relationships with their providers. We offer a great alternative to expensive insurance for individuals and for small businesses that want to provide healthcare for their employees.

At this time PPC has seven providers offering care and healing to co-op members in Portland Oregon. We have other providers who are in the paperwork and vetting phase of our practitioner process. We will be announcing them as soon as all preliminaries are completed.

Our next meeting will be in Beaverton. It will be on September 14th at "The Gathering Place", 12950 SW Pacific Hwy, Suite #125, Tigard, OR 97223. You may call 503-236-0724 or visit <http://www.ppcpdcoop.org/> for more information.

### Metro's Natural Gardening Workshops

Learn more at [www.oregonmetro.gov/gardenworkshops](http://www.oregonmetro.gov/gardenworkshops).

**Native plants for birds, bees and butterflies Saturday, September 10, 10 to 11:30 a.m.**

Eager to see beneficial birds, butterflies and gentle native bees? Discover how beautiful native plants can bring these allies to your yard, to help fight pests and improve garden productivity. Learn which natives might be right for your yard and how to plant and care for them without harmful chemicals. Find out where to get native plants in your area. Led by garden writer Lisa Albert.

Free event includes complimentary coupons and publications. Advance registration required. Follow the registration link below, or call 503-234-3000. Meet in Clairmont Hall room 117. Hosted by Metro, Oregon State University Extension Service and Clackamas Community College

### MAKE THAT PICTURE; DON'T JUST TAKE IT PHOTOGRAPHING YOUR URBAN FOREST

Hone your skills and learn how to take your best possible picture with professional photographer **Michel Hersen**. After mastering your hidden talent submit your photographs to be shown at our photo show. Donated photos will be sold and proceeds will be given to Save Our Laurelhurst Elms to help purchase inoculant for 2012.

**When:** **Workshop - 2 Sessions**  
Saturday, October 1st from 9:00 a.m. to 12:00 p.m.  
Saturday, November 12th from 10:00 a.m. to 12:00 p.m.  
**Photography Show TBD**  
**Location:** East Portland Community Center, 740 SE 106th Ave.  
**Cost:** \$27 **Scholarships are available**

To register for the workshop, visit [www.portlandonline.com/parks/](http://www.portlandonline.com/parks/) or call the customer service at 503-823-2525 and ask to sign up for course number 358136. For information and to inquire about scholarships please contact:

**Autumn Montegna**  
Urban Forest Outreach Coordinator  
Portland Parks & Recreation, City Nature  
[autumn.montegna@portlandoregon.gov](mailto:autumn.montegna@portlandoregon.gov) or 503-701-7622.

[www.portlandparks.org](http://www.portlandparks.org)  
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### 2012 Friends of Trees

By Robert Jordan

#### Mulching Tips

Mulch is used mainly for two things: to retard soil drying, and to prevent weeds from germinating. I've noticed that not everyone understands the most effective way to use mulching techniques so thought I'd list a few tips, particularly as they apply to trees.

1. Mulch can be inorganic (like sheets of black plastic or something like shredded tire rubber) or organic. Most of us use organic mulch such as leaves, grass clippings, straw, or shredded bark. Organic mulch should be pre-composted, not something like fresh wood chips because non-composted materials consume nutrients as they decay.

2. Mulch around trees should extend anywhere from 3 to 6 feet from the trunk, to cover the entire root zone. In sidewalk parking strips, this means all the way to the curb and the sidewalk, not just a little circle right around the tree.

3. Mulch needs to be at least 3 or 4 inches deep, after settling, to discourage weeds.

4. Mulch should not be in direct contact with the tree trunk, as this encourages bark decay and/or the formation of new roots where they shouldn't be.

Follow these tips and your trees will require less frequent watering and be better able to survive our dry summers – this is particularly important for young trees whose root systems have not become well established.

And please remember to water your newly planted trees.

Neighborhood Coordinators are essential to this success, and North Tabor is seeking volunteers to join its Neighborhood Coordinator team. Neighborhood Coordinators work with Friends of Trees staff to get the word out in their community about the tree planting and plan the logistics of their neighborhood planting day. You are supported all the way through this process by Friends of Trees staff and your fellow Neighborhood Coordinators.

Being a Neighborhood Coordinator is an excellent opportunity to meet your neighbors, develop valuable organizing skills, and make an important and lasting difference in the community.

Although we had the wettest spring in over 100 years it is not enough for our young trees and we still need to water them! Mulching and weeding around your tree is very important too.

Online registration is already open and some people have already ordered trees for our upcoming North Tabor planting in January! Check the website or call (503) 282-8846 for more information. <http://friendsoftrees.org/>

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