

North Tabor NEWS

July/August 2011 • Volume Three • Number Four

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, July 19th, and August 16th, 6:30 pm, at Emilie House, 5520 NE Glisan. Agenda item requests may be sent 7 or more days in advance to board@northtabor.org or left as a voicemail at 503-928-4655.



Have You Registered Your Party Yet?



Your 2 Cents Could Win You a Prize!

Complete and turn in the questionnaire on page 3 by July 19th for a chance to win a Schlage Deadbolt lock, donated by A Good Locksmith, and other prizes. Mail to or drop off at NTNA, c/o 302 NE 57th, Portland, OR 97213 or drop off at Crime Prevention Booth, 57th and Burnside 10-2pm Sat July 16th or bring to meeting Tues. July 19th, 5520 NE Glisan. Entries on the 16th must be received no later than 2pm, those mailed or dropped off at 302 NE 57th must be received by 5pm on July 19, and those brought to the meeting on July 19th must be turned in by 7:15 pm.

Businesses Blooming on Burnside

The past year has seen the addition of Cafe Monet, Laurelhurst Cafe and most recently Cyclopedia and Skin and Bones American Bistro along E. Burnside, the southern border of most of North Tabor neighborhood. In recognition of these new businesses as well as long time businesses along E Burnside the North Tabor News has organized an event for Saturday, July 16th. Bring yourselves and your family out for a stroll, pedal or hop along our section of E. Burnside, 44th to 68th. Several businesses will be having open houses and specials during the day and will display a poster indicating their participation. Most will be from 10am-2pm. In addition, Katherine Anderson, Southeast Crime Prevention

Coordinator, will be on hand with information on how you can decrease your chances of being a victim of crime and on Neighborhood Watch programs. Katherine will be at the booth at set up at 57th and E. Burnside. Mark Pedersen of A Good Locksmith has donated a Schlage deadbolt lock for a drawing to be held at the booth at 2pm. We will also have a display of the 50's Bikeway Project for those who would like more information or to comment on this project. Representatives of the North Tabor Neighborhood Association will also be there to answer questions and accept feedback from the neighborhood. Come on out and meet some of your neighbors and local businesses!

Cyclopedia Opens for Business, North Tabor's Own Bike Shop



Cyclopedia owner, Daniel Carter (right), and associates Jaromey Meckstroth (left) and Cole Wilson (middle) pose in front of North Tabor's new bike shop. The mauve vintage Indian bike, third from left, was purchased by a North Tabor neighbor at the May Cleanup and has been completely refurbished by Cyclopedia to the new owner's delight. See more on Cyclopedia on page 4.



NTNA board member Moonrose Doherty volunteers at Montavilla Food Coop table as part of her commitment to working to develop sustainability in local neighborhoods, including North Tabor. Moonrose hopes to see more North Tabor neighbors joining in on this and other ongoing sustainability projects as well as helping to identify and start new projects in North Tabor. See related stories on Page 7.



Fundraiser for Medically Fragile Children

As part of the Burnside festivities on July 16th, the Laurelhurst Cafe, 47th and Burnside, is holding a fundraiser for the Providence Child Center for Medically Fragile Children. Vintage vehicles will be displayed, including a 31 Model A Ford Sedan, 33 Ford Pickup, 66 Chevelle, 67 Chevelle, 55 Ford F100 Pickup, 46 Ford Sedan, 64 1/2 Mustang Convertible (from the neighborhood), 51 Olds 88A and finally, a 1947 Whizzer powered Schwinn bicycle.

All items will be on display from 11:00am to 4:00 pm, no admission, but donations will go to Providence Child Center for Medically Fragile Children. Two bands will be performing from the neighborhood, the Dreadnoughts, and the Backyard Blues Boys. All Coffee Sales for the day will be donated. Local businesses and persons are asked to consider a donation to the Center.

60th Avenue Station Community Project Moves to City Council

Matt Wickstrom, BPS District Liaison

On May 24th, at the second hearing for the project, the Planning and Sustainability Commission (PSC) recommended forwarding a modified version of the 60th Avenue Station Community Project to City Council. Neighborhood residents did an exemplary job testifying from a local perspective and sharing personal stories about the station area. Testimony from residents primarily focused on three topics: the Bureau of Planning and Sustainability (BPS) proposal to increase density for residential properties, quality and compatibility of new development, and transportation and safety.

The PSC recommended increased development potential along NE Glisan Street and at the intersection of NE Halsey and NE 60th Avenue but not for residential properties in the 60th Avenue MAX station area. As a result of the recommendation, additional design requirements would apply to both new residential and commercial development as well as major exterior alterations to existing structures. The Commission asked

for further evaluation of the high density residential designations on small lots through future planning efforts. BPS staff are working with TriMet and the Portland Bureau of Transportation to address safety and transportation concerns raised at the hearings. No hearing date has been set for City Council at this time.

Contact Matt Wickstrom, BPS District Liaison, 503-823-2834, or email matt.wickstrom@portlandoregon.gov with questions.

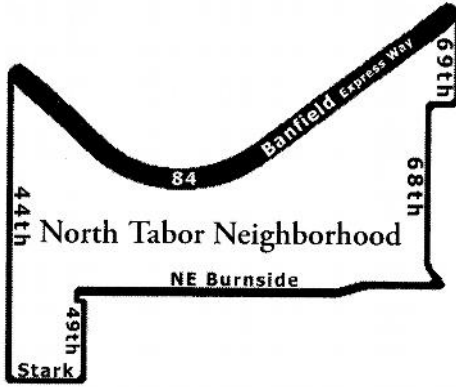


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Welcome To North Tabor

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, own property, or have a business, nonprofit or government facility within our boundaries. Next meetings, Tues 7/19 and 8/16, 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 August 15, 2011 for distribution in September. 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 August 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 or submit articles, stories, photos, announcements or suggestions via email to 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. 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.

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

Work Group and Committee Contacts

Annual Cleanup, cleanup@northtabor.org
Friends of Trees, fort@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

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Reach 3000+ North Tabor Residents for pennies per copy.
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News from your neighborhood association board is mixed this month. The board had high expectations for our June general meeting after offering food and drinks and an hour devoted to socializing

and an hour devoted to socializing before getting into the neighborhood business. The food and drinks made it, but unfortunately our neighbors did not. Perhaps the draw for BBQs elsewhere was too tempting on such a wonderful first day of summer after our long, dreary spring. I know I had a party of people waiting for me back at my home which, incidentally, is where that leftover food was redirected post-meeting.

Board members were also in short supply at this meeting. Two board members emailed their resignation from the board earlier in the day as the result of increased commitments at work and at home. However, even though Nick and Alison are no longer on the board that does not mean that we will not see them helping out in the future. Alison Gavine plans on following through with the Good Neighbor Agreements she has initiated with Jackson's Food Stores and Carolyn Court Apartments. Nick Barbour has also said that he would like to stay involved offering support where and when he can.

Given the reduction of members to the board, the four members attending met the quorum for voting. Some good news to come out of the meeting is that we were able to pass a revised set of bylaws that should simplify/clarify issues that were not previously working for the board. We had hoped to be able to elect a few more board members at this meeting and re-elect officers but no new candidates presented themselves to run at this time. There are several vacant positions remaining on the board and hopefully we will be able to fill them soon.

Another silver lining to the meeting was a focus around the National Night Out parties that we brought to your attention in the May North Tabor News. There have not been any applications so far from our neighbors regarding the four grants of \$50 the board has voted to provide to the first four NNO parties scheduled in North Tabor this year. This money was intended to be used for the barricades required to block off the street during a block party. So, the money is still available – first come, first served! In addition to this offer and in case no interest is shown in the next month, board member Ajai Huja has offered to organize a block party for the neighborhood in

Notes From the Chair

Zach Michaud, Chair, North Tabor Neighborhood

The board will pick a street central to North Tabor and sponsor a party for the entire neighborhood! We are really excited by the potential of such a gathering and hope that you will be, as well. If you have any interest in planning with us, please contact me at chair@northtabor.org. Do you perform (music/art/other)? Do you have a special recipe that you are dying to try out on unsuspecting yet forgiving neighbors? Are you great at organizing games/activities for kids? Do you want to connect with your neighbors and just hang out? Let us know and we can start planning something amazing for August 2nd's National Night Out. Details will be posted on www.northtabor.org, announced on the greeting at 503-928-4655 and posted at various locations throughout the neighborhood.

Lastly, please take note of the change in meeting space for the next two month's board meetings. We have been blessed and grateful to Mike at Seven Virtues for letting us meet at his cafe while we are looking for a permanent space that is functional and inviting to the maximum number of neighbors. The lovely folks at Emilie House (5520 NE Glisan) have offered us the use of their meeting space which we will try out for the next two months and continue if it works out as well as expected. It is centrally located for the neighborhood, accessible by public transportation and offers various amenities to create a welcoming space. Meeting format will adjust to include a social gathering during the first half hour to allow time for neighbors to get to know one another and allow new attendees a chance to catch up on topics that are ongoing with the neighborhood. Those who would like to stay for any presentations or business items can, and those with limited time can indicate their interests before leaving. Of course late arrivals will also be welcome! We would love to see you there and hear your concerns or ideas you have for North Tabor Neighborhood. For the July 19th meeting, if you have a small, useable item you would like to give away, bring it along together with your completed questionnaire from this issue of the paper (Page 3). There will be a drawing for prizes from those who have turned in their questionnaires either at the Crime Prevention Booth by 2 pm on July 16th, by mail or hand delivery to 302 NE 57th (97213) by 5 pm July 19th, or turned in at this meeting by 7:15 pm. You do not have to be present to win a prize, but prizes will be selected in order of draw by those present--any winners not present will be able to choose from remaining prizes.

Thanks to all who attended the NE/SE 50s Bikeway Second Community Open House!

Over 120 people came out to review the Final Recommendation, provide their comments, and to talk directly with PBOT staff and the Citizen Advisory Committee members.

You can peruse all the materials provided at the event through PBOT's Virtual Open House here.

<http://www.portlandonline.com/transportation/index.cfm?c=53345&a=355058>

In addition, display materials will be available at the information booth at 57th and Burnside on Sat, July 16th, 10-2 and at the NTNA meeting Tues., July 19th, 6:30-9pm, Emilie House, 5520 NE Glisan.

Project elements with the greatest impact on North Tabor include traffic diversion measures at 53rd and E Burnside as well as plans for a bike box at 53rd and Glisan. Traffic diversion measures will be tested for 6 months and reviewed to consider any unintended consequences.

North Tabor News Looking for a Few Good Neighbors

Candice Jordan, Editor

Medical issues I am experiencing require me to repeat this appeal for help to keep the North Tabor News going. I am hoping that a few neighbors who enjoy reading our neighborhood publication will step forward to work with me over the next several issues and make a commitment to the various processes required to keep the paper going after this issue. While many neighborhood associations have abandoned a printed newsletter in favor of websites and other social media, the North Tabor Neighborhood Association has remained committed to periodic communication in print to all our residents, not just those who gather together in cyberspace. I would hate to see the end of our very own little paper.

For those interested in serving on an editorial board, the job entails making a periodic commitment during one to two weeks every other month to collect material, proofread, edit and factcheck items and see that all gets formatted and delivered electronically to the *Gresham Outlook* for printing. The more people participating, the more evenly the workload can be spread out. Some of the above tasks as well as the following can be delegated out to a wider set of interested volunteers and absent others I am willing to continue with layout as long as I am able.

Financial Support: While the paper is a volunteer effort, printing and postage create bills that must be paid. For that, volunteers who can solicit and secure paid advertising or sponsorships, as well as someone to manage the bookkeeping are required and to followup

each issue with continuing advertisers as well as source new ones. Rates are low to encourage our local businesses to advertise. This activity could be spread over several volunteers. I have enjoyed interacting with all our great local business owners and regret that this is a task that I can no longer reliably perform.

Distribution: Volunteers are needed to maintain the database of addresses for mailing and hand-delivery, maintain the maps and lists for hand-deliveries and coordinate volunteers when available for hand-delivery. An updated spreadsheet of postal addresses has to be sent via email each issue to the *Gresham Outlook* for printing and mailing. As there are not a lot of changes, this task does not take much time.

Writing and Graphics: Reporters and writers are needed to cover issues of interest to the neighborhood and to submit articles and neighborhood stories for publication. Photographers and graphic artists can help provide the images that add visual interest to the publication. Many of our small businesses need help with the design and preparation of their ads.

If you would like to see the North Tabor News continue, please volunteer to help with the September and November issues so we can build a team to carry our neighborhood publication forward. To join our team, email editor@northtabor.org or call 503-928-4655. Training is available for those who might need to learn some new skills.

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The Short History of a Small House

By Gabe Frayne

I confess to feeling a mild sense of trepidation—more like a vague foreboding—any time I dig a hole in my garden deeper than, say, eight inches, this being approximately the depth at which one might find the remains of a former resident, or perhaps an unwelcome visitor, or a secret paramour. It's not that I have a shred of evidence or even so much as a rumor to sustain this dark sentiment. The problem, you see, is that exactly one year from now my modest abode on NE 58th Street will turn 100 years old, like many of the other residences in this area built by Messrs. Clark and Rogers. Can there be any doubt that within the span of an entire century these walls have seen the highs and lows of the human experience? Would it be naïve of me *not* to think that some dark drama lingers in these spaces?



My morbid curiosity was piqued a couple years ago when, quite unexpectedly, one of my wife Nina's Spanish students who happens to work for the city department of deeds mailed us a package containing the copies of every deed ever held on this property. Along with the piles of quaint verbiage declaiming "In testimony whereof" and addressed to "all men by these presents," she included a

cover sheet with four columns labeled date, from, to, and — most importantly — comment. With her in-depth knowledge of the myriad reasons why residences change hands, Nina's student offered us a concise interpretation of most of the dozen or more transactions that preceded ours. Much can be inferred from little information.

It appears that for the first decade or so the house was a rental; nothing too exciting there. Between 1923 and 1936 the owner's name was Akins, about whom there is no comment but whom one might imagine was a lover of trees judging from the approximate age of the expansive flowering cherry tree that dominates the front of the property. Akins sold the property to Clyde J. and Eleen Lair. ("Eleen must have been a typo," the comment notes. Her real name was Ellen.) In 1948 Clyde and Ellen divorced. "Clyde's wife is now Mary and they deed to Ellen...Ellen's last name is now Silvis." Here's where things get strange: the very next line, same date, notes "Ellen's husband Clyde Silvis deeds to Ellen. Ellen owns the property all by herself." So was Clyde a bigamist, or did Ellen just really have a thing for guys named Clyde? But then we learn that eight years later "Ellen is now married to Carl Wanderly," and they sell the house to someone named Lockhart. Suffice it to say, I have not yet unearthed Clyde's body, either Lair or Silvis.

The next dozen years appear to have been uneventful at this address. In 1968 Max and Shirley Gerttula bought the property, and Shirley owned the place until her death in 1993, making her by far the longest-term owner. My neighbor Mike Renfrow remembers her well.

"She was a widow already," he recalls about the first time he met her shortly after he moved to North Tabor in the mid-1970s. "She was already by herself." They became casually acquainted through sidewalk conversations. "Then we chatted enough that on occasion she would see me and ask if I would drive her up to the bar up here on Burnside," Mike chuckles. "I'd take her old car [a 1962 Plymouth which may or may not have been registered] and back it out of the driveway and drop her off, and I'd bring the car back and I can't remember

what I did with the keys because I think I gave it to the neighbors because she would call them to pick her up."

She was dark-haired, chatty, and "matronly." She had no children, as far as Mike knows, and she talked to him often about growing up in an orphanage. "She loved squirrels. One time she found this injured baby squirrel and she brought it back to health, and for several years it came every spring. Every spring it would show up and she would lean down and feed it and it would just eat seed out of her hand. She did that for many years until it disappeared."

Shirley bequeathed her final residence to the owners of her first, the Waverly Children's Home. At that point the house reverted to a rental—a fact which accounts for the dusty "for rent" sign we found in a seldom-seen corner of the basement. In 1999 the house was sold to Mark and Jessica Wilcox for 139,000 dollars. Various neighbors I've talked to described them as a quiet couple who kept to themselves; he was a coast guardsman and she worked in a state office. In 2006 Mark and Jessica divorced and sold the house to Nina and myself for 274,000 dollars, doubling what they had paid seven years earlier.

What little else we know about Mark and Jessica Wilcox can be summarized in an old French expression: *les temps qui passent ne demeurent que les traces* (the times that pass live only in the traces). Among various odds and ends that we found left behind by previous residents were two large black garbage bags in our garage filled to overflowing with broken pieces of plaster. At first the situation appeared to be nothing more onerous than the inconvenience of disposing of the bags, which we did. But a few months later we began noticing large, meandering cracks snaking across our living room ceiling. When the cracks metastasized into falling plaster, we called in a drywaller, whose fixing of Mark and Jessica's fix-it-yourself job set us back over a thousand dollars. That couple certainly did have a way with money.

On the up side, maybe those bags of broken plaster are the only truly unpleasant surprise this property will ever yield.

North Tabor Neighborhood Association (NTNA) Survey

Please clip out and drop off at Crime Prevention Booth, 57th and Burnside 10-2, Sat. July 16th or mail or drop off to 302 NE 57th Ave, 97213 for receipt by 5 pm, Tues, 7/19 or bring to our meeting on Tuesday, 6:30 pm, July 19th, Emile House, 5520 NE Glisan. All surveys received by 7:15, Tues 7/19 will be entered into a drawing for a Schlage deadbolt lock and other prizes. You do not need to be present to win, but those present will select donated prizes as their names are drawn and non-attendees selected will choose from remaining prizes when notified.

Do you ever wonder what is going on in the neighborhood? Do you wish there was community garden space you could join in on? Is there a traffic or safety issue you would like to discuss? Would you like to see a midweek Farmer's Market in North Tabor? Are you interested in having or going to a neighborhood block party this summer? Do you wonder what the heck are all those tall skinny houses that are popping up all about? Are you interested in what Providence Hospital is planning to build next? Do you wish you had some say in the kind of development that happens here? Are you concerned about graffiti or other crimes in the neighborhood? Do you wish you knew more of your neighbors better so you could watch out for each other or just get together to have some fun?

These are just some of the things that NTNA members talk about at our meetings and in our committees and work groups!

You can check out our web site at: www.northtabor.org where you can also find information about the North Tabor Neighborhood as well as archived issues of the North Tabor News with information for and about North Tabor, or call 503-928-4655 to leave your comments or questions.

We would love to hear from you!

North Tabor Neighborhood (that's where you live!) invites you to participate by attending our monthly meetings, joining a committee and/or sharing your ideas. Bring your questions or just come to observe. NTNA Board meetings are held the third Tuesday of each month with social time and refreshments at 6:30 followed by a business meeting and/or presentations at 7pm. All neighbors are welcome to attend these meetings. (Only board members can vote at Board meetings, but everyone is welcome to put in their input and ask questions and all members may vote at General Membership meetings.)

Join us Sat. July 16th at 57th and Burnside, 10-2 or Tues, July 19, 6:30-9:00 pm, Emile House, 5520 NE Glisan.

Please clipout the survey below and return as specified to let us know what the North Tabor Neighborhood Association can do for you and what you can do for North Tabor!

North Tabor Neighborhood Association Questionnaire

North Tabor Residents and others eligible for membership in the NTNA will be entered into a drawing for prizes if completed questionnaires are turned in prior between 6:30--7:15 pm, Tues., July 19th, Emile House, 5520 NE Glisan. Limit, one entry per eligible participant. Questionnaires may also be turned in Sat., July 16th at Crime Prevention Booth, 57th and Burnside or mailed or delivered to 302 NE 57th for receipt no later than 5pm, Tues., July 19th. Late questionnaires are welcome but will not be included in prize drawings. If more space is needed please continue on a separate sheet of paper.

Name

Phone and/or email address

Street Address

How long have you lived in North Tabor?

What do you feel are the strengths and weaknesses of the North Tabor community? What new type of businesses would you like to see in North Tabor? Are there places where you feel there should be crosswalks? Do you have any ideas for a community project? What would cause you to stay or what might cause you to leave North Tabor?

Do you have any questions or issues you would like addressed by the NTNA?

What barriers or issues prevent you from participating in you neighborhood association?

What skills or resources do you have to offer the neighborhood? Do any projects or committees interest you--if so, please list.

You can also call us at 503-928-4655 and leave a message if you would like a call back or email chair@northtabor.org if you would like to add an issue to the agenda for a meeting or to get additional information about the neighborhood association, its committees and workgroups or anything you think we could help you with. Thanks for your input!

Skin and Bones American Bistro Opens Adding More Variety on E. Burnside

Alison Gavine, Neighbor



Skin and Bones American Bistro owner Caleb McBee and crew Photo by Alison Gavine

The much anticipated Skin and Bones Bistro opened its doors to the neighborhood at the beginning of June. Situated on the corner of 55th and Burnside the restaurant has created an intimate, ambient and beautifully furnished space with a menu which offers original Pacific Northwest food.

Owner Caleb McBee explained that although the restaurant has just opened, Skin and Bones has been operating for the past few years as a supper club in Portland. The idea behind the supper club is one of a dinner co-host. Marketed entirely by word of mouth, the club provides lunch or dinner to organized groups. Less formal than a traditionally catered event, Caleb and his team of chefs prepare the menu and serve the dinner in an informal setting such as someone's home or at a specially selected venue.

"I had originally intended to use the new space to host the Supper Clubs that we have been doing all over Portland for the last few years. When we moved in here, neighbors and local people would stop by everyday asking when we were going to open and what kind of food we would be serving. We realized then that quite unintentionally we were building an expectation in the community. We decided to fulfill on that expectation and opened Skin and Bones as a neighborhood Bistro."

Skin and Bones Bistro is striving for purity in all aspects of their menu, from sourcing the food from local organic farmers, to preparing everything from scratch. Nothing is ever prepared using processed or packaged ingredients. Caleb spent a year studying to be a chef in Piedmont, Italy which is home to the Slow Food Movement. This is a global, grassroots ecology movement with thousands of members around the world that links the pleasure of food with a commitment to community and the environment. It emphasizes that food should be three things; it should taste good, it should be healthy and clean, and it should be produced by people who are justly compensated for their labor.

Caleb explained "All the food that becomes the menu for Skin and Bones is entirely sourced from three local organic farms. The meat comes from local livestock that is grass-fed and the produce from 100% organic farms."

He points out that many restaurants in Portland say they can only provide organic food for their menu some of the time. "It is possible to provide an organic menu, all year round. But you have to be willing to make that commitment."

Skin and Bones are committed to providing a 100% organic menu year round. Once a week they receive an email from their local farmers who tell them what is available. Caleb observes "In many ways it is the farms that dictate the menu." He also grows some of the Bistro's own food in their garden next door.

"All of the herbs and greens that are used in the menu are picked fresh from the garden." But how important is having a garden to the restaurant? "While I was studying to become a slow food chef in Italy I had the opportunity to spend three months in Ireland on a field study working with some of County Cork's best chefs. They pretty much all told me the same thing: if you are going to run a restaurant, you need to have your own garden."

While the menu changes weekly depending on what is available from local organic farmers, it is always focused on providing a creative blend of Pacific Northwest food. Items like Mussels cooked in White Wine and Strained Tomatoes and house made Pasta with Duck Ham, as well as traditional dishes like Pork and Beans. Vegetarians should be able to satisfy both their imagination and hunger with items like Rapini and Fava Bean Tart or Roasted Beets with house made Farmers Cheese or Sautéed Turnips and Greens.

The sodas and beers sold at Skin and Bones are also made locally. Hot Lips Sodas and Fentiman's Ginger Beers are available as well as a fine selection of local and regional IPA's, Lagers and Stouts. The wine list is both local and international featuring the best from vineyards in both Oregon and France.



Photo by Bradley Roberge

Skin and Bones American Bistro
5425 E Burnside (503) 236-3610
Tuesday-Saturday, 5-10pm.
www.skinandbonesbistro.com

Mouthwatering desserts like Apple Pie, Flourless Hazelnut Cake with Whipped Cream and Candied Fruit and Poppysseed Cake with Peaches should be enough to satisfy a sweet tooth.

The menu which changes weekly can be found on their website.



Photo by Bradley Roberge

Cyclopedia Opens Doors Next to A Good Locksmith on E Burnside

Story and Photo by Kevin Matson and Sarah Mongue



Cyclopedia owner Daniel Carter at his new shop

If you look closely, there is a new bicycle shop on Burnside, next to A Good Locksmith – Cyclopedia. For

Dan Carter, the business first started out as a garage hobby three years ago and progressed to a store front business this April. Dan's interest in bike repair has also grown into collecting and repairing classic touring bicycles, with his current project being a 1981 Motobecane 10 speed touring/racing bike from France. He also offers classic bike rentals if you want to try one of these exquisite machines for a few hours or up to a few weeks.

Dan noticed that the North Tabor neighborhood didn't have a bike repair shop and was lucky enough to find a recently vacated store front on E Burnside while looking for locations by bike. A little paint, work benches and shelves later Cyclopedia had a soft opening April 15, 2011.

Cyclopedia survived on word of mouth and referrals while they were operating out of a garage. Now that they're in a store front, business has increased to 5-6 walk in customers a day. An outdoor sign will be installed by the time you read this and Cyclopedia will be even easier to find. So if you are in need of some bicycle TLC, stop on by Cyclopedia!

Check out the photo on the front page of this issue.

Cyclopedia

5711 E Burnside 503-308-1245
www.portlandcyclopedia.com.
Hours are 11AM to 7PM Tuesday thru Sunday
Monday by appointment only.

Stop by Cyclopedia and the NTNA info Booth on Saturday, 7/16 10 am - 2pm

Girls Just Wanna Have Fun...

Photo by Alison Gavine



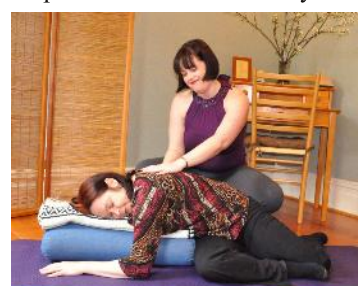
Former board members Kaity Tammen and Sam Fuqua made some time for fun while volunteering at the North Tabor/Mt Tabor Cleanup in May. Working in the plastics sorting area they made sure to get one more ride out of this kiddie car before it's journey to Far West Fibers for recycling. If you weren't there, see what you missed out on!

Body in Balance on Burnside

Lyn Delmastro, of Body in Balance, opened her practice on Burnside last year. She enjoys sharing space with other practitioners in the 1890's house at 5525 E Burnside and likes this North Tabor neighborhood location. Lyn has a Masters of Arts in Somatic Psychology. Somatic psychology sees the body and mind as one and focuses on treating the whole person.

Lyn has been personally using biofeedback for over fifteen years and finds the skills she learned and teaches useful in her daily life. Lyn completed her Therapeutic Yoga Teacher Training with Cheri Clampett and Arturo Peal in 2009. She recently completed her 200 hour Registered Yoga Teacher (RYT) training with Dana Layon.

Lyn has experienced major illness in her own life and understands the challenges of coping with medical problems. She provides compassionate and empathetic help to her clients. Join Lyn Delmastro for a session of therapeutic yoga,



blending gentle and restorative yoga (using props for support), breath-work, guided meditation, and hands-on healing. This style of yoga is great for those recovering from injury or illness or for those who would like a gentler, slower practice. Lyn teaches several group yoga classes a week as well as private sessions to teach people tools and skills that they can then use on their own. Biofeedback is something that

many people can learn and master in 10-15 sessions and then the skills can be utilized at any time throughout their lives.



Body in Balance
5525 E Burnside
503-347-0258
www.bodyinbalancepdx.com
lyn@bodyinbalancenw.com



Sunday morning bikeride to Montavilla Farmers Market along Davis St. bikepath reveals many locations ripe for "Hellstrip" gardens, some being used and some not. Nice to see lots of folks out walking and biking too and from the market as well. If you would like to get involved in projects to increase garden space in North Tabor, email volunteer@northtabor.org or call 503-928-4655 See related articles on Pages 5 and 8.

El Dorado Mexican Grill and Cantina

I have just returned from lunch with a friend at El Dorado, a Mexican restaurant at the corner of 80th and Glisan. This is my fourth time eating there, and each time I have been pleased with all aspects of my lunch or dinner.



The first time I went was with another friend who declared the chicken tortilla soup "out of this world". While I think very few things qualify for a description like that, I would agree that it is not only very generous in portion, but very, very good. It has lots of big chunks of chicken, good spices and certainly was enough for a soup-



El Dorado owner Sophia George and our waitress, Delia

Story by Daryl Summers, Neighbor Photos by Candice Jordan style doggie bag and dinner that evening. You always receive chips and salsa when you sit down, so it made for a satisfying meal.

Our waitress, Delia, is welcoming and attentive. She came over to be sure everything was satisfactory, and her timing was spot on. This time out, my friend and I shared an appetizer platter (\$10.95) consisting of flautas, Idaho nachos, and taquitos rancheros with guacamole and sour cream. Again, there was enough for some take-home. We choose to split this in order to save space for flan (\$2.25). While it was not served in small round ramekins as we expected, it is still quite good. It is served almost as a piece of pie, surrounded by whip cream.

The owner, Sofia George, bought the El Dorado in 2005, and has added some nice touches. She and her husband have lived in Portland almost 40 years, and have owned several restaurants and delis. There is outdoor seating (with umbrellas), and the video machines are now behind a lovely painted wall, screening that area from the view of underage customers. The restaurant itself is full of colorful Mexican murals. It has a pleasant ambiance; it is certainly well kept and inviting. I'd add that the ladies room, often neglected in some places, was spotless.

There is an extensive menu, with many daily specials and an inviting Happy Hour. Lunch specials are from 11-3:00. The prices are very reasonable. You can also order burgers, gyros, salads, BLTAs and various egg dishes. There is a children's menu offering tacos, burritos, enchiladas, cheese quesadillas, and tostadas. All are served with rice, beans and a small drink for \$4.25. Take-out is available.

El Dorado is a great place to enjoy a home-style Mexican meal. Visit, and enjoy!

El Dorado Mexican Cantina
8001 NE Glisan (503) 255-2407
Open 7 days a week, from 11AM to 9:30PM
(Until 10:00 PM on Fridays and Saturdays)

Hell Strips and Other Unmentionables

By Bonnie Bruce

There are always "problem children" in every garden. You know where yours are--those locations that never are quite right, the areas that try as you might, just don't support plants well. They may be too boggy and wet or have poor soil or be bakey and hot.

Typically the parking strip, that area between the sidewalk and the curb, is one place that is a challenge for gardeners. These spots are referred to as "Hell Strips", and they are so-called for a reason. More often than not Hell Strips are hot spots, filled with compacted soil and subjected to pollutants because of the proximity to the street. They are often forgotten and neglected, left to default to a boring strip of lawn or a swath of river rock collecting weeds.

There are alternatives to the default approach. With lot size growing ever smaller as urban density increases capturing the Hell Strip and making something of it is becoming more attractive to gardeners. Hell Strips are being planted with everything from drought tolerant plant material to evergreens and edibles (although I question if it is wise to plant things you want to eat within inches of traffic and pollutants).



The first step in re-claiming a Hell Strip is amending the soil properly. There is no point to investing in plants if the soil is so poor that it won't support plants well. Most soils in the Portland area are clay which means compaction is rampant, you won't find an earthworm for miles and water runs off without penetration. Digging in a mixture of topsoil, compost and gravel or coarse sand will give you a good start (at a ratio of 40:40:20). I recommend digging the amendments in by hand but if you must rototill, show restraint and do not over till the plot. The goal is to separate the clay and combine the amendments NOT powder the soil into a fine dust the consistency of cake flour. Whatever method you choose, hand or machine, wait to dig until the soil is not muddy or you will do more harm than good to the soil structure.

Irrigation is the next consideration. It is not always necessary to have permanent irrigation in the Hell Strip but consider where your nearest water source is and how easy is it to access. ALL plants (even the most drought tolerant species) need water for two to three summers until they become established. If the source of water is difficult or complicated to use, you will find yourself inadvertently avoiding watering the new plantings. It only takes one hot day to lose your investment of time and dollars.



Now, make your design decisions about this new bed. How should it function? Remember this will be a very public planting. It is at the edge of the street. People will tend to treat it for what it is--a public place. They may feel free to pick the blooms, eat the fruit, and walk through the plantings on the way to the street or the car. Be prepared for all these events because they will happen. So choose plants that are tough and not fussy. Choose plants that will look good for at least three seasons of the year because this will create the "curb appeal". Choose plants that are just fine if they are walked near (or on). And lastly choose plants that are not rare or expensive so if one disappears you will not be heartbroken.

What's the character? Will this be mostly edible landscape? A Mediterranean look--lean and spikey? An ode to Northwest Natives? An English cottage garden? What is your vision? These are questions and issues to answer BEFORE you take a trip to any nursery, not AFTER you return home with a car load of "must have" plants and no plan. Happy planting!

Bonnie Bruce is owner of *Celilo Gardens*, a Portland landscape design studio. For more information: www.celilogardens.com

KrisAnn's Been There, Plus Size Resale Shop Opens in Montavilla

Story and Photos by C. Jordan



KrisAnn Washington moved her plus size resale shop, *Been There*, to 7831 SE Stark Street this past February. Since moving there from the Gateway area she has received nothing but encouragement and support from neighbors who are thrilled to have the only store of this kind in the area.



Been There owner KrisAnn Washington checks in new consignments brought in by a customer.

KrisAnn keeps the racks loaded with consigned clothing and accessories and donated items from her wonderful customers whom she credits with amazing and eclectic styles. Clothing sizes in the shop range from 14 to 4X, shoe sizes 6-13. Currently Kris Ann is accepting fall season clothing for consignment. Consignments are accepted any time the shop is open. Clothing must be clean, on hangers, in excellent condition and have original labels. Accessories and jewelry must also be in excellent condition. Items may be consigned for a 30-day period at which time they must be renewed or removed or they are considered to have been donated to the shop. Items removed prior to the end of contract are subject to a 10% processing fee. Consignors receive 40% of the sale price of any items sold or may opt for 60% in store credit.

Been There was started as an effort to keep clothing out of the landfill--re-use, recycle, reduce while shopping local! If you are gaining or losing weight or just want something different consider bringing in some of your clothing to sell and checking out what is available for purchase.

KrisAnn would like to encourage those with maternity clothing no longer required and those in need of maternity wear to come on in. There are set prices for various types of apparel in the shop inventory but consigned items as well as jewelry and some other accessories may vary from those posted on the wall.

KrisAnn and her husband started this business together and she has 3 years experience in resale. Since starting she has had one employee, three interns and the support of various family and friends. "This is a fantastic part of town and I am pleased to be here. It is important to me to have a business where I live."

KrisAnn's Been There
7831 SE Stark St. (503)-282-5669
Facebook: *KrisAnn's Been There*
ksbeenthere516@gmail.com

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Make Your Own Laundry Soap Powdered Variety

Dula Baker, Neighbor

After reading Robert Jordan's article on making the liquid type of laundry soap in the May/June *North Tabor News*, I decided to submit the recipe I use to make a dry type. I've made and used this for over two years, and like Robert, I think it compares favorably with what I now consider expensive commercial laundry detergent.



Any bar soap will do. I prefer Fels-Naptha. Grate enough soap to measure one cup. Add ¼ cup washing soda and ½ cup 20 Mule Team Borax. Store in a moisture proof container. Use 1 tablespoon per load or 2 tablespoons for heavily soiled laundry. Wash in cold or warm water. My directions also say not to wash silk, woolens, or vinyl in this solution. However, I've regularly washed my wool socks and sweaters, as well as silk blends and my tennis shoes, and I haven't seen any harm throughout their numerous washings.

The first time I made this, I used my food processor. It was easier and faster, but I wanted a finer flake. Grating on a small-holed grater is more labor intensive so I grate the whole bar while I'm at it, and add the washing soda and borax accordingly. One batch lasts a long time. Yes, the 1 and 2 tablespoons per load is correct; since I have a "family size" washing machine, I use 1 ½ tablespoons when I have a full load. It's surprising how gray the wash water looks with so little soap being used.

I don't use fabric softener; I find Portland's water to be soft and this product seems to wash out of the laundry more efficiently than the commercial kind. My whites even stay white longer than they did when I used a non-bleach commercial detergent. If you want softer laundry, add ½ c white vinegar to the rinse cycle. Instead of using bleach, soak items in a 20% hydrogen peroxide solution for 30 minutes, then launder as usual.

Be sure to store the boxes of washing soda and borax in a dry place so they'll be usable for your next batch.

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FOR THE CHICKEN HEARTED: Old Hens, Incidental Roosters

"Old Chickens Never Die, They Just Bubble Away" was the title of a February 2, 2008 article in *The New York Times*. This topic was of interest to me, as I have been wondering what happens to discarded chickens that are not consumed by the owner.

Some time ago, in an urban feed store, I heard someone tell a customer that having urban chickens is a hobby: you won't save any money on eggs. In a small city yard, chickens are generally confined to a run with a coop and eat chicken feed, purchased at an urban farm store. This makes having chickens in a city more expensive than in the country, where they can find seeds, worms and other food while they run around free.

In the city, chickens become pets. Yet, having chickens is different than having a pet that does not produce food. It is true that one can become attached to chickens as well as to dogs or cats, but I'll admit that I bought the chickens primarily for the thrill of harvesting my own eggs. After a hen stops laying, chicken owners often get rid of the bird. When you are allowed a maximum of three chickens, you will one day end up with 3 old hens and no eggs! This dilemma then, was on my mind when I read *The New York Times* article in search for answers.

Apparently there are people, willing to take old hens or incidental roosters off our hands. They are not motivated by charity exclusively. They cook them! Coq au Vin is a dish which makes use of roosters. Hens past their prime have flavored our chicken soup for centuries. Folks who grew up harvesting their own chickens and don't think twice about it, receive the birds free of charge from urban farmers who do not want to engage in the sad job of killing and plucking their Chanticleer or Henrietta. It is easier to buy an already dead chicken at the store, than to munch on the fowl you have just spent years fattening on the best organic feed in town.

In the city, where most people are accustomed to buying their meat butchered, we do not have to deal with the task of killing the bird we have named after our favorite aunt and whose eggs we have feasted on. It seems harsh and cruel and we shudder to think of it. Worse yet, we may wield the knife in such an inexperienced way, that we prolong the animal's suffering. Giving this task to strangers, who may know what to do and how, has created an opportunity for the less squeamish. On the one hand this appears to be the ideal, three way solution, benefiting bird, urban owner and cook. Yet, at the same time, something does not seem quite right. It may have to do with the notion of outsourcing one's responsibility.

Owning roosters is prohibited within the city limits. However, sometimes a chick turns out to be one. There is a small margin of error, in determining the gender of the chicks. When we had to get rid of our unintentional rooster, we brought it back to the store where we had bought it months earlier, as a hen chick. There were other people with roosters in cardboard boxes, just like mine. A

Upstaging Nature

It's a fine summer morning.

The air is filled with buzzing.

Lawnmowers, leafblowers, powerwashers, and

Motorcycles emerge from months of storage.

Their combustion cuts through the delicate air.

The aroma of freshly cut grass

Mixes with gasoline and grey exhaust.

The robust, sweet scent from the

Committees of bearded iris

Is upstaged by chemical construction solvents,

And rides the wind through my open window.

Amplified music growls through

The back wall of a neighbor's garage.

Baseline and backbeat blare

Through the wispy blue air.

The volume sets a constant backdrop

For power tools, aptly named.

Manufactured and metallized sounds voiceover

The whisper-gentle vibration of freshly minted

Leaves of grass brushing together in the breeze.

They extinguish birdsong, and leak

From our houses and from our lives in the city

We built as a refuge from nature's moods.

In our hubris, we have upstaged her.

Densely, packed and seeking safety

In the same coveted space,

Now, we are mostly victims of our own moods.

This morning I hear a new Song of Myself.

Unlike Whitman, we say to gentle Nature,

"I am man; take me as I am.

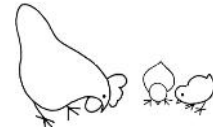
Though you hold me gentle

In the palm of your hand,

I can no longer see thee".

June 4, 2011 (Draft)

© Josephine Cooper



by Monique Mos, Neighbor

little girl was crying bitterly and no soothing words of the parent, nor the kind and gentle demeanor of the employee, could make her feel any better about having to abandon her bird. It is hard enough to lose a pet when an accident or illness is the cause. In the worst case, we take it to the vet and help it out of its misery. That is the urban way of dealing with pets at the end of their life. But I can't imagine leaving my dog at the vet, without witnessing his death, simply because it is too upsetting. I want to be present. It is the last part of my responsibility towards the animal.

When our chick turned out to be a rooster, complete with extensive and loud crowing, we had to keep him inside to protect our neighbors from the early morning noise. (That is why roosters are not allowed in cities: we live too close to each other.) We called the store and heard that we could drop him off days later. Until then, he had to spend the night in our living room, in a very large box. We had not been prepared for a decision of this kind so soon and did not have the time to think of any other solution than to drop him off and be rid of him. But I kept thinking of the little girl. She had been old enough to be bothered by disturbing questions, like: how do we know that our rooster will be well taken care of? Is he scared? What will happen to him? How could I have protected him and why didn't I?

When an animal runs away, we are left with unanswered questions. We want to know that our pet is alright. We would feel relieved if we only knew that he was well taken care of and not in any pain. When we are the ones who initiate the departure of our animal and abandon it, we can't be sure that it is treated in a respectful manner. The only way to be sure of that, short of paying the vet, is to be present at the slaughtering or to decide from the start that a bird will be with us long after the production of eggs, until its natural death.

I have eaten meat most of my life and still do, occasionally. Paradoxically, like most other urban meat eaters, I had not ever killed an animal, excluding the odd mosquito. Some time ago, along the river, I found an abandoned fish on a hook. I could see a little tremble near the gills. The tail made an effort. I have never fished; I am not interested in pulling a hook through a worm. Yet, I know that I could do it, if it would be the only way to be fed. There I stood, by the river and tried to remove the hook so I could throw the fish back into the water. I tried several times, but failed. The hook was attached to a long nylon line which had snapped. The fish would not survive, attached to the hook and line. The only thing to do was to kill it. So I found a stone and used it. Then I buried the fish in the sand. Killing that fish left me shaken and yet, at the same time, proud of having set aside my discomfort. Where does that leave me with regard to my old hens?

Mmmm.....

Free Concert/Movie Series in the Parks

Take advantage of these events including Tues evenings in July at 6:30pm in Mt. Tabor Park, Sat 8/6 Portland Festival Symphony at 6pm in Laurelhurst Park, Sat 8/20 Providence Stage Band in Laurelhurst Park at 5:30, Fri 7/29 The King's Speech in Laurelhurst Park and Sat 8/27 The Social Network in Laurelhurst Park. Movies begin at dark, with entertainment at 6:30. Citywide schedule available on twitter at "summerfree4all", fb "Summer Free For All -- Portland" and www.PortlandParks.org.



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Metro's Natural Gardening Workshops

Schedule for July, August and September [Learn more at www.oregonmetro.gov/gardenworkshops](http://www.oregonmetro.gov/gardenworkshops).

Gardens of eatin': basic vegetable gardening Saturday, July 16, 1 to 2:30 p.m.

Want to grow organic food but not sure how? Boost your garden IQ with simple steps to success. From picking edibles for the right spot and season to prepping the soil and watering waste-free, get the skinny on weeding, managing pests and growing a bountiful garden without toxic chemicals. Plus, learn where to find plants, seeds and more tips for easy organic gardening. Led by regional gardening expert Glen Andresen. Free event includes complimentary coupons and publications. Advance registration required; call THPRD at 503-629-6350. Hosted by Metro, OSU Extension Service and Tualatin Hills Park & Recreation District.

Gardens of eatin': edible landscaping Saturday, July 30, 10 to 11 a.m.

Get the skinny on blending edibles and ornamentals for a delicious low-maintenance landscape. Discover salad-boosting herbs and flowers, fruit trees for small spaces and native plants that hide 'berried' treasures. Learn easy organic care methods and best varieties for blueberries, strawberries, tree fruits, grapes, kiwis, culinary herbs and more. Led by garden expert Jen Aron. Free event includes complimentary coupons and publications. Advance registration required; call Hughes Water Gardens at 503-638-1709. Hosted by Metro, OSU Extension Service and Hughes Water Gardens.

Grow a greener green lawn Saturday, July 30, 10 to 11:30 a.m.

Looking for easy, sustainable ways to keep your lawn looking great? Learn the latest on establishing, renovating and maintaining turf that meets your needs. Get time-tested tips practiced by golf course superintendents for mowing, mulching, watering and managing weeds without toxic chemicals. Discover eco-lawns, and learn where to get more information on low-input lawn care. Led by Oregon State University horticulturist Weston Miller. Free event includes complimentary coupons and publications. Advance registration required. Follow the information link below, or call 503-234-3000. Hosted by Metro and OSU Extension Service.

Gardens of eatin': basic vegetable gardening Sunday, July 31, 1 to 2 p.m.

Want to grow organic food but not sure how? Boost your garden IQ with simple steps to success. From picking edibles for the right spot and season to prepping the soil and watering waste-free, get the skinny on weeding, managing pests and growing a bountiful garden without toxic chemicals. Plus, learn where to find plants, seeds and more tips for easy organic gardening. Led by regional gardening expert Glen Andresen. Free event includes complimentary coupons and publications. Advance registration required; call Flat Creek Garden Center at 503-663-4101. Hosted by Metro, OSU Service and Flat Creek Garden Center.

Water less, save more and keep your garden green Saturday, August 6, 10 to 11:30 p.m.

Want to save on your water bill? Discover the secrets of low-maintenance plantscaping with beautiful, water-wise plants. Learn how soil amendments, mulch and proper planting save water and prevent pest problems without toxic chemicals. Plus, get the basics of efficient irrigation usingsprinklers, soaker hoses or a drip system. Led by regional gardening expertGlen Andresen. 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, OSU Extension Service and Clackamas Community College.

Grow a greener green lawn Saturday, August 13, 10 to 11:30 a.m.

Looking for easy, sustainable ways to keep your lawn looking great? Learn the latest on establishing, renovating and maintaining turf that meets your needs. Get time-tested tips practiced by golf course superintendents for mowing, mulching, watering and managing weeds without toxic chemicals. Discover eco-lawns, and learn where to get more information on low-input lawn care. Led by Oregon State University horticulturist Weston Miller. Free event includes complimentary coupons and publications. Advance registration required. Follow the registration link below, or call 503-234-3000. Use the Cloverleaf entrance to the fair grounds on Northeast 28th Avenue immediately across from 809 NE 28th Ave. Hosted by Metro, OSU Extension Service and Washington County Master Gardeners.

Native plants for birds, bees and butterflies Saturday, Aug 20, 1 to 2:30 p.m.

Eager to see beneficial birds, butterflies and gentle native bees? Discover how beautiful native plants can bring these allies to your yard, helping fight pests and improving garden productivity. Learn which natives might be right for your yard and how to plant and care for them without harmful garden chemicals. Plus, 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; call Tualatin Hills Park & Recreation District at 503-629-6350. Hosted by Metro, OSU Extension Service and Tualatin Hills Park & Recreation District.

Intro to rain gardens Sunday, August 21, 1 to 2:00 p.m.

Interested in building a rain garden to soak up stormwater runoff? This workshop introduces the steps involved in designing and building a rain garden including site assessment, testing soil drainage, sizing a rain garden, construction, picking rain garden plants, and maintenance. Led by East Multnomah Soil and Water Conservation District's Candace Stoughton, Sustainable Urban Landscapes - Low Impact Development Specialist. Free event includes complimentary coupons and publications. Advance registration required; callPistils Nursery at 503-288-4889. Hosted by Metro, OSU Extension Service and EMSWCD, and Pistils Nursery.

Healthy soil for healthy plants Saturday, August 27, 10 to 11:30 a.m.

Got a lackluster landscape or veggie garden? Learn how to turn any soil into a fertile bed for roots using all-organic methods that help plants thrive without costly chemicals or harmful runoff. Plus, learn how to 'read' your soil, prep it for planting and how to use slow-release fertilizers, compost and other soil amendments. Led by garden expert Jen Aron. Free event includes complimentary coupons and publications. Advance registration required. Follow the registration link below, or call 503-234-3000. Hosted by Metro and OSU Extension Service.

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.

Activity Underway for 2012 Friends of Trees Plantings

Moonrose Doherty, Board Secretary, Sustainability

Friends of Trees (FOT) just completed the most successful planting season in its 21 year history. There were 29 separate planting events in eastside Portland neighborhoods that resulted in more than 4,500 new street and yard trees being planted. North Tabor's planting was a huge success and planted over 50 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. Neighborhood Coordinator training will be held on Tuesday, August 16th from

6:00pm - 8:30pm, at the Colonial Heights Presbyterian Church at 2828 SE Stephens Street in Portland. FOT will host another training for new neighborhood coordinators trained this summer as well as returning Portland neighborhood coordinators on Thursday, August 18, at 6:00 pm, so they can meet each other and learn about our online ordering system. The training will be held at the Northeast Community Center, 1630 NE 38th Avenue, Portland. Attendance at both of these trainings is requested. If you would like to have a planting in your neighborhood, please consider being a neighborhood coordinator! Pre-registration is required.

Although it has been 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/>

Local Food Co-op Pancake Fundraiser Huge Success

By Moonrose Doherty

The June 4th Pancake Breakfast event to fundraise for the Montavilla Food Co-op start-up funds was delicious and a fantastic event. Congratulations to the new member-owners because the co-op is on its way with the pancake benefit, which signed up more than 40 owner members and more have signed up since then. The co-op would like to thank the more than 200 folks that came out, the outstanding volunteers, and everyone that brought friends and families out and made this event such a great success! The raffle was fun and many people won amazing prizes like massages, whiskey flights, original artwork, acupuncture, garden art, and pottery painting. And all of the raffle items were donated by our very own local businesses!!! The support from the community has been overwhelmingly positive. Thank you to all.

We're excited to be moving forward, and every member that signs up brings us one step closer to our goal of having an amazing grocery co-op in your beautiful neighborhoods.

We're calling on you, our supporters and volunteers to sign up and become a member owner. Bring us one step closer to our initial member goal of 100 members. When we reach 100 members we'll have our first ever member election, that's right! Less than 60 owner-members more and you get the chance to vote on how we move forward as a co-op!

But where can I buy a share you may ask? Contact our member services at ownershare@montavilla.coop or give us a call. Also we have an informational booth at the Montavilla Farmer's Market once a month (the first Sunday).

We'd love to see your pics from the pancake benefit at: <http://www.facebook.com/pages/Montavilla-Food-Co-op>

Perfect Weather for this Year's Cleanup!

Moonrose Doherty, Board Secretary, Sustainability

The North Tabor/Mt. Tabor annual clean-up event was a great success and a fun event thanks to all of the amazing volunteers. Unlike last year, we got a break in the weather. We honestly could not have had the clean-up without the help of our volunteers. So, a deep heartfelt thank you goes out to everyone that volunteered their time and energy to the clean-up, either on the day of the event at Mt. Tabor Middle School or in the pre-planning and organizing stages, thank you so very much!

The resale area had some great stuff like fine pottery, gardening supplies, gently used furniture, artwork, and some cool bicycles as well as mirrors, toys, books, tables, games, wagons, bulletin boards, wooden garden furniture, metal tools, and kitchen items. Reuse before recycle! Candice Jordan purchased a vintage Indian 3-speed bike, which she will have tuned up at Cyclopedia (a great new bike shop in North Tabor) and I got two really big wicker lampshades that now sit in my garden like woven baskets that were meant to be there as if they were designed to be garden art.

Rebuilding Center salvaged cabinets, iron railing, sheetrock, wire fencing, shelves, light fixtures, chain link fencing, and solar lamps. Cyclopedia helped out and bought about ten bicycles in various stages of disrepair.

For the recycling, we were able to recycle tons of hard plastics, plastic films (bags), plastic bottles, and cardboard/paper; we also recycled a large quantity of metals!

McFarlane's graciously took tons of yard debris away to be composted. We were also able to recycle electronics, small appliances and styrofoam with Green Century Recycling.

In all we were successful in keeping a large amount of materials out of the landfill and that deserves a round of applause for our neighborhoods.

For next year we hope to see more people involved, especially volunteers to haul recyclables. Robert Jordan hauled 4 truckloads of plastics and other materials to Far West Fibers and we could have recycled much more if there had been volunteers with trucks or trailers throughout the day. The Laurelhurst Cafe donated lots of flavorful coffee for the volunteers and the Donut Queen pitched in with some sweets.

Some volunteers had fun perusing the resale area, sipping on coffee, and meeting neighbors, while other volunteers found fun in testing out the items to be recycled or resold (like a bigwheel and a wagon, see Page 4). Many volunteers mentioned that they really appreciated the opportunity to meet, network, and contribute to the neighborhood with fellow neighbors. We hope to see you out there for next year's fun event. And remember: Reduce, Reuse, and Recycle!

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.

Montavilla Farmers Market: Something Old, Something New, Something Borrowed, Something Blue--or Red or White or...Produce Bags from Repurposed Old T-Shirts

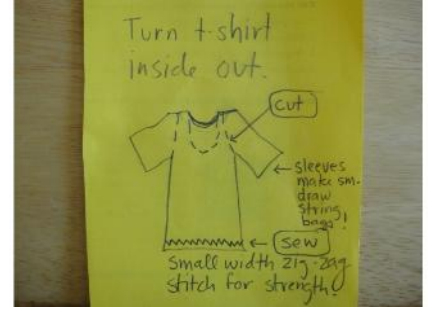


Reduce and reuse are key words around the Montavilla Farmers Market. Last year, we launched our Market Loaner Bag program to reduce the number of disposable plastic bags used to carry home the wonderful produce

and goods purchased at the market. Our loaner bags are crafted out of discarded t-shirts, and are available at our Info Booth for shoppers to borrow – for free! The bags have been a big success – our visitors are more than happy to forgo a single-use bag in favor of a repurposed t-shirt bag. The bags are simple to make and we've got some easy instructions on our website.

The bags may be borrowed for the week and should be returned the next time you visit the market, hopefully the following Sunday. Returning them promptly will ensure their availability at market for the season duration. Our handy and free Produce Storage Guide will teach you how to safely store your farmers market produce once you get it home, reducing the need for disposable plastic bags. A recent donation of 600 new durable bags by Saints Peter and Paul Episcopal Church has made our loaner bag program even more stocked and available to market shoppers. We hope to have these bags available at vendor booths for your convenience. To further our efforts to reduce the use of single-use bags, we are also selling reusable mesh produce bags for \$1 at the Info Booth. Pick some up on Sunday to carry home your market bounty.

Contact Volunteer Coordinator Erin Roycroft at erin@montavillamarket.org if you are interested in sewing or stenciling for the loaner bag program this season. www.montavillamarket.org
See you at the market!



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AUG. 19 Mark Hanson, folk acoustic guitar
AUG. 26 Dylan May, funk folk
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