

The SOUTHEAST EXAMINER

JUNE
2018

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18th Village Building Convergence

The City Repair Project, the Portland-based non-profit that hosts the annual Village Building Convergence (VBC), invites you to join in the many events scheduled between June 1-10.

For nearly seven months, teams of neighbors all over the city have been refining their community improvement project. Common projects include the recognizable street murals and also include free libraries, benches, kiosks, gardens, and other creative expressions of 'placemaking' that exemplify natural building, ecological landscaping and public art.

Beginning on June 1, all 30+ projects have scheduled work parties to build their projects and you are invited to find projects near you to help! Learn skills and lend a hand (and sometimes a foot!). You might even meet some new neighbors!

In the evenings, the VBC organizers

host educational programming for a modest fee. Evenings usually begin at 5:30 pm and include a freshly prepared dinner, inspiring speakers, and for some of the nights, music! Project information and evening/workshop tickets are available on-line at www.villagebuildingconvergence.com.

Tickets are also available at the door for our four evenings at the Carvlin Hall, 2408 Southeast 16th Avenue. Line-up includes Jon Young June 1, Women Leaders in Permaculture June 2, Making Homes & Building Community with Mark Lakeman and Lydia Doleman June 3, and Sharing Power: Tools for Transforming Community June 8.

To find out about the community projects as well as the evening program and workshops, visit www.villagebuildingconvergence.com.

Matt Bibeau

RIP Backlash Emerges from Former Supporters

BY MIDGE PIERCE

Grassroots support for the City's Residential Infill Project (RIP) slipped during last month's testimony before the Planning and Sustainability Commission raising the opposition's hopes that planners

might reconsider RIP's massive impact on the face, fabric and affordability of Portland.

In an interesting twist, pro and anti-RIP camps delivered similar pleas for affordable housing guarantees-lacking in

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The new oak and elm trees gracing Cesar Chavez and Lincoln are thanks to a BES city program that encourages businesses to plant trees. All Weitzer Company had to do was love the idea and they did the rest; cut sidewalk, planted trees, and will water them for three summers. It's so nice to see tax money paying to make the world a better place!

-- Chena Weitzer

Blue is for Better Housing Design

BY MIDGE PIERCE

Which mailer did you get-blue, yellow or none at all? Did you respond?

Distinctively colored notices sent by city planners over the past few months have caused considerable confusion. Although the comment period is over for the 130,000 or so recipients of yellow Residential Infill Project (RIP) proposal fliers, recipients of blue Better Housing by Design (BHD) notices have until mid-June to respond.

Both proposed projects address aspects of the City's growth and densification.

BHD applies to apartments and other high-density residential structures in multi-dwelling zones R3, R2, R1 and RH. Because it targets medium to high-density zones that already allow fourplexes, townhouses and rowhouses, the project is separate from RIP's proposals to upzone single family residential neighborhoods to allow for triplexes and duplexes with attached units (ADUs).

The blue BHD fliers tout the project as a way to ensure that new development

provides more housing options for households of all ages, incomes and sizes. The City says BHD has a focus on development in East Portland, but thousands of property owners in the central and inner Eastside also received notifications.

The Sellwood-Moreland Neighborhood Association (SMILE) was among organizations that have already submitted measured feedback, expressing frustration at the overlapping but not coordinated processes between RIP and BHD. "The Commission should consider and advance the Residential Infill and Better Housing by Design Projects together," it commented, adding that separate consideration of single dwelling, multi-dwelling and commercial zones fail to assess the "cumulative" impact of development in RIP/BHD and Mixed Use Zones.

"The conventional wisdom for some of these differences is that multi-dwelling zones are adjacent to corridors and single-dwelling zones are not, but in our neighborhood both are adjacent to corridors," according to SMILE

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Holgate Manor is Microcosm of Crisis

BY MIDGE PIERCE

The human toll of the housing crisis is measured in the wizened face of 92-year-old Anna Lendya, an immigrant who has called Holgate Manor home since 1993. Her deepset eyes, looking every bit as ancient as her Ukrainian roots, brim with tears as she contemplates a 9.9% July rent increase she can't afford.

Her neighbor Rakheliya Lewiskaya likewise worries that she can't pay the rent increase without financial assistance. Her back is bad and she may be unable to continue working as a caretaker. If forced to move, she has no good options.

"These situations play out all of over Portland," says Anthony Bencivengo of Portland Tenants United (PTU) which is partnering with the Holgate Manor Tenants Union to prevent tenant displacement. The 81-unit Creston-Kenilworth complex was long considered a welcoming haven for refugees hailing from many countries and speaking eight different languages. After it was sold to an out-of-state owner, PTU claims the new management company used a mixture of incentives and potentially misleading information to get tenants to sign contracts they did not understand. If they declined, they faced rent increases just below the 10% threshold requiring landlord's pay move-out expenses.

Now PTU is attempting to counter the pressure to vacate that the many non-English speakers experienced, ostensibly so their homes could be remodeled. The catch, according to PTU, is that promises for tenants return are predicated on residents paying additional security deposits and undergoing re-screening, a process that caught two Cambodian refugees in a net Bencivengo calls "implied racism" resulting in permanent eviction. Those who signed move out agreements inadvertently



Anna Lendya

signed away rights, he says. Those able to return faced increases for remodeled units much higher than 9.9%. "Taking advantage of residents, many of whom are elderly, on fixed incomes and don't understand the language, is untenable," he says.

To determine if fair housing rules are being violated, PTU is now connecting tenants with legal aid lawyers. They have also contacted the Mayor to see if the City would use some of a \$258 million housing bond to buy the complex. Portland Housing Bureau spokesperson Martha Calhoun confirms the project would likely qualify but for the caveat that it can't force the owner to sell. Instead, PHB staff will meet with Holgate Manor residents to pair them with housing assistance resources.

PTU has also sent a union letter to demand that owner Fred Kleinbub implement manageable tenancy terms, undertake maintenance that includes getting rid of vermin and provide translators for non-English speaking residents. (As

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LE

Letters to the Editor

Left turns

I read with interest your article in the May 18 SE Examiner. I was ‘with’ you until your comments about left turns in intersections, as your ‘instruction’ about staying out of the intersection is contrary to how I learned to drive. So, I did a bit of research. Clearly an intersection is to be kept clear by drivers intending to proceed through - Oregon Revised Statute is clear on this. It is not on left turns. As is the case with most statutes, those related to driving tend to focus on what one cannot do (as is the case above), not what one can do. I’ve found nothing that would support your statement about unprotected left turns. Most of the articles in my Google search indicate left turning drivers should enter the intersection IF the light is green and wait for traffic to pass through and then turn. Of course entering during a yellow is prohibited.

I would really be interested in reading your source on this - I am a little concerned that readers of the SE Examiner have been given information that isn’t legally accurate.

Ms. Tannler - if the statement about left turns at intersections isn’t truly accurate, I would hope the SE Examiner could clarify by following up with PPB or the DMV and letting its readers know.

Thank you both!

Left turn Response:

Thanks for reading my article on Vision Zero. I appreciate that you’ve carefully thought about the issue of unprotected left turns. It’s clear you care about good driving.

In your email, you astutely observe that they do things a little differently in California! In that state, it’s legal to idle in the middle of an intersection while waiting to make an unprotected left turn.

If you’ll notice, though, the Oregon code is not so clear. ORS 811.260 states that a “driver shall yield the right of way to other vehicles within the intersection at the time the green light is shown.” The wording suggests that it’s the “other vehicles” that are within the intersection, not the driver’s vehicle. The driver is waiting behind the legal stop.

Last year, I spoke with a state trooper from Boardman about the issue of unprotected left turns. He said that waiting in the intersection is technically not illegal, but not good driving practice. Due to the ambiguity in the code, though, enforcing the rule is at the discretion of the officer who observes the driving behavior.

Yes, if a driver idles in an intersection waiting to make an unprotected left turn, an officer probably won’t cite the driver, unless, as a result of the driver’s decision-making, the circumstances become especially dangerous. Accordingly, note that I write in the article that “you might get a citation,” not that you will.

As I also write in the article, a better alternative is to simply

find a different route—one where you’re not put in the position of feeling like you have to idle in an intersection to make an unprotected left turn. Consider the situation as a whole. It’s just inherently risky to sit in an intersection. By their nature, intersections are one of the most volatile, therefore riskiest features of our roadways.

So I suggest that, rather than begrudge those drivers who wait behind the legal stop before making an unprotected left turn, you applaud them! They’re practicing safe driving.

Thanks again for your thoughtful email,
Sean Miller

Dear Editor,

There is an old saw that “a conservative is a liberal who’s been mugged.” Well, if the Portland City Council, BPS and their developer buddies have their way, Portlanders are about to get mugged again by their own city government when the so-called Residential Infill Project (R.I.P.) is implemented.

Tens of thousands of Portlanders will be affected by this Charlie Hales-engineered giveaway to developers who have duped the well-meaning but suggestible “affordable housing” zealots into thinking that any property owner or renter who doesn’t want a cheaply built triplex or, more likely a McMansion, towering over their single family bungalow must be demonized as a NIMBY. The R.I.P. won’t even touch the

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The SOUTHEAST EXAMINER

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URM Update: Over-reach or Critical Need

By MIDGE PIERCE

Portlanders concerned about the changing cityscape are bracing for the outcome of a June 13 City Council hearing on new seismic retrofit rules.

Proposed Unreinforced Masonry (URM) regulations would require buildings with at least one wall made of brick or blocks joined by mortar with no steel reinforcement to undertake fixes that reduce potential earthquake damage. If the draft is approved, a major issue will be how to implement and fund costly retrofits of some of the City's most heralded structures.

The Bureau of Emergency Services policy committee has recommended a tiered approach requiring upgrades first to critical structures such as schools, community centers and government buildings with lower-risk buildings targeted later. The goal is fixes that will enable use after an earthquake.

Seismic strengthening of walls, roofs and floors is readily done but at six figures and up—a cost few have been willing to absorb under current regulations that kick in only if a roof is replaced or the building re-classified. Securing chimneys and parapets—the main cause of

earthquake deaths—can be a less costly approach.

The focus on earthquake hazards that were largely unknown until recently has some residents worrying that they play Russian roulette every time they walk out their door. Others fear URM is just another City tactic to encourage turnover and demolition of Portland's historic structures. The Hawthorne Business district is among the Main Street-style corridors that will be particularly hard hit by the costs of retrofits. (See southeastexaminer.com/2017/12/seismic-retrofits-for-urms/SE Examiner.)

After Courtney Patterson, interim director of the Portland Bureau of Emergency Management, indicated broad support for URM, a Stop Demolishing Portland post countered that the department failed to listen to “building owners, tenants, small business owners and those who don't want what's left of the city's history to be demolished.”

The post continued, “Folks are demanding that they fix the code...and provide real solutions for owners to pay for/finance retrofits—not to mention what they intend to do to prevent evictions and displacement of low-income renters and small businesses

currently in URM's”.

Few dispute the need for safe structures in the event of a major earthquake, many feel is inevitable. The multi-fold challenge is adopting policies that are cost-effective and offer the most benefit in tandem with funding options and incentives. Meanwhile, the cumulative impacts of recently implemented regulations like home energy scores and the omission of historic inventory updates from the Mayor's budget has stakeholders shaking their heads in alarm.

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Cyclists Input Needed in CEID Transportation Network

By Don MacGillivray

Cyclists are a huge part of the Central Eastside Industrial District (CEID) and their numbers are increasing. The building boom here is complicating the future of the area with many conflicting challenges. Historically the Central Eastside has been an industrial district along with many warehouses and auxiliary businesses. It has been a low cost incubator for Portland jobs and small businesses.

Now major changes are happening, land is becoming more expensive, new businesses are arriving, its main streets have many new market rate apartments, it has become an area of fine restaurants, and it provides supportive services to restaurants from all over the city. Older small businesses are being priced out of their locations and property owners are cashing in on their previous real estate investments in this undervalued central city location that has been expected to burst forth for many years.

The city has recently all but finished their new comprehensive plan and a new land use plan for the central city. These plans increase the capacity of the Central Eastside and alter the types of uses likely to move here..

All of this is very positive for the city and for those businesses that will benefit from the growth. Along with this are significant growing pains. One of these is the transportation situation. Planners have foreseen this and are addressing it, but currently funding for transportation is becoming increasingly difficult. The City has a billion dollar backlog of much needed street maintenance and their other priority is the multi-year “Vision Zero” project that will also absorb a significant amount of funding.

Central to the transportation issues of the current expansion is the multi-modal conflicts on local streets. The challenge for the Central Eastside is to get everything—trucks, cars, bike, pedestrians, transit and parking—into the existing space efficiently in a cost effective way while being able to adapt to any and all

future growth.

The bicycle network is one area that is receiving much attention. The planners see it as a necessity. The businesses owners worry about its growth and expansion while bike advocates push for more capacity and better facilities.

In 2012 the Portland Bureau of Transportation (PBOT) began a new transportation planning effort for the Central City called the “City in Motion” project (formerly known as the Central City Multimodal Project). After some delays in obtaining funding the effort was begun in 2016.

In the CEID, the Transportation and Parking Advisory Committee became the

The CEID will no longer be exclusively an industrial sanctuary and warehouse district. It will have all the features of a small city with a density and diversity it has never had. The residents will need good jobs and a wider array of goods, services, and amenities.

primary leader in reviewing and commenting on the new plans. Other advocates, especially the bicycle advocates, have been left out of the discussions and desire to have their voice heard at the earliest possible date.

To date much of the planning has taken place behind closed doors without very much public attention.

There has been outreach and feedback from selected groups, but the plans have only been open to a very few members of the public. Ostensibly the planners are in charge and the oversight committees review the proposals, but the expertise of the public advocates (cyclists) has not been in play.

They know their subject well and have ideas that must be heard and included, but as time passes the plans become less flexible.

If the City in Motion project is to reflect and satisfy those who will use the District’s transportation network then more planning is needed.

The CEID will no longer be exclusively an industrial sanctuary and warehouse district. It will have all the features of a small city with a density and diversity it has never had. The residents will need good jobs and a wider array of goods, services, and amenities.

The CEID has long been the major player in the planning and development of the Central Eastside. However, now with all the new private development and the changing nature of many of the key attributes of the area the decisions are becoming more complex.

It has only been a few years since the start of the permit parking began and the fees that were \$70 are now \$300 per year. This money is then used by the Central Eastside Industrial Council (CEIC) in the best interests of improving transportation in the District.

Almost all the two or three dozen housing developments in and around the Central Eastside are for market rate housing and above. It is expected that the new industries with high paying jobs will be a major part of the future of the Eastside and expand into the residential neighborhoods displacing the existing modest housing that has been the character of the area for years and is well liked by the current residents.

It will be difficult to prevent this area from becoming similar to the Pearl District. Yes, it will be diverse, but only for those that can afford it. This also has ramifications for the transportation throughout the Central Eastside as it will have commuters using transit, cars, bikes and sidewalks going to downtown and elsewhere throughout the CEID.

If everyone is to be part of the entrepreneurial success of the inner city, great care must be taken to do it properly, That is why everyone needs to be in on the decision making.

Unfortunately the free-for-all developmental environment of today tends to be the ruling voice.



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Neighborhood Notes

Richmond
By Allen Field

The Richmond Neighborhood Association held its monthly meeting on May 15, 2018 at Waverly Heights Church at SE 33rd and Woodward St. RNA meetings are held in the basement; enter from the east-side door. The RNA’s website is www.richmondpx.org.

The Bylaws amendment vote was cancelled due to problems with the ballot. In the April RNA meeting, the Board voted to present to the general membership to vote on whether to adopt proposed changes to Article IX (whether to remove the majority vote standard to elect Directors to the Board) and Article XVII (whether to specify that the Robert’s Rules catchall provision does not apply to Board of Director elections, since the RNA has Election Standing Rules (ESR)). The ballot only had one Yes/No option and did not allow members to vote independently on each amendment proposal, to which ¾ of people at the meeting objected. The Chair cancelled the vote in order to consult with SE Uplift.

The RNA Board elections are Monday June 11, the next RNA meeting. Voting will take place from 8 pm Sunday June 10, to 8pm Monday June 11. Voting times and locations will be announced via the RNA listserve and RNA website, and allow for several voting opportunities Sunday and Monday, including at the RNA June 11 meeting, starting at 6pm. May 28 is the deadline to announce candidacy and submit candidate statements.

Although not allowed by the ESR (which state they cannot be revised less than two months before the election) the Board voted to move the deadlines to announce candidacy and to submit candidate statements to May 28, 14 days before the election. The reason, stated during the meeting, was due to only three candidates having announced their candidacy to fill eight open seats. However, soon after the meeting, it was learned that eight candidates had announced their candidacy.

Heather Flint Chatto announced that the Division Design Guidelines 90% draft is out for public review, i.e., they are almost complete but need final revisions based on community input. The draft can be viewed at <https://divisiondesigninitiative.org>; email comments to ilovedivision@gmail.com by June 3.

The Hawthorne-Division-26th & Clinton Graffiti and Litter CleanUp will be June 16, 9 am – 1pm, with registration, coffee and snacks, and lunch provided at Central Christian Church, 1844 SE Cesar Chavez Blvd. Sign up at www.solveoregon.org/Paint-the-town-green.

The next RNA meeting will be Monday, June 11, at Waverly Heights Congregational Church (basement), 3300 SE Woodward St., 7 – 9 pm, with voting to start at 6 pm.

HAND
By Jill Riebesehl

At Hosford-Abernethy’s May 15 general board meeting, we held annual elections and heard from three Portlanders deeply invested in making the Willamette River—which borders the neighborhood on the west—more usable.

Willie Levenson, of the Human Access Project, entertained with tales of the group’s push for Portlanders to be able to enjoy the river by swimming, floating and wading. Sallie Edmunds of the Portland Bureau of Planning and Sustainability described current planning that sections the river into the north, central and south reaches. The central, urban reach, could change the Eastside Esplanade building setback, develop natural areas, encourage swimming access and possibly create a beach, for now dubbed the Audrey McCall beach. Dan Yates, of the Portland Spirit, which docks near OMSI, said he wants to convert the river into a water transportation highway, bringing back ferries that could more quickly connect people to spots along the river than can freeways. He called the river the last great unused right of way through the central city.

The board then turned to business. Introducing elections, the chair, Sue Pearce, described how the board is organized and cited some of what it has been involved in over the years: helping to oppose a proposed Mt. Hood Freeway and Fred Meyer’s putting a store on Powell Park is, and leading a fight to silence Union Pacific train horns along portions of the MAX orange line. Several members signed on for another

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It was June, and the world smelled of roses. The sunshine
was like powdered gold over the grassy hillside.

Maud Hart Lovelace

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Community News

How Gardening Will Save the World

In a rapidly urbanizing world, gardens will play an increasingly important role in community food security, climate moderation, and biodiversity conservation. In cities, gardens provide important opportunities to interact with the natural world and to experience new foods.

Join the Multnomah Master Gardener’s Speaker Series, as Gail Langelotto, from Oregon State University, shares the latest research on ecosystem services provided by gardens, and tips that you can use to make your garden a lean, mean ecosystem-service machine.

Gail Langelotto is an Associate Professor of Horticulture at Oregon State University, where she also



coordinates the statewide Extension Master Gardener Program.

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Free event. All welcome

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BUSINESS BEAT

ERICA ROBYN BURLEY has joined Montavilla Community Acupuncture, 7925 SE Stark St. Erica supports each patient’s unique journey with highly effective and deeply personalized collaborative healthcare, drawing from the arenas of Chinese cosmology, holistic nutrition, and integrative mental health to inform her clinical acupuncture practice. Together, Erica and her patients explore the root causes of disease, navigating the many paths towards holistic health and healing, 503.862.8835, silverlinin-gacupuncture.com



THE FOUNDATION 4916 SE Division Street has moved!!! We specialize in “old skool” foundation undergarments by Rago, stockings, garter belts, steel boned corsets, petticoats, pettipants, bullet bras, fascinators and more. We have moved one block up and across the street at 4916 SE Division Street. “Because every woman deserves a little glamour in her life

BREWCYCLE has expanded to the Eastside! Rides are offered seven days a week. Check out the schedule and book online at brewgroup-pdx.com or call 971.400.5950. Rides will start and end at 737 SE Sandy Boulevard.

JULIE VERFURTH, ND has moved her naturopathic practice to Turning Pointe Acupuncture + Wellness at 5105 SE Hawthorne Blvd. She focuses on helping her patients find the connection between the symptoms or pain in their body and the thoughts or emotions housed in their mind. She has found that when people become aware of how one is affecting the other, deeper and longer-lasting healing is possible. She also offers comprehensive care to diabetics and pre-diabetics. Many insurance plans accepted. Free 15 minute “meet the doctor” sessions available. Call to schedule an appointment 503.886.8622 or learn more at julieverfurth.com.

CRAFT CLASSES & EVENTS AT THE NEW INDIE COTTAGE. June classes include macrame plant hangers and wallhangings, kombucha brewing, calligraphy and cooking classes. In July look for ukulele, embroidery and kids classes. Located at 4414 SE Hawthorne Blvd. Call 503.432.1021 for more info.

Portland Harbor Public Forum

The Environmental Protection Agency (EPA) invites you to the first quarterly Portland Harbor Public Forum on Wednesday, June 13, 6 – 8:30 pm at Immigrant Refugee and Community Organization (IRCO), 10301 NE Glisan St.

The purpose of the Portland Harbor Public Forum is for members of the public to meet with EPA and the Oregon Department of Environmental Quality (ODEQ) on a quarterly basis (four times per year) to understand and review information and status updates from the Portland Harbor Superfund Site. Some Potentially Responsible Parties (PRPs) will also be present to share updates and answer questions.

You can find the most current information about the Public Forum at the Portland Harbor cleanup website, epa.gov/superfund/portland-harbor

Please RSVP if you would like to receive event reminders: eventbrite.com/e/epa-portland-harbor-public-forum-tickets-45990291199

You do not need to RSVP in order to attend.

Food from Tamale Boy will be provided by the Pre-Remedial Design Group and will be served on a first-come, first-served basis. Gluten-free and vegetarian options will be available. You are encouraged to arrive early to make sure you have food before the meeting starts promptly at 6 pm.

Pick it up PDX

SOLVE and the City of Portland invite you to join Pick it up, Portland! – a two day, city-wide, clean up event, focusing on litter removal throughout our community.

Fri, June 22 & Sat, June 23
9 am – 12 pm

Find your favorite location!
Friday, June 22

Central Eastside • Lloyd District
Old Town • PSU District
Sellwood Riverfront Park • Tom McCall Waterfront Park

Saturday, June 23
Buckman • Jade District / SE 82nd Ave • St. Johns • NW Portland
Springwater Trail

After last year’s cleanup Portland Mayor, Ted Wheeler, commented saying “Thank you to all who came out today and to SOLVE for your great partnership with the City to help clean our neighborhoods. I encourage Portlanders to volunteer with SOLVE to keep our City clean.”

Fundraising for Healthy Park Ecology

By DIANE REDD

This spring Friends of Mt Tabor Park, a volunteer-based non-profit organized in 2000, is appealing to neighborhood businesses and individuals to help keep the park ecologically healthy. Stimulated by a 2005 report calling 93% of the park “poor” and in “degraded condition”, FMTP has recruited volunteers to remove invasive weeds and trees. Starting with a handful of volunteer workers and a single crew leader, the program called Weed Warriors has grown to over 500 volunteers and 27 crew leaders.

Much of the growth got a jump start with a City-paid Stewardship Coordinator who has been dedicated to volunteer recruitment and training, strategic planning, and coordination with city agencies and non-profit partners. The part-time paid Coordinator funding ran from 2010-2017. FMTP can provide a portion of the salary on an annual basis, but cannot underwrite the entire salary.

The \$100,000 Stewardship Fund will be placed at the Oregon

Community Foundation. The \$4,000 in interest raised annually by the Fund will be sufficient to meet the staffing funding, when matched with FMTP resources. According to Mary Kinnick, leader of the campaign, “Over the years FMTP has been able to recruit a diverse group of dedicated volunteers. The presence of a person responsible for volunteer training, safety, and project planning, however, is critical to ensure the quality and effectiveness of the volunteer effort.” Weed Warriors has been recognized with the Spirit of Portland Award and the statewide Community Organization Award from SOLVE.

FMTP kicked off the campaign with a donation of \$12,500. In the first month of fundraising the campaign has raised a total of \$65,000. Readers of the SE Examiner can join us in becoming Stewards of Mt. Tabor Park by donating at TaborFriends.org/Stewardship. FMTP is a 501(c)3 organization with a solid fiscal history. Ask yourself why you love Mt. Tabor Park”; and then, become a Steward!

Questions about opioid prescriptions

By DR. SAM HO

If your doctor or dentist prescribes a pain reliever, take charge of your health and find out exactly what you are getting. Medical experts recommend you ask your doctor these questions about any opioid prescription. Common opioid brand names include Vicodin and Percocet.

Why do I need this medicine?

Ask your doctor for reasons why it is right for you.

Are there other options that will address my pain?

Opioids are not the only option for treating pain. Other options are available. An over-the-counter pain reliever (such as Tylenol®, Aleve® or Advil®) may be enough, or, physical therapy or chiropractic care could give the same results.

How long do I take this?

Extended opioid use can increase the risk of dependence and addiction. Talk with your doctor about a how long you should take the medicine and whether it should be refilled.

Does this medicine line up with current medical guidelines?

The Centers for Disease Control and Prevention (CDC) has published specific guidelines, directing doctors to prescribe the lowest dose for the shortest length of time possible.

What are my risks for addiction?

Some people may be more prone to addiction than others. A report published by the CDC suggests that the risk of chronic opioid use rises with each additional day after the third day, with a steep rise after the fifth day.

How does this medicine mix with other medicines I’m taking?

Opioids can be deadly when mixed with other drugs, especially those taken for treatment of anxiety, sleeping disorders and seizures. It’s a bad idea to mix alcohol with an opioid pain reliever.

What are the expected side effects?

These vary. They might include feeling sick to your stomach, sleepiness, extreme excitement, itching and more. Talk with your doctor.

There are times when opioid medications are the right way to help people manage acute or long-term pain. And it’s most important that those medications are provided at the right dose for the right length of time.

For additional information and resources visit: newsroom.uhc.com/opioids.html.



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Community News

Recycling tips – discarding less

BY BONITA DAVIS, MASTER
RECYCLER AND SUNNYSIDE RESIDENT

Discarding less

Suddenly, a lot of conversation is about our stuff. Where to put the stuff we no longer want or need? Who wants it now? Where can it be recycled? All good questions in this shifting landscape. It is so easy to have excess material can quickly stack up.

Here are some simple, easy-to-do ideas to reduce what goes to the landfill. Some are throwbacks, and not new, but they really work!

Use refillable canisters, tins and jars for food storage and buy bulk. Bring back the breadbox as a way to keep unsliced bread fresh.

Take your own lunch to work/school and save \$2,000 or more a year (Lifehacker.com.) Bring your own water bottle with tap or filtered water and save even more.

Make this summer the time you find a way to remember your travel mug and grocery bags when you leave your home.

Travel easily with collapsible reusable silicone plates, cups, and bowls that can be reused for years. Note—it is manmade polymer and contains resins. Stainless steel is an excellent option.

Resealable containers, reusable silicone lids or beeswax cloth covers can replace plastic wraps.

Ask your favorite food cart vendor if they offer returnable/reusable containers. goboxpxd.com.

Buy larger containers of items such as dairy products and transfer to single serving containers and you will have

fewer tubs to recycle and fewer lids to discard.

Replace boxed and processed foods with whole fruits and vegetables. Save the leftovers for later and compost/worm bin any scraps.

Develop a preference for enjoying your food and beverages on durable plates, glasses, mugs and reusable cutlery, wherever you are.

Replace cleaning wipes and paper towels with cloth towels, and disposable razors with a safety razor.

Say ‘no’ to paper and plastic tablecloths and napkins and opt for the washable, reusable versions.

If you can’t do away one-time use paper or plastic, go for less waste. A roasted chicken in a food pouch or a bakery cake in a box is less material to send to the landfill than a rigid plastic domed container.

Tackle the junk mail. Go to oregonmetro.gov/tools-living and click on “junk mail” for how to stop unwanted mail. Also, check out the tips on “paper recycling” to guide you in what can and cannot go into the blue bin.

Some helpful websites nontoxicreboot.com for a comparison of food safe containers

portlandoregon.gov/bps/article/496027 for Portland recycling and landfill rates.

myplasticfreelife.com author Beth Terry’s site on living plastic free

recyclingadvocates.org, Bring Your Own Cup Campaign ditchthestrav@portland.surfriider.org Say “no” to unnecessary plastics

ATTENTION OLDER ADULT HOMEOWNERS—a free, educational panel discussion about Accessory Dwelling Units (ADUs) as solutions for rising costs of living and longer lifespans. Discussion to cover: overview of the issue—challenges and benefits; types of property modifications—renovations to existing home or new construction; costs and return on investment; funding options; current regulatory impact and ideas for support of older adults; action steps. Discussion to be facilitated by Rachel Hemmingson Mohlere of VillagesNW and Nextview Loans, and Nancy Dong of Ethica Properties. Additional professionals with an interest in the topic may be present for Q & A. Handouts available for supportive resources. Flying Pie Pizza – East rooms, 10 – 11:30 am, Friday, June 15. Please RSVP as seating is limited, 971.207.2806. Snacks will be provided.

COMMUNITY COLLAGE AT PEOPLE’S FOOD CO-OP, 3029 SE 21st, Saturday, June 30, 12 – 3:30 pm. Share an audacious and revolutionary afternoon exploring the intuitive and sometimes ironic world of collage. It’s fun. It’s easy. It’s always surprising. No previous experience necessary. Magazines, old books & other collage materials, scissors, glue sticks, mounting boards, materials to make a small book and O-ring journal will be provided. Also tea, snacks and a good vibe. Please bring along any additional materials and tools if you like. \$5 suggested contribution for materials although no one will be turned away for lack of funds. Visit peoples.coop/events to learn more and sign up.

DIABETES IN EMERGENCIES—During emergencies, your health can be compromised. What would happen to your blood sugar management during an earthquake, a big storm or other disaster? This month The Hawthorne Diabetes Group will make plans for several types of emergencies. Thursday, June 21, 7 – 8:30 pm at Colonial Heights Pres. Church, 2828 SE Stephens St. \$10 donation requested. No one will be turned away for lack of fund There will be two distinct parts: 1) brief discussion on basic preparedness for everyone, and 2) special emphasis on maintaining and protecting your health during a crisis. Join us and learn how you can be prepared for any emergency that comes your way! RSVP through meetup.com/Hawthorne-Diabetes-Group/ The group is led by Julia Hanfling, RD, CDE - medical nutritionist and diabetes educator, owner of 3 Peaches Nutrition & Diabetes Coaching. 3peachesnutrition.com/

VIKING PANCAKE BREAKFAST— June 10, 8:30 am – 12:30 pm—Start your day with our delicious all-you-can-eat Viking pancakes, scrambled eggs, sausage, fresh fruit, strawberry compote, lingonberries, orange juice and coffee or tea—served in our charming Bergen Dining Room at Norse Hall, 111 NE 11th Ave, Portland, 97232. . Adults \$8, Children ages 5-12 \$4, Children under age 5 are free. Parking is free. Last chance until September!

PORTLAND IN THE STREETS—Block parties are small scale parties held on residential streets, such as neighborhood potlucks and barbecues that are held by, and for, residents along the street. PBOT is excited to offer all Block Party Permits for free! Block Party permits are open to all Portland residents, renters and homeowners and are free all over Portland. Getting a permit is simple: A) Talk to your neighbors and find a date B) Apply for a permit and Pink Barricades at portlandoregon.gov (event permitting). For those neighborhoods in the 2018 Pilot Area expansion: Pink barricades will be available in June 2018.

CREATE A LIVING WALL HANGING – WITH SEDUM CHICKS—June 14, 10 am – 12 pm at Leach Botanical Garden Upper Meadow, 6704 SE 122nd Ave. Hardy succulents enliven a landscape with color, texture and seasonal interest. Becky Wright-Sell, owner of Sedum Chicks Nursery, will show you how to use them to create a living wall hanging that is yours to take home. She’ll teach you about outdoor, hardy succulents and their many applications along the way. All materials provided. Pre-registration required. Cost: \$65.00 To register go to leachgarden.org (click on “learn”) or call 503.823.1671.

3RD ANNUAL QUILT & NEEDLEWORKS Trinity United Methodist Church, 3915 SE Steele Street, Saturday, June 23 from 10 am to 4 pm. This show features local artists. Join us for a day of sharing, with cookies & beverages plus a place to sit & stitch. There will be vendors with crafts, quilts & supplies. A free-will donation to the Trinity United Methodist Church Women’s Association is appreciated.

FREE MICROCHIPS AND VACCINES to low-income qualifying individuals when they have their pet cats spayed/neutered at the Feral Cat Coalition of Oregon (FCCO) clinic. This special is made possible through a generous grant from the Banfield Foundation and is available to low-income individuals from any part of Oregon and SW Washington. Pet cats who do not receive spay/neuter surgeries and are not microchipped could eventually lead to an increase in the population of stray cats in our community. FCCO works hard to try and prevent growth in the feral and stray cat community in Oregon and SW Washington. Details of this special are on our website at feralcats.com/press. 503.797.2606

6TH ANNUAL CATIO TOUR is seeking submissions of Portland-area outdoor cat enclosures and cat patios (a.k.a. “catios”) to be featured in the fifth annual Catio Tour on Sept. 9, 2018. From frugal to fabulous be sure to submit your catio for consideration for this popular event. Hosted by The Feral Cat Coalition of Oregon (FCCO) and the Audubon Society of Portland, the tour seeks to inspire cat owners to build or buy their own outdoor cat enclosure so their felines can enjoy safe outdoor time. Backyard enclosures keep cats safe from outdoor dangers while also protecting wildlife from cat predation. Visit feralcats.com/catio-host to submit your catio for consideration. Submissions are due by June 15.

VOLUNTEERS NEEDED FOR PP&R EVENT. Does your business participate in community service projects? Special events and short-term projects are great ways to practice team building and connect with communities. The projects meet school service requirement too, and are great ways to network, socialize and learn new skills. There are several great events scheduled for June, connect with Steve.pixley@portlandoregon.gov 503.823.5121 for more information.

Join the Tree Inventory Project

Urban Forestry is looking for volunteers to join the Tree Inventory Project as Team Leaders! Spend your summer volunteering to identify, measure, and map every tree in 17 of Portland’s developed parks. Team Leaders will learn everything they need to know at a two-part training in June.

The Tree Inventory Project is a citizen science effort to survey trees in Portland and Team Leaders are an integral part of the process. Team Leader Training consists of one classroom session and one field session, where aspiring Team Leaders will learn the basics of tree ID, inventory protocol, and then practice their skills at a park before leading novice volunteers through the inventory.

Inventory workdays are held throughout the summer from June-September. Classroom Sessions in southeast: June 9, 9 am - 2 pm at Kenilworth Presbyterian Church (4028 SE 34th Ave, Field Sessions (attend one): June 16, 8:30 am - 12 pm at Montavilla Park (NE 82nd and Glisan) June 20, 4:30 pm - 8 pm at Oregon Park (NE 30th Ave and Oregon St) Register at: <https://www.tinyurl.com/TLT2018> Questions? Please email treeinventory@portlandoregon.gov Learn more about the Tree Inventory Project here: <https://www.portlandoregon.gov/parks/article/629112>

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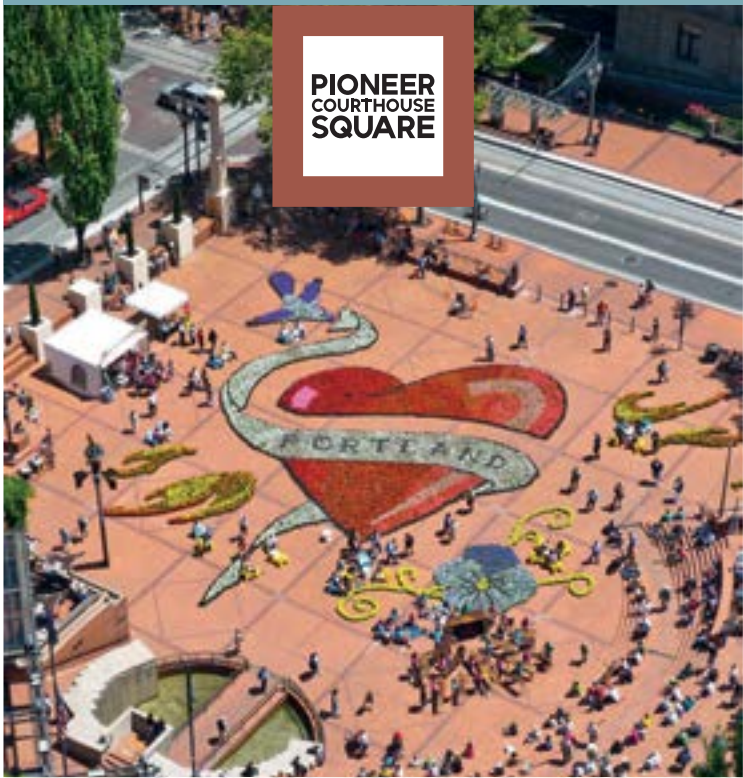
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Balancing Recreation with Nature

By Don MacGillivray

For years off road cycling has been tossed around like a political football with major advocates and critics who argue about any significant cycling changes to Portland's parks.

Some fear off-road cycling will destroy our parks in both urban and rural locations. All the positions on the issue have good points, but none have the whole story.

With the need for alternative transportation, biking will increase. Bikers generally want to find ways to travel without using city streets due to the conflicts with auto traffic.

It is often said the various forms of transportation work best when their routes are separated, but this is difficult in most circumstances.

Biking has health benefits that should be considered a plus and is a low cost form of transportation with acceptance by the general public.

The economic growth of cycling is a plus for Portland and should be encouraged. Nationally, Portland is well-known for promoting bicycling.

People might engage in off-road cycling for many reasons such as to: experience nature; have fun; spend time with friends and family; get exercise; or to experience riding a bicycle free from auto traffic.

After years of back and

forth argument, the Bureau of Parks and Recreation has taken two years to develop a 125 page Off-Road Cycling Master Plan (ORCMP). It gives everyone the opportunity to see the bigger picture and advocate for or against the issues with intelligence and understanding.

For those who cannot imagine what off road cycling might be like, the plan describes it. Off-road cycling can include: 1) a leisurely bicycle ride along a smooth natural surface trail; 2) a more technical and challenging ride with obstacles, hills to climb, or long distances to ride; 3) a session at a pump track or skill park; or 4) participation in mountain biking or in cycle-cross racing.

The Plan was released in October and describes the uses under consideration and various characteristics of users and their activities.

The desire is to make off road cycling available to as many people as might wish to participate by increasing its activity and the venues.

Clearly locations, funding, and construction must be worked out, but stakeholders and users will be involved in the design and planning of each project.

As such, off-road cycling or mountain biking has different forms. Each situation must be evaluated so that the public is comfortable with the change to a familiar park.

April 3, the Portland Parks Board met to listen to input and consider the draft of the Off-Road

Cycling Master Plan.

There are many advocates for the plan's suggested growth of off road cycling. The biking community is well-organized and vociferous in their advocacy for what they want and don't want.

They find most of what is in the plan attractive. Their major concern is over the critics of off road biking. In most cases this is the "Not In My Back Yard" (NIMBY) syndrome that is often the situation for those that live near a project site and in the surrounding neighborhood.

In the rural and natural areas there are environment interests that can often be critical of the potential destruction of natural habitats and a lack of respect from the users toward other people in the area.

The NW Trail Alliance has been following the formulation of the plan over the entire two year process and they've provided suggestions and input in hopes of realizing their dreams.

They desire off road trails and roads in Forest Park that will be usable by vehicles, bikes, and pedestrians simultaneously and in harmony with each other.

Critics decry the actual and potential destruction of nature through both construction and its use. The trade offs are not clear but it is hoped the plan will improve the situation and help people agree on realistic steps toward implementation.

A few of the bikers' desires

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The Case for Participatory Budgeting

By Don MacGillivray

Budgets are the lifeblood of government and almost everything else that goes into supporting a complex society. In democracies elected representatives make the decisions in the best interests of the public. While this is usually the best policy there are many times when the public should have a greater level of participation in these decisions. The Participatory Budget (PB) system is a way the public interest could be better served.

Participatory Budgeting began in Brazil in the 1980s and it has spread to many state and local governments worldwide including dozens of cities in the United States beginning with a Chicago ward in 2009. In the Pacific Northwest, Seattle and Tacoma, utilize participatory budgeting in their decision-making. In Portland, Mayor Wheeler suggested in one of his mayoral debates that Portland might adopt the Participatory Budgeting style that is currently used in New York City.

Participatory Budgeting is a grassroots democratic process in which community members directly decide how to spend part of a public budget. It gives real power to people and involves them in the political process. And it results in good budget decisions because the people in a community know their needs and determine their priorities.

New York allows each of its eight Council Districts to decide on how to spend at least \$1,000,000 of the public budgets for capital projects such as: improvements to schools, parks, libraries, public housing, and other community needs. After brainstorming projects, budget delegates flush out the ideas into realistic proposals. The highest priority and most popular projects are then voted on by the community. The government implements the project with the greatest number of votes and this process is then repeated annually.

Well-designed deliberative processes give the voters of communities a structured way to consult with experts, consider trade-offs, and deliberate on the merits, the consequences, and the underlying values of policy choices. If funding decisions were transferred to the community level it may be possible to address some of the small, human scale projects that don't ever seem included within large projects.

The public often has many diverse opinions and often little sense of their complexity. There are some people that have extreme biases, partisanship can complicate matters, as can race and social status. How to choose participants would need to be determined using a poll, survey, or a community election as part of the process.

Civically minded citizens are part of all communities and these are the people that would be most useful in making decision for their neighbors. By combining everyone together in an open,

transparent, and fair process the results will be positive.

After this first tier makes some decisions it would need to be tested through feedback from the entire community.

Through this type of process social capital is created and the diversity of the members of the community are able to participate thereby increasing their education and experience of local decision-making. Financial resources are important to a community, but their support and understanding is equally important.

These ideas are not new. In the 1960s Jane Jacobs, an author on economics and urban planning, wrote in "The Life and Death of Great American Cities" about the wrong direction city planning had taken and how democracy itself was being undermined by egocentric and misguided politicians and bureaucracies along with various private interests.

This changed the way governments made decisions and carried out their work. As with most things, the pendulum has swung back in favor of limited methods of civic participation. Real people need to be involved in the decisions about where they live.

Gentrification exists in part because special interests trump the interests of residents who are without power. The development of cities is not perfect. It can only attempt to satisfy as many interests as possible with equal respect and the satisfaction of all. It is not easy nor is it quick, but the results are more likely to benefit the greatest number of people and with the wider involvement the city as a whole.

Another important character of the "New Urbanest" movement of the 1960s is the architect and educator Christopher Alexander. His work around human-centered design, as illustrated in his book - "A Pattern Language" and demonstrated in the University of Oregon campus plan - "the Oregon Experiment," taught

that humanistic qualities of users should play a major role in the design of the buildings and environments with the architect bringing a project to life. Development is a social process requiring the participation of users, policy makers, and consultants.

Today's impersonal world seems to have left such ideas in the wreckage of technology and change. Great places are those where the intimacy of the surroundings are custom made to fit the needs, lifestyle, and desires of the community. Today's users must try to find places to live within our cities that are within their means. It is often a challenge for many people that have demanding lifestyles.

Last year a group of folks from Gresham and Portland formed to study the possible applications of Participatory Budging within the local governments in the Portland region.

The new organization is "The Rosewood Initiative" and they recently held a conference on the subject of Participatory Budgeting. It is just one of many ways to empower Portland neighbors to build safe, prosperous, dynamic, and inclusive communities. For many years Portland has had the infrastructure and organizations that can realize this goal. It will take analyzing our existing institutions and making appropriate changes to allow greater education and participation by all members of the Portland region.

The Rosewood Initiative will work to increase the strengths of our communities, build a positive image of the future, and work for the common good of everyone. There is the involvement and support from six local on-site partners, six foundation and corporate sponsors, twelve government agencies, nine community and non-profit sponsors, and six local faith organizations. With this kind of interest and support good things will happen.



WE'RE LISTENING.

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DATE: June 16, 9 am – 1 pm

LOCATION: Central Christion Church, 1844 SE Cesar Chavez Blvd

IMPORTANT INFORMATION:

- Cleanup will be on SE Hawthorne & Division between SE 29th and 50th/52nd Aves. and around Clinton & 26th.
- We will clean up litter, sharps,bioswales, cigarette butts and paint over graffiti on poles
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Spreading the love of books

By NANCY TANNER

The City of Readers [Roses] lost one of their dearest book lovers when the owner of Longfellow's Books, 1401 SE Division St., Jon Hagen, died last winter. In an effort to honor his life's work and share out some of the rare and unique books, posters, vintage photographs, paper ephemera, programs, catalogues, magazines and related materials there will be a sidewalk sale on June 1-3 with books ranging from \$1- 6 and a storewide sale throughout the month of June with 40 percent off. Karen Sparrow, Hagen's widow and his son Nile Hagen are painstakingly going through the stock and getting ready for the change they hope to make for



Nile and Jon Hagen in front of Longfellow's on SE Division

Longfellow's new future. They are intent on preserving Jon Hagen's legacy as best as they can by making sure that people have a chance to own some of this amazing collection.

Hagen officially started this phenomenal labor of love in 1980 when he opened the first Longfellow's Books on Milwaukie Blvd. By purchasing the MLC book sale collection and combining it with his own the inventory was deep enough to open the store front—first edition books being his specialty. For the next thirty-eight years he was able to pursue what he loved most.

According to Nile, "What really excited him was the conversations he had with people in the store and the human connection, which books brought into his life."

Jon kept Longfellow's full to the brim, but surprisingly organized. There is a section for everything—rare, first editions and the classics occupy one set of shelves while travel, thriller, global and regional, extensive first people books are in other aisles and shelves—everywhere you turn something enticing pops into your eye.

The pride of the collection consists of: signed Ken Kesey books; Plimpton's Paris Review of the 1950's; "History of the World" by Sir Walter Raleigh

1676; leather tooled, gilt edged folio size beauties including a medical book on skeletal and musculature from 1786 and an exquisitely-illustrated treatise on architecture and design by James Gibbs, circa 1788 plus a Diderot Atlas and Captain Cook's original atlas and engravings.

"Over the years people's values have changed," Nile said. "the increased rents don't allow for extra spending on books, people spend their money on food and drink." Plus book collecting and the library isn't the only means for feeding a curious mind. There's the kindle and the internet has the cliff notes version of just about everything.

Even while Jon was still

turn to page 23



Jon Hagen

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Police Explain Homeless Crisis Limits

By MIDGE PIERCE

Finding balance between compassion for the homeless and diffusing neighborhood tensions is a dilemma for police caught between charges of excessive force on one hand and increasing calls for more police action on the other. The only certainty is the homeless crisis police encounter daily. It could get worse. Despite the mayor’s budget bump to beef up the department, some 200 more retirements are anticipated in the next few years.

Facing anxious residents packed in an East Precinct Community Room, Sgt. Randy Teig delivered sobering messages recently about a Portland split by the tragedy of houselessness and frustration of those impacted by tents, tarps, trash and trepidation. He lamented how little control police have over the issue. Problematic camps cleaned up in one quadrant, pop up in another, recently in areas that include Milwaukee and Oregon City.

An ongoing vexation is the difference in policies between city-owned and ODOT property. Current City policy allows clean-up of homeless camps after seven days of posted warnings while ODOT problems can languish for months.

Between federal mandates designed to de-escalate situations and the protected status of the houseless, police roles are limited, Teig said. “The system is deliberately slow, cumbersome and inefficient. It’s designed so

we can’t intrude too much on each person’s civil rights.”

Teig described how his East Precinct Neighborhood Response Team, once ten strong, is now down to four officers covering 33 square miles between Cesar Chavez and the Gresham border. The area has numerous illegal camps, carts, baggage and bikes of questionable lineage that become intolerable to neighbors who fear for their safety.

As the crowd shared tales of intimidation on sidewalks, poop in yards, needles in parks and harassment on their doorsteps, Teig cautioned residents to avoid direct confrontations. Despite notoriously slow response times; he urged use of the City’s One Point of Contact at www.portlandoregon.gov/campsites. Other options include emailing reportpdx@portland.gov or the app PDXreporter.org. Reserve 911 for life threatening and “happening now” situations only. He emphasized the importance of filing follow-up complaints even for non-emergencies so that police can establish crime patterns. “We prioritize based on the number of reports we get on a situation.”

To manage expectations, he warned witnesses to illegal drug-use, “We don’t have time to seize drugs.” Abusers have been deprioritized in favor of finding dealers. “If you see someone using, that is a misdemeanor that will be reduced to a violation,” he said, adding that evidence to convict distributors is what police need.

Teig is hopeful response

times will improve and priorities can shift as staff increases at One Point of Contact and the administration’s coordinated approach to protect public rights by prohibiting erected structures on streets, sidewalks and public parking strips.

A program that is working is the reduction of occupied vehicles from an estimated 680 to 65. And boarding up Zombie houses significantly reduces crime within 500 feet of distressed property. East Precinct data indicates reported burglaries drop some 42%, vandalism 45%, stolen vehicles 29% and vice 50%.

Managing some 400 empty houses in the precinct remains challenging. It can take six officers hours to search a house, board it up and post signage. A grateful Montavilla resident expressed gratitude that police attention was making his neighborhood more livable. Since the area continues to have a Zombie house problem, Teig urged residents to be vigilant and report vacant houses via the hotline 503.823.4800.

When asked the impact of homeless shelters on crime, he suggested it depended on how well a facility is managed. Typically problems do not arise from those sheltered and obeying the rules, he said, but from outsiders. For police, it underlines the importance of sorting out the truly needy from those with ill intent.

His presentation was part of East Portland Involved Citizens bi-monthly meetings.



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Hidden away in the Central Eastside Industrial District, Wayfinder Beer, is a great place to find. Look for the sign on the large wooden wall and follow the stairways into a delightful tap room/restaurant scene.

On the sunny afternoon of The Southeast Examiner's visit, the outside seating was filled with people enjoying the drinks, food and scenery. Wayfinder is above street level so the view is of the Portland skyline and trees—not delivery trucks, loading docks and other elements that aren't that aesthetic,

Chef Ryan Day, one of the partners, shared the story behind Wayfinder's journey from its inception to what is now a 200 seat capacity full service bar, restaurant and brewery. Ryan is also manager of Podnah's Pit BBQ in northeast with chef/entrepreneur Rodney Muirhead. It began when Charlie Devereux (Double Mountain Brewery) left the popular brewery five years ago with the idea of brewing a mix of ales and lagers, the slower-fermenting style he fell in love with on a trip to Germany and the Czech Republic.

Deveraux found partners in Matthew Jacobson (Sizzle Pie, Quality Bar, and Relapse Records), Rodney Muirhead and Ryan Day and they started laying down the ground work for a brewery that specialized in lagers, pilsners and ales with a restaurant that supported the brews.

The first thing they needed for this to succeed was a head brewer. In 2014 they hired Kevin Davey a seasoned brew meister who had experience at Washington's Chuckanut Brewery, California's Firestone Walker and Seattle's Gordon Biersch, where he took home a 2014 Great American Beer Festival gold medal for his Munich-style Helles. Brewing lagers is a little more difficult because it takes more time but the end result is a brew people really



like.

When they started they had three brewing tanks for preparing the beer, by the middle of May 2018 they added three more just to keep up with the rising demand of their products. At this time they sell at the brewery or to go in crowlers and growlers.

The house specialties are: Hell-lager, crisp, light, refreshing, effervescent with a floral aroma; Flower in the kettle-hazy IPA—no flour added (as in some hazy beers plus a few others plus they keep a rotating series of guest beers on tap.

In support of their good beer, chef Ryan has prepared a menu with a delicious sounding selection of starters, sides, plates sandwiches, salads and desserts with the specialty being an individualized "Stoned Oregon" (baked Alaska) dessert. "I chose some of my favorite dishes from my home state of Maryland and modified them for the west coast," Ryan said. Dungeness crab cakes replace the famous blue crab cakes and the Black lodge, smoked prime rib, beer cheese, peppers and onions on a French roll substitute for the Philly sandwich.

The kitchen is meticulous with an in-the-cooler area where the butcher, Nathan Heller, makes their sausages and prepares all their meat. Nikki Pinnow, the on site baker makes their pretzels

and other bread needs and a bustling staff keep the food preparation timely and fresh.

To create Wayfinder they joined three buildings together with a central room. During the remodel the sandblasting revealed the beautiful old bricks, wooden cross beams and fir floor that add a nice old world layer to a more a modern design. Everything about the place sparkles, in a good way. You can look over at the brewing beer that happens around the clock. Everything from the bags of grain to the hops grinder, distilling and bottling takes place onsite. "Kevin insists that everything be very neat and clean," Ryan said, and it is.

Along with beer and food, Wayfinder has an extensive bar selection with specialty cocktails made with quality liquor and wine that is a reflection of Rodney Muirhead's extensive knowledge on the subject. The Wayfinder is a comfortable oasis in the sometimes frenetic CEID.



In the realm of ideas everything depends on enthusiasm...
in the real world all rests on perseverance.

Johann Wolfgang von Goethe

You need to let the little things that would ordinarily bore you suddenly thrill you. Andy Warhol

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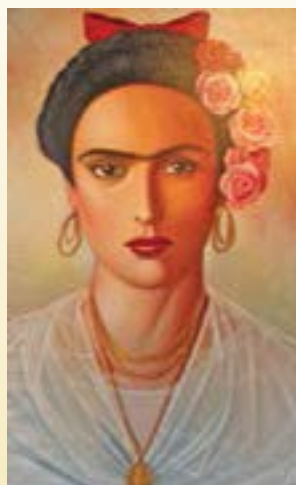
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Non-profit Community Education Resource Center

By JACK RUBINGER

The pig in the blue sports car spoke to me from a small canvas located in a spacious art studio at the Tabor Heights Community Education Resource Center (CERC) in SE Portland. He said, “Don’t judge me. Art can be whimsical.”

This didn’t really happen, but Trish Dawson laughed appreciatively when she showed me this and other paintings at the community art studio housed in a rambling 1960s church in the Mt. Tabor neighborhood where she’s establishing a non-profit community center.

Trish Dawson will paint upside down to show that art is for everyone — sacrificing perspective and neatness to show her students that anyone can and should do art and that art is for the community.

Dawson explained that she wants to draw the community into the building through art, music, yoga, classes, meetings, receptions, parties.

Inspired by and similar to TaborSpace, which the SE Examiner featured in 2016, Dawson has an exciting challenge ahead of her: filling the cavernous space with people of all ages.

“I would love to connect with the folks from Revive Community Commons to see what we can do to revive, rejuvenate and



revitalize the space we’re in,” said Dawson, a world traveler and writer by trade who is originally from France.

She’s already established Le Artiest, which has found a home within the church. Here, she leads adult and kid classes, painting parties, and corporate parties.

Dawson describes it as a great place to host a private party, work on your own artwork or join one of the many step-by-step painting classes.

“Our staff artists provide enthusiasm, and step-by step instructions in a fun, and relaxing atmosphere for children and adults,” said Dawson. “Folks can come in for a couple of hours, let their hair down, get lost in the moment and enjoy themselves. Everything they need to paint is provided including the canvas, brushes, paint, and aprons.”

“Guests provide their inspiration and individuality. Each painting will be different even though everyone is being taught the same theme. That is the beauty of art and being unique,” she said.

The community center has all the ingredients needed for success, including three huge kitchens, tons of meeting rooms, a sanctuary, outdoor gardens and lots of natural light.

In Portland, one thing often leads to another. Connections are made. Ideas are suggested and

acted upon. Inspiration comes from many places, but there’s a certain type of person who is not afraid to take action to push an idea into reality. That’s Dawson.

Currently, the community center includes a meditation garden with a fountain and seating, as well as a labyrinth for reflection, and a community garden plot. The lower wings have been opened to host many kinds of activities. At this time the YMCA teaches there during the day and the ARC teaches cooking to the community. There are many meetings for AA, and men’s groups. The Chrysanthemum and Fuchsia societies hold their annual flower fairs at the community center. Portland may have hundreds of old churches like this one which are sitting practically empty for hours when services aren’t being conducted.

Community centers like TaborSpace and CERC compete with libraries, food coops, and yoga studios to draw people in. It’s also tough to bring people together when so many are glued to their cell phones and large screen televisions.

“We’re working on transformation,” said Dawson. “The possibilities are huge, but it’s going to take time, attention, focus and lots of enthusiasm.”

Tabor Community Education Resource Center (Tabor CERC) is a 501-c3 located at 6161 SE Stark, 503.232.8500.



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Not all RIP Opponents are NIMBY's

from cover

RIP's market rate plan—to upzone single family neighborhoods. RIP proposes to densify residential areas by allowing multi-unit dwellings that include duplexes, triplexes, and bonus interior or exterior ADUs.

Southeast Portland is ground zero for RIP's so-called new overlay zones. Planners contend close-in areas are the most opportune for transportation and services.

While pro and anti-RIPers find common ground on the need for affordable housing, they are poles apart on how to achieve that goal. One side claims that more density everywhere equates to affordability. The other wants RIP tested first in areas that can expand infrastructure readily and sustain growth without decimating existing neighborhoods.

Those who feel that developer's heavy influence on RIP is akin to Goliath driving the process, warned of demolitions, gentrification and rising rents. Supporters—well-prepped at pub meet-ups by alleged developer-funded groups like 1000 Friends of Oregon—grew increasingly passionate about the difficulty of finding housing and called for more Infill Everywhere, including excluded parts of St. Johns, Cully, and steep westside hillsides. “If you love your neighborhood, let it grow,” said a Cully resident, echoing the views of many who urged allowing six or more units on a single family lot.

C racks in full-on support started to show as Portland for Everyone's staunch pro-RIP Madeline Kovacs modified her enthusiasm by calling on planners to extend the project to the relatively affordable outer Eastside that planners considered off-limits. On cheaper

land, housing can be built at less cost to serve vulnerable populations.

Critics concur that filling empty tracts in outer Eastside is preferable to refilling land that is already some of the most expensive in the City. A bulk of the 87,000 homes that would be upzoned are rentals in the inner inside, resulting in pricey redevelopment that watchdogs say could cause severe tenant displacements.

Circulation of intensive research showing massive numbers of rental units at risk—many in Southeast—further frayed pro-RIP arguments. In a surprising testimony, a representative of Portland's Tenants United declared that RIP does not serve renters well. “Profit goes to those who tear down existing affordable rental housing,” a spokesman acknowledged. Later adding that low-income renters should have been considered in the RIP process to avoid displacement.

Written and oral testimony from critics condemned a flawed process in which the City failed to properly inform the public about the “nature, magnitude and consequences” of rezoning 65% of the City's single family homes without regard for infrastructure, schools, transportation, parking, parks or street improvements.

A major concern also emerged over RIP's impact on Portland's tree canopy—a major defense against climate change. One neighborhood association wrote that Portland would go from green to gray as mature trees, yards and gardens vanish.

Exorbitantly expensive Seattle is increasingly cited as proof that Infill Everywhere does not work. An initial round of Seattle upzoning caused tree canopy loss between 41% and 69% percent depending on lot

designations, according to data posted on Stop Demolishing Portland. Recent, more rigorous redevelopment endorsed by Seattle for Everyone is causing even more serious “urban clear-cutting”, according to residents.

The many pro-RIP hold-outs claim development is worth it because more housing will eventually result in prices filtering downward once enough units are built and new builds lose their luster.

In testimonies, online posts and conversations, residents grumble about noise, congestion, cars parked end-to-end and urban canyons caused by tall multiplexes blocking sunlight. By contrast, a blogger praised the cooling power of big trees, open spaces and the beauty of historically valuable houses. “...You'll never get back neighborhoods full of diverse homes of all sizes and styles—at a wide range of price points.” In a spin on the argument that the greenest house is an existing house, she continued, “Old growth housing prevents the loss of more old-growth trees.”

As backlash grows, one observer called it the Tina Kotek revolt. The state House Speaker has referred to those opposed to densification as racist NIMBYs. The about-face from renters and housing advocates may change her tune.

While the planning commission reviews testimony of the RIP proposal, a legal challenge is mounting to stop RIP. For information: wni.org/multnomah



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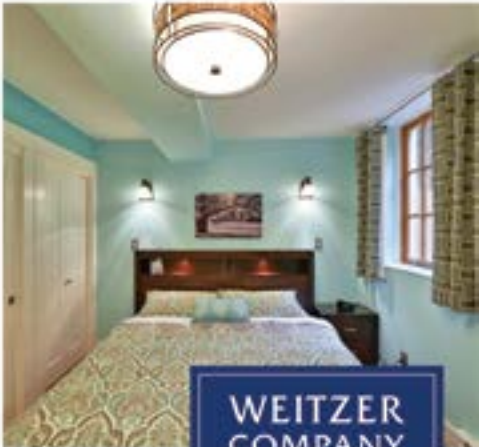
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Portland's premier absurdest playwright, has penned a darkly stirring comedy called Fallout. When three characters are trapped in a fallout shelter, their identities slide from doom to zany, and all perspective of life is confused. The title speculates on multiple meanings—The FALLOUT of a nuclear shelter, the FALL OUT of love, or the FALL OUT from life?

Jackie Anne returns to a hideaway below ground with her friend Nadine, they discover that someone has been hiding and living in this shelter. Bobby, a Japanese American cousin of Jackie Anne has shelved himself away with pictures of Japanese women artists. We later discover that the artists are victims of Hiroshima.

Inside this harrowing environment flights of word play and apocalyptic fright skim through FALLOUT. Yet the piece treats its subject matter of doomsday in a nonchalant comedic demeanor dismantling or perhaps confronting death, destruction and our attraction to the end of the world.

In FALLOUT Triffle has put together three of her long time regular actors; Kyle Delamarter, Danielle Vermette and Anne Sorce.



Make Music day PDX June 24

Artichoke Community Music 2007 SE Powell Blvd. will be one of several venues throughout the Portland metropolitan region hosting "Make Music Day PDX" performances on Sunday June 24th.

Make Music Day PDX is a free event for people who love music and the joyous sense of community it fosters. Make Music Day PDX grew out of the Fête de la Musique, which originated in France in 1982 and is gaining traction in a number of American cities.

Music gets underway on Café Artichoke's stage beginning at 1 pm. The event features a variety of musical styles and is designed for music lovers of all ages.



1 pm—Martingale
1:30 pm—Megan Cronin & Chris Baron
2:pm—Betsy Langston & Alexa MacDonald
2:30 pm—Gary Furlow
3 pm—Helen Friedman
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4 pm—Larry Reichman & Matt Zakala
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A Satori Men's Chorus Concert and Fundraising Event
One Performance Only: Saturday, June 9, 7:30 pm
Central Lutheran Church, 1820 NE 21st Ave

Join Satori Men's Chorus for their June concert and fundraising blockbuster, "Anything Goes" – featuring a wide-ranging, fantastic mix of musical entertainment. This one performance only, family-friendly concert, under the direction of Susan Dorn, with accompaniment by Ben Milstein, will be held at Portland Central (Central Lutheran Church) in Portland.

Raffle tickets will be available for purchase at the concert for \$5.00 each. Each raffle ticket is your chance at winning some wonderful surprises and big ticket items. Funds raised from this event supports Satori Men's Chorus' mission of "men expressing joy and peace through choral music" and will allow Satori to fund its upcoming 25th season satorichorus.org.

the weekly list

Amy Siskind author of The List will make an appearance in Portland on June 13 at 7 pm at the Alberta Rose Theater, 3000 NE Alberta St. with Sarah Kendzior, author of The View From Flyover Country.

In the immediate aftermath of Donald Trump's election as president, Amy Siskind, a former Wall Street executive and President and Co-founder of The New Agenda, began compiling a list of actions taken by the Trump regime that pose a threat to our democratic norms. Siskind's "Weekly List" began as a project she shared with friends, containing less than ten items, but it soon went viral, and now has more than half a million viewers and upwards of one hundred entries each week.

The List is a first draft

history and a comprehensive accounting of Donald Trump's first year. Beginning with Trump's acceptance of white supremacists the week after the election and concluding a year to the day later, we watch as Trump and his regime chips away at the rights and protections of marginalized communities, of women, of us all, via Twitter storms, unchecked executive action, and shifting rules and standards.

The List chronicles not only the scandals that made headlines, but, just as important, the myriad smaller but still consequential unprecedented acts that otherwise fall through cracks.

Hedwig and The Angry Inch

The Sanctuary @ Sandy Plaza ~ 1785 NE Sandy Blvd.
June 7 – 30 ~ Thursday – Saturday at 7:30 pm
For tickets/information: 503-239-5919 or trianglepro.org

It's 1989 and Berlin Wall stands between communism and freedom. Hansel's mother feels the only way her son can escape is to have her young son marry an American GI – but to do that, he must have a sex change operation. He gets married, is brought to America only to be dumped by the American GI. This musical which started in a small bar in 1996 has become a cult phenomenon and was honored on Broadway winning 4 Tony Awards!

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Storython

Come hear Juliana Person tell her stories at the annual Sarah Hauser Festival, the culmination of the Portland Storytellers Guild season.

Person's vicariously found her calling when she came to hear a teller she'd met in a writing workshop. When an usher handed her a card to submit for a chance to win a prize by telling a five-minute story, Juliana remembered that time a bear decided to share her tent on an Alaskan camping trip.

Following a bit of coaching during intermission Persons told the bear tale and it just about brought down the house. "I was a little nervous," she said, "but then I thought, 'Wow, this is fun.'"

Come hear Juliana June 2 and fourteen other tellers at:

Clinton Street Theater ~ 2522 SE Clinton St.

Friday and Saturday June 1,2. Door at 7, stories at 7:30.

Tickets for Storython are \$12 at cstpdx-com.seatengine.com/shows/78967 or \$18 for a two-night pass at cstpdx-com.seatengine.com/shows/78969.



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Reiser created and produced the seven-episode series 'There's.... Johnny!' He joined the cast of Netflix's 'Stranger Things', collaborates once again with David Gordon Green ('Pineapple Express,' 'Prince Avalanche'), as well as with Steven Soderbergh on the critically-acclaimed hit Amazon series 'Red Oaks.' Additionally, Reiser has been cast in the latest project of 'Mad Men' showrunner Matthew Weiner, 'The Romanoffs.'

Recipe: A Reading Test & Raw Material

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Recipe: A Reading Test was originally performed in October 1983 at the celebrated Fashion Moda in the Bronx as part of the benefit exhibition Food for the Soup Kitchens, and subsequently reprised at Storefront for Art & Architecture.

Raw Material was first performed at Kiva, a performance loft on Canal Street in 1985 as part of a self-produced split bill.

All proceeds go to support PWNW Linda Austin Dance programming

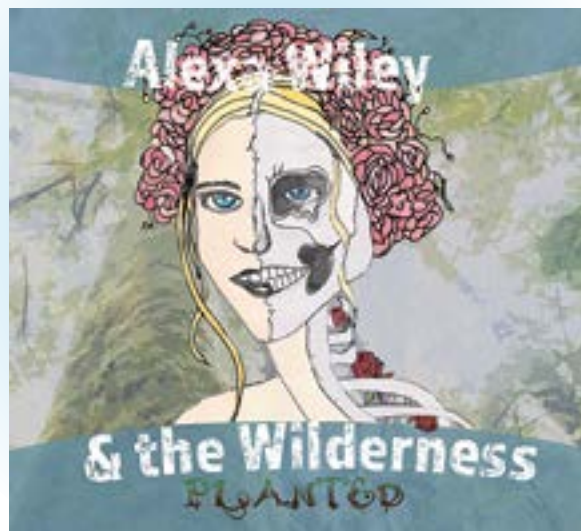
Where the Wild Things Are

Alexa Wiley & The Wilderness

InStore performance for the new album "Planted"

Music Millennium • 3158 E. Burnside

June 6 • 6pm



Portland's folk/rock band Alexa Wiley & The Wilderness are laying down deep roots on their new album, "Planted." The collection of original songs borrows from an array of genres and musical expressions. Continuing down the same path as their debut collaboration from 2015, the songs display varying styles tied together with themes of the search for meaning in our hurried, modern world.

Music lovers seeking relief from so-called "nature deficit disorder" can find the Wilderness playing everywhere from the Kennedy School to the Mock Crest Tavern. And as Portland musicians face vanishing venues in an increasingly crowded city, the Wilderness has stretched out to places like the historic Skyline Tavern and the Rosebud Café in Scappoose.

A cross between Joni Mitchell and a female Tom Petty, Wiley's voice nourishes the band's unique blend of meaningful lyrics. She is backed by the Americana-rock of the Wilderness: Bret Malmquist, lead guitarist; Steve Dearborn, multi-instrumentalist; Sean Oldham, drums; and Dale Turnbull, bass.

Buy Tickets (Mississippi Studios Album Release Party, June 4th, doors 7pm/show 8pm) alexawiley.com



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A materials list will be provided! jolynafry@gmail.com

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Neighborhood Notes

from page 5

two-year term, and six people were elected to the board: Phil Cox, Katie Mogensen, Kim Nurmi, David O’Bryant, Michael Wade and Sam Wake.

This summer, several upcoming events include, but are not limited to a walkabout of the proposed Gideon Street pedestrian/biking bridge over the tracks; responding to a proposed rezoning of Ladd’s Addition to permit large apartments; participating in a first-of-a-kind collaboration June 16 between businesses, organizations and neighbors to clean up graffiti and litter that plague Hawthorne, Division and Clinton; and organizing a multi-neighborhood information meeting June 12 at St. Philip Neri on the city’s Central City in Motion transportation proposal, which residents can respond to during a two-week-long online open house starting June 4.

And, finally, the board wishes to celebrate the contributions and express our appreciation to three members who are stepping down and who gave Hosford-Abernethy many decades each of their time, energy and creativity: Linda Nettekoven, Joanne Stainbrook and Marilee Tillstrom.

The next board meeting will be at 7 pm June 19 in Carvlin Hall on the campus of St. Philip Neri. All are welcome.

North Tabor

By Joshua Carey,

North Tabor Neighborhood Association will meet Tuesday, June 19, 6:30 pm, at 4837 NE Couch. The meeting is open to the public.

To contact the board, send an e-mail to board@northtabor.org or leave a phone message at 503.928.4655. North Tabor Neighborhood Association online at www.northtabor.org and on facebook at NorthTaborNews.

Mt. Tabor

By Laura Smith

Mt. Tabor Neighborhood Association (MTNA) held their board elections at the May meeting. Six new board members were elected in addition to the re-election of 11 board members who served in the previous year’s term.

Even if you are not a member of the MTNA board, there are plenty of opportunities to participate in the neighborhood association. Your volunteer time is needed for land use, traffic safety, fundraising, public testimony and other activities that help to improve our neighborhood. Come to one of our monthly meetings (third Wednesday evening of every month except December) to find out how you can get involved.

The next MTNA meeting will be on Wednesday, June 20, at 7:00pm at Mt Tabor Presbyterian Church at SE 54th and Belmont, with homemade cookies and social time starting at 6:50pm.

South Tabor

By Sandra Hay Magdaleno

May was the STNA Annual Meeting and Elections. The following were elected to a two-year term from June 2018 through May 2020: Tina Kimmey as SE Uplift Delegate, John Carr as SEUL Land Use and Transportation Representative, Marcelle Thurston as Neighborhood Land Use Chair, Ute Munger as Treasurer and Tina Kimmey as interim secretary until a new secretary is found. We are also looking for a vice-president and a communications chair. Email: president@southtabor.org if you’re interested in filling a position! Thank you.

Heather Flint-Chatto, presented on the Division Design Guidelines 90% Draft Proposal. Design Guidelines are completed. The Division Design Initiative is asking South Tabor and other neighborhoods

turn to page 21

Business Association News . .



HBBA Co-Pres.: Julia Hanfling, Greg Harris
Contact: administrator@hawthornepdx.com
Facebook.com/hawthornepdx
Board meetings: Second Wednesdays at 8 am
Western Seminary Bueermann Hall, Room 201
5511 SE Hawthorne Blvd.

World Environment Day’s “Ditch the Straw” Day will officially start on Tuesday, June 5th. Many businesses will not be using plastic straws during June and maybe never again as a response to the quantity of plastic straws that are being found in the ocean – some studies indicate more straws now than FISH!

A garbage and graffiti cleanup on Hawthorne and in the Neighborhoods is on Saturday, June 16th. Be at Central Christian Church, 1844 SE Cesar Chavez, by 9 am to be part of the solution!

They are also hosting a Tuesday Farmers Market!

Father’s Day is June 17th. Celebrate the father’s in your life on Hawthorne at a restaurant, café, food cart or with special items from our grocery stores and/or find the perfect present or cool card or Gift Certificate at one of the gift shops or service providers.

We are getting excited about the 35th Annual Hawthorne Street Fair on Sunday, August 26th, 11am to 6pm. Many of our businesses will not only be open for you to visit inside but will also have special spaces and activities in the middle of the Boulevard with guest vendors, interesting activities and information about Portland’s and Oregon’s services and opportunities. Because of the challenge and cost of closing Hawthorne, we can only close from 30th to Cesar Chavez but many other businesses west and east are hoping to have you check out their business and activities, too!

Thank you to 2018 Benefactors: On Point Community Credit Union (NEW!!), Fred Meyer Hawthorne, New Seasons Market and Wells Fargo Bank and 2018 SE Examiner Sponsors: Hawthorne Vision Center and Rivermark Community Credit Union.



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Wellness Word

Editor's note: *Wellness Word* is an informational column which is not meant to replace a health care professional's diagnosis, treatment or medication.

When Thoughts Become Symptoms – Exploring the Mind-Body Connection

Mind-body medicine refers to the interconnectedness of one's mind and body and how each influences the other. As more research is aimed in this direction, it is becoming more and more apparent that health or disease of the physical body is interdependent on the state of a person's mental, emotional, and even spiritual health. A disturbance in one layer can cause repercussions in the other "downstream" layers.

This is how a spiritual crisis can turn up as cancer. This is how deep grief can manifest as digestive issues. This is how a belief that one is inferior to others can result in generalized anxiety. The onset of physical health problems can be preceded, often by decades, by a belief, attitude, thought pattern, or strong emotion. But interestingly, we are usually not conscious of these thoughts nor are we cognizant of the effect they are having on our health.

A strong emotional stress or trauma (like being assaulted or having a loved one die) may occur before someone's stomach distress, depression, or neck pain begins. Likewise "lesser" stresses may also contribute, e.g. "My migraines started right after my husband left me" or "My rheumatoid arthritis flares every time my mother comes to town."

However, there isn't always a memorable event that people can tie the beginning of their symptoms to. For example, a

person whose father repeatedly implied that they were stupid as a child may experience chronic back pain that they have no (conscious) idea is related to a belief that they carry deep in their subconscious that they are not smart enough to "bear" their life.

Why do we push things into our subconscious?

According to John Sarno, MD, the subconscious hides away strong emotions that it perceives as dangerous or threatening. He says that symptoms are created in the body to distract the conscious mind from discovering the painful, scary emotions (e.g. rage, inferiority, worthlessness) that are stored underneath in the subconscious.

How do we access our subconscious?

One way to reach the subconscious is through a practitioner-client dialogue in which the practitioner asks questions designed to follow the trail of thoughts deeper and deeper into a person's "story" which eventually uncovers a basic belief about how they perceive themselves. Alternately there are many therapies and techniques that aim at neutralizing or eliminating negative thought patterns – emotional freedom technique, Psych-K, hypnosis, etc.

What can we do with this "hidden" material?

Once the beliefs are brought up from the depths of the subconscious, they can be worked through by the conscious mind. We are able to examine them and make decisions about whether we want to keep believing them or not. Are these beliefs true anymore? Are they serving us? Do they reflect who we are deep down? Empowering, a choice can be made.

How does this affect our

physical health?

It is becoming more accepted in medicine that in order to effectively treat physical disease, especially chronic disease, the mental, emotional, and spiritual spheres must be taken into account. The etiology of much disease is found in the subconscious in the form of a volatile emotion or a staunch belief about the true nature of the Self. Until this is brought to light, we cannot be truly free of our ills.

The True Self

We are all born into this world in a pure state of goodness. Let that sink in. At our cores, we are all beautiful intentional beings. Through life situations, relationships, trauma, accidents, etc. we take on layers that tend to shield or hide our true selves. Oftentimes we forget entirely about the True Self as we go through life. We forget that at our core we embody one or more of the following possibilities: love, creativity, joy, humor, light, peace, beauty, connectedness, hope, goodness, etc.

We instead start to believe that we are bad, ugly, incapable, inferior, or that we need to be aggressive, tough, cruel, uncaring in order to survive. In essence, we take on ways of being that run counter to who we actually are. But if we allow ourselves to shed those things and return to our true way of being, unfettered by falsehoods, we will become healthier in mind, body, and spirit.

The work of mind-body healing helps us to get there.

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Biking in Our Parks

from page 8

included in the plan are:

- One million dollars to build 35 miles of new cycling trails that would include Forest Park, the River View Natural Area, the “Dog Bowl” on North Willamette Boulevard, and roads in three other locations,
- Utilizing most of the existing 32 miles of trails in Forest Park currently off limits to bikers and others.
- Including one or two acre bike parks in each of Col. Summers Park, Brentwood Park, and Creston Park.

On April 11, the Park Board expressed strong support for the plan in a letter to the off road cycling plan manager, Tom Armstrong.

This gives the City Council the confidence needed to support the plan and begin the process

of funding and implementing its goals. The board lauded the plan as a good conceptual road map for a city wide system of off-road cycling.

The letter says a variety of partnership programs are critical to the plans success and it criticizes the assumption that off-road biking would compromise established environmental goals.

The plan’s community involvement process would substantially include outreach to Portland’s under-served communities.

The board’s significant criticism of the plan is that it does not identify funding sources necessary to implement its goals and that it needs to prioritize the various projects as well as to find the funding needed to maintain the trails after they are constructed.

The process before, during, and after the Park Board meeting is a classic example of good pub-

lic process. The advocates for the plan participated in its development throughout its two year planning process.

They created a specific organization or committee to express their consensus views as a group. The opposition did the same, but probably did not have the enthusiasm for their views and thought that established policy would support them.

Over 500 official comments were made to the staff regarding the plan and over 185 pages of testimony were received by the Park board.

Both sides were active at the meeting with well thought-out remarks. The board had representatives from both interest groups as well as others with a variety of experience and perspectives about the parks in Portland.

The future of this issue will be of great interest to many here.

NN Neighborhood Notes

from page 19

for final input on signage, special buildings and/or lots for special focus and asking for support of the Guidelines in 1 of 4 ways: 1.) Adopt Guidelines for original area from SE 12th to 60th along Division, 2.) Adopt Guidelines for Division from SE 12th to SE 82nd., 3.) Adopt Guidelines for all of SE Portland Main Streets, and/or 4.) For the Guidelines to become standards as part of the DOZA Comprehensive Plan.

Next Marcelle Thurston, STNA Land Use Chair, asked for input and suggestions on possible areas of focus for the STNA Land Use Committee for the following year. Areas for consideration were fixing street/sidewalks on SE Woodward, additional tree planting, the dangerous and often used crossing at 79th and SE Powell, Creative Art Projects grant and other ideas. It was noted that there has been much dissension on possible road/sidewalk improvement between SE 60th and SE 62nd on Woodward. Some property owners in the area feel a no-car zone would be beneficial for pedestrians and cyclists. A suggestion at the meeting was perhaps one-way traffic for cars and two-way for bicycles and pedestrians.

Ute Munger, STNA Treasurer, reported that our old bank account was closed and the new one is up and running. She noted that we are needing to add some fundraisers now that we’re doing the street cleaning rather than the annual clean-up. A pancake breakfast or spaghetti feed was suggested. We’re looking for someone to take the lead to organize one or both events. Email: Treasurer@southtabor.org if you are interested.

The Clean Energy Initiative petition was passed around for anyone who wanted to sign. If you’d like more information go to: <https://www.portlandcleanenergyfund.com/about>.

Our now 3rd annual litter pickup was held on Saturday, 5/19/18. Thank you to all the volunteers, organizers and especially to Dr. Tin Le, DMD with Division Street Dental at 7600 SE Division St., for the use of their facility as the headquarters and meeting place.

Saturday, May 26, 2018, was our South Tabor Emergency Preparation meeting at East Portland Coffee Roasters on SE 79th and Division. We’re excited that there are now enough NET trained members (8 or more) for South Tabor to have our own NET Team.

We also discussed using our communications funds for additional kiosks. We’re open to additional ideas.

As a reminder, National Night Out, is the first Tuesday in August or (8/7/18) across the nation. If you would like more information or help organizing your neighbors, email: info@southtabor.org and/or go to: <https://natw.org/>.

The next STNA Land Use Committee will meet Tuesday, June 19, 2018, and the next STNA board meeting is Thursday, June 21, 2018 at 7:00pm at Trinity Fellowship, 2700 SE 67th with entrance from the parking lot in the rear. See you there.

Buckman

By Susan Lindsay

Buckman Board Elections: Thursday, June 14th, 7pm:

Buckman residents: You’re Invited!! Buckman Community Association Board Elections June 14th, 7pm. There’s five open slots to fill with either 2 or 1 year terms. Candidates must commit to at least one meeting a month and be involved in a committee or project of their choice. The BCA sponsors a fun annual summer picnic, holds regular full membership and land-use meetings, commits to developing sustainability projects, hosts city/county election forums and facilitates hot-topic discussions. We are looking for Buckman neighbors to get involved, join and serve. The BCA meets every 2nd Thursday in the Multnomah County Board Room, 501 SE Hawthorne. Come to the meeting and run! For more information: buckmanpdx.org

BUCKMAN-KERNS CLEANUP:

□ Sat, June 23rd, 9am-1pm Hinson Church Parking Lot □
SE 19th and Salmon

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What’s in a Name?

By MIDGE PIERCE

A name change for the Office of Neighborhood Involvement (ONI) to the Office of Community and Civic Life has surprised observers who wonder if the new label is merely symbolic or a substantive shift in focus for an organization that self-describes as the “gateway to civic engagement in Portland for 44 years”.

Director Suk Rhee indicates the July name change will not alter the mission. What it will do, she says, is expedite efficiencies

in connecting programs that serve the community. Among the organizations it funds is Southeast Uplift (SEUL), a coalition of community groups. SEUL recently revealed a new mission statement to support neighborhood social and ecological well-being.

Some applaud ONI’s new name as reflective of organizational goals to be more equitable and inclusive in providing resources to more groups. Others surmise it is a step toward reducing the influence of neighborhood associations that some social activists have called

bastions of white privilege. Those taken by surprise want to know more about who participated in renaming and the selection process. Several asked whether a group tasked with modeling good community outreach is following its own citizen engagement processes sufficiently.

Rhee responds that survey and focus group contributors were members of the community, partner organizations, bureau staff and other City employees. More information is available at: portlandoregon.gov/OnI/76088

Just Another Quilt & Needlework Show

This local show celebrates the study of needleworks & quilts created using teh same patterns making each piece as unique as its maker... Join us for a day of catching up with cookies & beverages, a place to sit & stitch. There will be vendors with supplies, crafts & quilts. Enjoy!

Saturday, June 23
10 am – 4 pm
Trinity United Methodist Church
3915 SE Steele Street

Admission: A free-will donation to the Trinity United Methodist Church Women’s Association.

Renters Facing Displacement

from cover

of this writing, Holgate Manor’s Princeton Property Management had not responded to requests.) The outcome could establish a precedent for tenants citywide and establish PTU as a first defense against renter displacement. Last year, the group teamed with a coalition to pass, unsuccessfully,

a bill banning no-cause evictions. The recent primary election defeat of Rod Monroe, the largest landlord in the state senate according to Bencivengo, clears the way to reintroduce the bill in the future.

Meanwhile, life at Holgate Manor is apparently no picnic. Listed as a four-star apartment on apartments.com, residents complain of mold, rodents and

non-working appliances even after remodels.

For her part, Anna Lendya worries about the garden she tends with fruit, flowers, parsley and a plum tree - small comforts that remind her of a home she left long ago.

To sign the Holgate Manor petition: change.org/p/mayor-ted-wheeler-help-holgate-manor-tenants-stay-in-our-homes

Testify on Better Housing Design

from cover

comments.

While generally supportive of the BHD proposed design elements, SMILE calls on the City to “ evaluate, and plan for increased density and ongoing development throughout our entire neighborhood . The NA points to its phenomenal 27% growth with about 1600 residential units completed or in the development pipeline since 2015 and 2.8 miles of mixed use corridor zoned for thousands more housing units.

Conditional support came in comments from Richmond Neighborhood Association providing it includes affordability assurances, tree protections, asphalt, surface parking limitations and height transitions from large apartment

complexes to single dwelling zones. Its submission calls for adjustments such as common areas for properties of all sizes, more parking permit programs, incentives for living without cars and breaking up facades of

W a t c h d o g s
question whether BHD
does enough to protect
existing structures from
demolition and preserve
community **ambiance,**
criticism **likewise**
leveled at RIP.

to protect existing structures from demolition and preserve community ambiance, criticism likewise leveled at RIP.

“The City needs to slow down to avoid project confusion and above all, consider long-range and cumulative consequences of projects to existing residents,” said a perplexed Buckman resident who received both notices.

To find out how to comment or testify on BHD by the June 12 deadline go to: portlandoregon.gov/bps/article/683076#testify

Another housing-related public testimony deadline this month concerns changes to Inclusionary Housing rules to make IH units reasonably equivalent to market rate units. Timelines and proposed changes can be found online at www.portlandoregon.gov/phb/IHDraft.



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OREGON

Longfellow’s Books cont.

from page 10

running the shop they sold about 60 percent of their books online. “It is a new era in the book world but for rare books, brick and mortar stores are still important,” Nile said.

This is one of the reasons Karen and Nile are busy preparing for the June sale. They want to reinvent Longfellow’s Books, declutter and create a new focus that speaks to the readers and curious minded of today. They want to use the space to display art, both their own and other local artists, with a little breathing space and cash they can make this happen.

In an interview with Amy Wang | The Oregonian/OregonLive Nile Hagan said, “My dad was a proud book man. He made books his life. In some ways he thought of them as his art. He was sometimes irascible, but dignified and respectful of anyone who came through the doors who was interested in talking and having an open conversation.”

In memoriam of Jon Hagan the most welcome tribute to this man would be a visit to the store and to purchase one of his books to assure the future of Longfellow’s Books.



Karen Swallow and Nile Hagan

Sidewalk Sale June 1- 3
Storewide sale through June
1401 SE Division St. 503.239.5222.
www.longfellowspdx.com



Letters to the Editor

from page 2

problem it falsely promises to solve.

The fix is in, but with any luck there will be lawsuits filed against this planned ruination of Portland’s character. As far as bone-toss of public testimony goes, it’s like have a conversation with a great white shark. They’ve already made up their minds. The only fair and accurate public testimony for an issue this important is in the ballot box.

Frank DiMarco

To the Editor

I am a retired planner and have been observing with great interest Portland’s planning efforts and problems with housing availability and affordability. Others have also been watching and commenting as well. My primary observation is that Portland has lost track of the need to plan comprehensively and to view planning issues holistically. This has resulted in many separate projects which are addressing problems in a piecemeal fashion. In such a situation, problems (more often than not) do not get resolved and have the tendency to worsen. In support of my observations, I attended a major planning conference last October where speakers from Portland Planning freely admitted that the Portland Plan was lacking in how it addressed housing needs in light of State Planning Goal 10 (Housing). The plan did not adequately address the need for a variety of housing types to fit a variety of income levels and

needs. This is likely one reason why there is a “missing middle” in terms of available housing and a housing affordability crisis in Portland today.

The Infill Project attempts to cram density increases into single family residential areas predominantly on Portland’s east side with little impact on the west side. This biased approach to planning has the potential to substantially impact the livability and character of many older established neighborhoods in East Portland while still not adequately addressing the “missing middle”.

Thousands of single family ownerships in East Portland will be impacted by the Infill Project and its zone changes. And ultimately it will be investment/ rental and home building companies who benefit as older houses get bought up, demoded, and replaced by smaller but new and unaffordable houses, duplexes or triplexes; or, older homes get bought up as rentals with ADU’s added to the site for more rentals (which may or may not be affordable). And with all the new apartment buildings going up with little to no parking of their own, parking on neighborhood streets will be a challenge.

I resent that East Portland appears to be singled out for densification while the west side gets to keep its character and integrity. This type of activity has the potential to create not only a new type of gentrification within our older east side neighborhoods, but to also change the character and livability of those neighborhoods in a negative way. What is the justification for this? And

why are Metro and DLCD letting Portland get away with avoiding “missing middle” planning? Portland’s growth needs to be accommodated holistically and gotten right the first time, otherwise we will all suffer in the future from today’s mistakes.

The Infill Project has not been adequately publicized and most people are just starting to hear about its impacts. But it’s not too late to voice concerns to the City Council. Email them all. And be sure to tell them, if they’re going to turn our east side neighborhoods into crowded ant farms, they also need to fix the streets, provide for parking problems, and add more neighborhood parks to accommodate the thousands of anticipated new residents. Stop with the piecemeal planning already!

David Krogh, Retired Planner in SE

Dear Editor,

Thanks for publishing Rep. Rob Nosse’s column in May. It was a rare case of a politician researching, then actually speaking out about an issue. However, he’s too hopeful that New Seasons’ owners will suddenly end their connection with hate. If they respond at all, they will likely say that they’d like to do good, but are required by law to put profits first. No one with a conscience should shop there anymore. I’ll be spending my money at Southeast’s own People’s Co-op.

Bruce Silverman

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1288 Total Sq. Ft.
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2 BD, 1 BA

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2845 NE 49th Ave.
1922 Bungalow
2006 Total Sq. Ft.
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1201 SE 71st Ave.
1948 Ranch
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\$789,900
3 BD, 2 BA



1440 SE 57th Ave.
1925 Dutch Colonial
2844 total Sq. Ft.
\$780,000
3 BD, 1.1 BA

Community Events Bulletin

Junior Parade
June 6th, 2018
Rosefestival.org

The Fred Meyer Junior Parade begins at 1:00 p.m. in the Hollywood District of NE Portland. Children come from all parts of the city to join in: dressing in costume, transforming wagons into floats, decorating their bikes with colorful flowers, or just parading with their pets (and parents!).

Portland International Beer Fest
June 22nd – 24th
portland-beerfest.com

Portland international Beerfest is a 3-day specialty beer festival held in the Pearl District North Park Blocks showcasing hard-to-find beers and ciders from all over the world. Sample everything from classic styles (pilsners, pales, etc.) to exotic new-world hybrids (barrel-aged hoppy farm-house sours, etc.)

Good in the Hood Festival
June 22nd – 24th
Goodinthehood.org
rosefestival.org/event/good-hood

The Good in the Hood Neighborhood Multi-Cultural Music & Food Festival features live music, a parade, an information Village, Market place, beer and wine garden and a youth venue, along with a kid’s space.



LEFT TO RIGHT: Chelsie Coon, Kevin Caplener, Caroline Easton, and Jan Caplener

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