



Photo of Leroy Eadie by Grant Eadie

SE Uplift Year in Review

By NANCY TANNER

When Leroy Eadie stepped into the position of the Director of SE Uplift Neighborhood Coalition last January, he had no idea business as usual was about to change dramatically. COVID-19 quickly had them going from an intimate gathering-oriented way of communicating to doing nearly everything remotely.

Fortunately for SE Uplift, they adapted quickly, sponsoring virtual Zoom meetings and working from home to keep the 20 Neighborhood Associations (NA) and the people they serve connected.

The neighbors who participated were quick on the uptake, too, and able to continue being involved in this form of civic engagement.

Eadie came from Spokane, where he worked for the local government in several different capacities; mainly Parks and Recreation bonds process, urban retail and city planning. He was especially interested in

working for a non-profit and wanted to live in a new city, so applying to SE Uplift was a good choice all around.

Right away, he was impressed by the thoughtful way the interview process took place. He spoke with those doing the hiring and the community and, when he was offered the job, the team at SE Uplift went right to work bringing him up to speed. He was well-qualified but like anything new, he admitted there was a lot to learn.

When asked about the highlights of this past year, Eadie spoke highly of SE Uplift's Diversity, Equity, Inclusion & Accessibility (DEIA) document approved by the SE Uplift Board on July 6, 2020.

The DEIA statement allows the organization to better serve everyone in the community by: acknowledging that historical practices and policies have not fairly served under-represented communities; holding partners accountable for their conduct related to diversity, equity, inclusion and access according to the Code of Ethics and applying the Equity Lens, a tool SE Uplift staff and board volunteers use to evaluate decisions, activities and programming moving forward.

This document reaffirms and complements the work SE Uplift staff has been doing for years to adapt their program to the needs of the under-served people in their coalition.

Recognizing the seriousness of COVID-19, SE Uplift along with other neighborhood coalitions, printed an informative brochure in five different languages and mailed it to the residents in their coalition.

It was very comprehensive and informative explaining how to stay virus free, what to do if you do get sick, what resources are available in the community, how to put bills on hold and how to access to food donations. It was reassuring and hopeful about how we will navigate this pandemic.

Figuring out the budget for the 2020-2021 fiscal year was a process Eadie said went smoothly thanks to staff and board

Charter Review Coming

By DAVID KROGH

Portland's City Charter is the founding document for the City and establishes its governing system and structure. At least once every 10 years, a Charter Commission is appointed by Portland City Council to look at the City's Charter to determine the need for amendments.

The City Charter Commission information page states, "Portland's Charter defines the powers of the City as granted by the state, the municipal powers and organization of the City Council, the roles and responsibilities of the Mayor, City Commissioner and the Auditor."

The charter identifies procedures for elections, campaign finance and how vacancies are filled.

"It also provides a guide on how the City is managed, the way taxes are levied and bonds are issued, how the streets, parks, sewers and other infrastructure are managed and improved."

Descriptions of City commissions, pension funds and information on how to amend the charter are included as well.

Since the last Charter Commission was appointed on December 15, 2010, the new Commission must be appointed by December 15, 2020.

A total of 20 members are to be on the Commission; four appointed by each of the five City Council members. Applications were accepted from Summer 2020 until September 14.

Final consideration of the applicants is underway. According to the Charter, the members chosen must be residents and representative of the City in terms of its racial and ethnic diversity, age and geog-

raphy, and be able to commit to up to two years of involvement with the charter review process.

Because of the timing, the City Council in existence at this time is the body which appoints the Charter Commission. That means new City Council members who have not yet taken office following the November 3 elections are not involved in Commission appointments.

City Commissioner-elect Mingus Mapps told *The Southeast Examiner* he was disappointed to not be involved with the selection process. However, he indicated he definitely will be talking with and "offering suggestions" to the Charter Commission once they begin meeting.

At the time of this writing, membership of the 2020 Charter Commission has not as yet been announced. According to Julia Meier, Charter Commission Project Manager, almost 300 applications were received for membership.

Gwen Thompson, City Commissioner Dan Ryan's Senior Strategist, told *The Southeast Examiner* that applications have been whittled down to 47 (as of the first week in November) and would be reduced to the required 20 by the end of the month.

Meier clarified that, rather than do individual appointments, the existing City Council members have agreed to jointly review and choose commission members as a whole.

"The goal behind this is that appointed Charter Commissioners are not seen as representatives of individual City Council members, but rather as part of a cohesive,

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AARP's Vital Aging Conference

By ELLEN SPITALERI

Even though AARP Oregon's 9th Vital Aging Conference took place in November, people still have the opportunity to access speaker presentations from the conference on the AARP Oregon website, bit.ly/vitalaging2020.

This year's conference, *Vital Aging 2020: Live. Learn. Connect*, was unique in two ways. For the first time, it was a virtual conference held on Zoom and many speakers addressed COVID-19's impact on seniors.

The conference opened with the panel, *Design Your Life: Re-Imagine Our Future*, moderated by Ruby Haughton-Pitts, AARP Oregon state director.

"Although 2020 has been a very tough year, AARP has continued to focus on the safety and well-being of older adults and their families – helping them to live healthier and more productive lives," Haughton-Pitts said.

"Vital aging is all about using everything available to create your best possible life," she added. AARP's vision and mission is to help people choose how they live as they age.

The organization strives "to make Oregon an age-friendly state where people of all ages, races and abilities can live, work and play," she said.

Deborah Jordan, director, AARP Innovation Labs in Washington, D.C., was the first speaker on the panel *Design Thinking in Action: Design Your Life*.

"We all have cognitive biases, the first step of overcoming them is being aware of them," Jordan said. "We have to be intentional to overcome these biases; it takes work."

She briefly touched on COVID-19 by sharing an example about the creative way a young child was able to hug her grandparents in the midst of the pandemic.

Dr. Alison Bryant, senior vice president of AARP research, presented *Planning for Life Transitions*.

"Although many of life's key transition moments come out of the blue, such as divorce and widowhood or finding a new career, we can always do things to prepare ourselves for them," Bryant said.

"Doing little things now and along the way will make sure that we come out of

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Rs Representatively Speaking

BY STATE REPRESENTATIVE ROB NOSSE

By the time you read this, our country will be one step closer to ending the presidency of Donald Trump.

The Electoral College meets on the Monday after the second Wednesday in December of presidential election years. In 2020, the meeting is on December 14. Once this vote is completed, the election process is all but final, and we just have to wait for the inauguration.

I could literally feel the tension leaving my body on the morning of November 7 when the Associated Press called the election for Joe Biden and Kamala Harris.

There are unfortunately those who are actively undermining our democracy by refusing to recognize the result of the election. I am glad to see that even many of Trump's allies are beginning to face reality and realize that the people have spoken. This excruciating presidency is almost over.

Meanwhile, many of us in Oregon had hoped to pick up the few remaining seats we needed to form majorities in our State Legislature that would make it immune from Republican walkouts. Remember when that dominated the political news in OR before COVID-19?

Unfortunately, we did not reach that goal. Democrats lost one seat in the House of Representatives and we maintained our 18-12 majority in the Senate. We retain our supermajorities for the purpose of passing taxes increases, should we need to do that and given the recessional environment we find ourselves in we may need to do that.

I was excited to see the House Democratic caucus grow in its diversity with three new people of color joining our ranks.

Measure 107 passed. Its passage allows for campaign finance reforms, including contribution limits. It also allows laws to be passed that can require a campaign to reveal who paid for their advertising.



Measure 108 passed. This measure raises taxes on tobacco and vaping products. Some of the money raised will be used for smoking cessation programs and public awareness campaigns about the dangers of smoking and vaping. Any money left over will go to fund the Oregon Health Plan, ensuring greater access to healthcare for underserved communities.

Measure 109 passed. This measure establishes a program to be administered by the Oregon Health Authority to allow the manufacture, distribution and use of psilocybin to be administered in a clinical setting that is licensed and regulated for these purposes. Measure 109 does not allow for the recreational use of psilocybin.

As a member of the House Healthcare Committee and the House Behavioral Health Committee, I will be part of the effort in the Legislature to craft appropriate statutes to implement this measure.

Measure 110 passed. This measure does two different things that move Oregon away from treating drug addiction as a criminal issue and begin to tackle it as a public health issue. Drug possession for most illicit substances will become a Class E violation. Instead of a felony or misdemeanor charge, offenders would pay a \$100 fine or complete an addiction assessment by an addiction center.

This will reduce the large number of drug cases for simple possession that contribute to our overwhelmed legal system. It should also reduce the number of incarcerations in our state for minor drug possession and would positively impact communities of

color and other marginalized populations who face significantly higher rates of arrest and incarceration for drug possession.

Measure 110 also changes how marijuana taxes are allocated. Currently, a sizable portion of that revenue goes to fund law enforcement programs.

Under this measure, this money would instead be re-appropriated to community-based drug treatment centers all over the state. By having law enforcement refer drug users to treatment and by using funds previously allocated for police to community-based treatment programs, Oregon will take an important step towards ending the failed and unjust War on Drugs.

In a future column, I will talk more about what I think is coming in the next legislative session and my priorities. In light of George Floyd's murder and ongoing structural racism in Oregon, I expect to see a strong policy focus on racial justice in regard to policing, criminal justice, education and healthcare.

Lastly, I am still hopeful that we will have a Democratic Senate majority in Washington, DC, that will work with President Biden and Speaker Pelosi. Gridlock and misplaced priorities in Washington have cost us time in fighting this pandemic and the recession it created.

We desperately need more relief for states and local governments, measures to protect future elections, allow for a more equitable healthcare system, and better pathways to beat this pandemic.

I am hopeful that we can pull out two Democratic wins in the Georgia Senate races that will take place in January. Stay tuned.

LE Letter to the Editor

Editor's note: Letters to the Editor should be less than 300 words. The Southeast Examiner reserves the right to edit letters for length or content. Submissions are not guaranteed to be published.

To the Editor,
Thank you for Gabe Frayne's excellent article on gas powered leaf blowers. I hope to set the record straight, however, regarding a couple of points made by his sources.

A ban will not disproportionately impact people of color negatively, as claimed by the RNA endorsement dissenter, and battery powered leaf blowers are, in fact, efficient for doing the work, contrary to the claim by the quoted landscaper.

As Gabe's article points out, quietcleanpdx.org lists numerous Portland area lawn maintenance services that do not use gas leaf blowers. That is now a booming

business model because increasingly more customers do not want the noise pollution and toxic emissions of gas leaf blowers in their yards.

Years ago, battery powered blowers were not adequate for some heavy jobs. Current models, however, now have surge capacity and run times that exceed gas blowers, without doing harm to the public and our environment.

We know the health risks associated with two-cycle gas powered blowers are highest for those who operate them regularly. The assertion that a leaf blower ban would disproportionately impact people of color is hard to believe if that impact is on the health of lawncare workers, many of whom are people of color.

Quiet Clean PDX affirms the goals of Environmental Justice Oregon to protect all people from environmental health and health hazards.

Finally, the return on investment of battery powered leaf blowers over gas powered blowers is impressive. American Green Zone Alliance estimates that it costs about 10 times more to operate a gas blower than a battery blower. The cost of transition can be challenging, but the cost of running a battery blower is significantly lower, thus boosting revenue.

Rakes and brooms do a great job, too.

Michael Hall, Quiet Clean PDX

Charter Review

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unified Charter Commission” she said.

Appointments will be made in early December and Charter Commission meetings commence in January of 2021.

The complete charter review process has not as yet been identified, but will include the ability for public involvement over its two year duration.

In essence, the Commission will review the existing charter, receive amendment suggestions from City Council, members of the public and special interest groups, and provide recommendations to the City for amendments during the review period.

Meier added, “We anticipate many avenues including public testimony, online surveys, town halls and investment in community-based organizations to engage their constituencies.”

The City has the ability to adopt certain types of amendments administratively or refer others to voters for a formal charter modification by ballot. For example, the 2011 Charter Commission recommendations were largely wording modifications and did not result in a voter referral. That may not be the case this time.

It is likely that the issue of Portland’s commission form of government will be one that is considered by the Charter Commission.

“According to the Charter,” Meier stated, “City Council may request that the Charter Commission review specific sections of the Charter, but ultimately it is up to the Commission to decide what to address. In the past, the Charter Commission has considered larger questions of policy as well as operational issues embedded in the Charter.”

Commissioner-elect Mapps said that the issue of changes to the current ineffective commission form of government is extremely important to him as a campaign goal and he fully intends to share his concerns about this topic with the Charter Commission.

“This process will be incredibly important to the public, Mapps said. “Getting things right (via charter review) is one way to make City processes work right.”

The commission form of

government was a campaign issue for newly elected Commissioner Dan Ryan too, although his office did not know as yet if he will directly refer this to the Charter Commission.

The Portland City Club has prepared two studies (*Portland’s Commission Government-2019* and *Rethinking How We Vote-2020*), both of which encourage City Charter reform.

Caitlin Baggott Davis, with the City Club, said that the two studies were provided to City Council in July and will be resubmitted to the new City Council later in November.

She stated the public is welcomed to visit medium.com/portland-city-charter-perspectives to review current City Club perspectives on charter revisions.

City Club involvement with the Charter Commission will be determined soon.

Another major charter issue which could be dealt with either or both by City Council and the Charter Commission is the reorganization of the Police Bureau and the instituting of a strong public oversight board.

Mapps had several comments regarding this process suggesting that due to the severity of the concerns, “City Council needs to take the lead on this.”

He suggested there is need for a reorganization plan of the Police Bureau to be developed before funding modifications occur, to not only better address the installation of an oversight board but to more clearly define what services could be efficiently merged or transferred from Police.

“In short, what do we want our public safety system to look like?” Mapps stated. He suggested this is more than the Charter Commission would be able to accomplish on its own and needs to be addressed much more quickly than the charter review process is capable of.

The City’s Charter Commission webpage is: portland.gov/omf/charter-review-commission, and is regularly updated. Contact Julia Meier with questions at charterreview2020@portland-oregon.gov. Information on this and other City finance issues are posted at twitter.com/PDX_OMF.

Flip the Script Addresses Homeless Youth

By DANIEL PEREZ-CROUSE

“We are treating the symptom and not the cause,” said Doug Riggs, Director of Alliance4Kids, while moderating an event hosted by the Oregon Health Forum about shifting the approach to homelessness.

The talk, *Flip the Script: A Fresh Take on Ending Our Homeless Crisis*, emphasized a general need to better serve youth homelessness, which, the panelists generally agreed will be key in potentially solving the issue as a whole.

President and CEO of the Portland Business Alliance, Andrew Hoan said, “While every state deals with this issue, we are consistently at the top of failing our residents. I think that’s not a surprise to anybody.”

Hoan believes public concern over homelessness, already high, is going to skyrocket next year due to the CDC’s dissuading of breaking up encampments in the midst of COVID-19. That will be compounded by a struggling economy forcing more potential evictions.

“What people, especially in the metro region are seeing, is the enormity of the growth of the unsheltered population and the static nature of encampments which continue to grow,” he said.

Hoan pointed to the affordable housing crisis and lack of new unit developments as a major contributor.

In regards to youth homelessness, Riggs says that the mil-

lions of dollars Oregon has put towards this hasn’t helped homeless youth.

Barbara Duffield, the Executive Director of SchoolHouse Connection, says it’s just one part of the puzzle, especially for unattended homeless youth (UHY), because, as she said, “Minors can’t sign leases. If we want to get ahead of the problem, we have to reserve resources for young adults, because housing does not always end homelessness.”

Duffield has an extensive, 20-year history in this field. Since the late 1990s, she says policy and resources have been focused on the most visible forms of homelessness, single adults on the street.

Whether it be George Bush’s chronic homeless initiative, Barack Obama’s federal plans to “opening doors,” or Donald Trump’s emphasis last summer on encampments, Duffield says that with these bipartisan failings, we are not changing our approach or focus.

“The pipeline into homelessness is youth homelessness,” Duffield said.

Noting data from HUD, in Los Angeles, more than a quarter of homeless adults 25 and over said their first homeless episode occurred between 18 and 24 years of age. In Seattle, when asked about their first time experiencing homelessness, 18 percent were children under 18.

Citing statistics from Voices

of Youth Count, Duffield identified factors that increase risks of homelessness, like not having a high school diploma or GED, annual household income less than \$24,000, being an LGBTQ youth and more.

Moreover, Riggs spoke to the traumas and barriers they face. He said, among the UHY populations supported by his organization, three quarters of them live with a chronic medical condition, 40-60 percent were physically abused and 20-40 percent were sexually abused.

Some of these factors and influences were echoed by the testimonies of Safina Zuniga, a 20-year-old Portland native who experienced homelessness from ages 13-18.

Zuniga said she “never lived in one place for more than two years” and “bounced” around households if her mom was in prison, father was deep in alcoholism or other family members could not afford to house her.

One day, a school counselor saw her crying after a recent eviction and facilitated interactions that ultimately lead to her contacting a home provider.

“It was a very fast process and I felt comfortable going into that situation,” Zuniga said.

She graduated from Beaverton High a year early at 17, but six months after leaving her provider, she was homeless again - self attributing this to alcoholism

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Pathways to Solutions

By Rachel Hemmingson

This season, normally one of togetherness, highlights the problem of separation exacerbated by COVID-19, but it may inspire us to find pathways to solutions.

Some older homeowners still paying on mortgages felt they couldn't afford to relocate nearer to their children. The problem, they believed, was their sales proceeds would not be enough to pay for a new home.

However, there is an FHA-insured program, the Home Equity Conversion Mortgage (HECM) Reverse Mortgage for Purchase (RMP), for older people which can double their buying power and/or help them retain proceeds.

On top of that, there's the end bonus of no monthly mortgage payments on the new home. Use of this program is increasing and it can be a game-changer for those using it. While it is a complex pathway, it may be worth it to older homeowners and their adult children.

For other older adults, forced early retirement, losses in the stock market and unavailable dividends, are impacts of the pandemic. Mortgage payments become a problem for some. Those not interested in moving may choose to replace mortgages they are making payments on with a mortgage featuring no payments.

This is the more familiar version of the HCEM/RMP that

opens up cash flow, and often substantial cash funds as well, to make the house they are staying in work better for them.

It's also an option for homeowners whose home is fully paid off (no mortgage) and may open access to funds in the form of a line of credit they can use as they wish. It is not taxed and doesn't affect Medicare or Social Security.

There are a couple caveats with any version of the HECM/RMP. One is that there are loans that need to be repaid, generally through the eventual sale of the property. The other is that homeowners are still responsible for home maintenance, property taxes and insurance.

Making modifications to add sheltered outdoor spaces is another possible solution. Examples include adding a cover over a patio or deck area attached to the house, purchasing a gazebo (free-standing) to install in the yard and using strategic plantings to shelter an area from wind.

Pleasant outdoor enclaves are always a great addition to a home's value and can be an investment in health too. Being outdoors and in the presence of nature is beneficial for us on every level and these environments are currently the safest we have.

Finding a pathway to make the best of the situation now can be a benefit well into the future.

AARP's Vital Aging Conference

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those transitions happier, healthier and more financially stable," she added.

During this time of pandemic and social isolation, people can focus on building their personal and professional networks.

"Setting a goal of reaching out to one person you haven't spoken to in a while every week can make a big difference," she said, adding that it helps if people already familiar with technology can use it to help with social isolation.

"If you are trying to get tech into their hands, and train them on it, and then also creating new behaviors and norms around connecting socially, it can be overwhelming," Bryant added.

Tim Carpenter was next. He's the founder of EngAGE (EngAGEDaging.org), an organization dedicated to creating community and changing lives by transforming affordable senior and multigenerational housing projects into vibrant centers of learning, wellness, and creativity.

In *A Dose of Creativity*, Carpenter said it is important to design communities for all ages, "where purpose, meaning and community connection replace loneliness; relationships across generations replace ageism; where diversity and inclusion replace division, and empathy replaces apathy."

The conference concluded

with gerontologist and educator, Jeanette Leardi's *Surviving and Thriving During the Holidays*. She took advantage of the virtual platform, asking people to type in the benefits and downsides of traditional holidays into the chat area and incorporated their suggestions into her presentation.

These included positives like gathering with families and friends and taking a welcome break from the daily grind, and negatives like missing people who have passed away, confronting unresolved family issues and dealing with holiday financial stress.

During her presentation, Leardi took on what she called the elephant in the room: COVID-19. "Older adults are in a higher risk group and it can be stressful dealing with social isolation, social distancing, having to communicate through technology, anxiety and ever-changing guidelines," she noted.

"Even in normal years, the winter holidays often add pressure and all kinds of other stress to our lives as we prepare for them," Leardi said, adding, "This pandemic has additionally challenged us to find creative ways to remain connected and positive about celebrating what should be happy times."

She offered three specific steps to take in planning for family winter holiday gatherings this

year: anticipate, celebrate and reflect.

First, start planning early for any kind of celebration and set realistic expectations and goals. "There is no such thing as a perfect holiday," Leardi said.

As for COVID-19, plan to deal with tense situations by being aware of statewide restrictions in numbers of people allowed to come together and mask-wearing requirements for participants.

Then celebrate the holiday, while keeping your sense of humor and acknowledging the things you are grateful for.

"By necessity, many of us will reduce or simplify our gatherings, and in a way, these adjustments can be a good thing if they cause us to be less distracted by the trappings of a holiday and instead make us think more about its meaning and why we want to celebrate it, either alone or with others," Leardi said.

Having a group toast, lighting a candle or singing together can make a virtual celebration special. Finally, reflect on what went well or not so well.

"Be prepared for post-holiday letdown, be grateful for the experience and do something special for yourself," she said. (jeanetteleardi.com).

AARP Oregon is at states.aarp.org/oregon.

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Burnside Bridge Replacement

By Don MacGillivray

In approximately four years, the Burnside Bridge will be demolished and replaced with a modern new bridge, perhaps Portland’s greatest concession to the seismic future of Oregon.

The project will be similar to the rebuilding of the Sellwood Bridge, but the Burnside Bridge is a critical commercial lifeline for the central city and the region.

The 94-year-old Burnside Bridge is an aging structure requiring increasingly frequent repair and maintenance. The original Bridge opened in 1894 and it was replaced in 1926 at a cost of \$4.5 million.

The design included Italian Renaissance towers and decorative metal railings and it became a registered as a Historic Landmark in 2012. Streetcars crossed the Burnside Bridge until 1950 when electric trolleybuses took over the route until 1958.

In the 1990s, the Bridge was established as a Regional Emergency Transportation Route and it is the one non-freeway bridge designated to provide emergency response, evacuation and recovery after a major disaster. It carries approximately 40,000 vehicles a day as well as over 2,000 bikes and pedestrians.

It is an accepted fact that a powerful earthquake will strike Oregon in the future. The state has suffered over 40 major earthquakes in the last 10,000 years (the last of which was 317 years ago).

In such an event, the aging Burnside Bridge would collapse or become unusable along with most of the older Willamette River bridges.

This would have a catastrophic impact on local transportation and the regional economy on both sides of the river. Thousands of Oregonians could die

and the economic loss could exceed \$30 billion.

A task force of diverse civic leaders has chosen the Long Span bridge alternative for the new replacement bridge after 18 months of deliberation. Recently, Multnomah County Commissioners have approved this option.

This type of bridge has the fewest support columns and avoids other more costly construction types because in the seismic zones of central Portland, the underlying ground is unstable.

The recommendation includes a vertical support structure above the bridge, which could be raised like the current bridge or a vertical lift span like the Hawthorne Bridge. This will make the final bridge dramatically different in appearance from what Portland has grown accustomed to for almost a century.

The new bridge will stay in its current location and the automotive roadway will increase from the current 51 feet to 55 feet in five lanes. The remaining 25 percent of the bridge width will be for bicyclists, pedestrians and other users.

There will be eight foot-wide pedestrian sidewalks and eight foot-wide protected bike lanes, two and a half feet wider than the existing ones.

Cost estimates for the proposed Burnside Bridge replacement is between \$825 and \$950 million. The Long Span option has been chosen because it will make it less expensive and structurally the strongest design.

Multnomah County will issue \$270 million in bonds to fund one third of the project. These bonds will be repaid by an increase in the biennial vehicle registration fee from \$38 to \$114.

A setback for the bridge funding was the defeat of the

Metro Transportation levy decided on November 3, which proposed \$150 million for the bridge replacement project.

The remainder of the project is expected to be paid for through state and federal resources, but the final funding will be determined in late 2021.

The Burnside Bridge will close when construction begins in 2024 and it won’t be open again until it is finished in mid 2028. An option to construct a bridge bypass was considered, but it would have added two additional years to the construction time and cost an additional \$90 million.

The project is undergoing environmental review and Multnomah County plans to release the draft Environmental Impact Statement in the Fall of 2021. The final design will be completed in the fall of 2022.

There was extensive public outreach this summer. More than 25,000 people visited the online open house and nearly 7,000 responded to an online survey. The Long Span option received support from 87 percent of people taking the survey.

The experience of walking, cycling and driving over the new Burnside Bridge will change greatly from today. The views of the “Portland Oregon” sign in Old Town-Chinatown are of concern to those involved in the final design decisions along with the entire skyline.

There will be additional space under the bridge on either side of the river that will allow the retention of community uses like the Portland Saturday Market on the west side and the Burnside Skatepark under the ramps on the east side.

The resulting new Burnside Bridge will surely be worth the wait.

SE Uplift Year in Review

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members.

They were tasked with figuring out how best to gather and spend the money they receive from the City and grants they apply for. It was adopted in July.

In the past, SE Uplift has made special efforts to honor Earth Day and this year was no exception. They celebrated with a week of livestream activities sharing information on recycling and waste-related topics, fun re-use tips, bee and tree stories, how to become an earth scientist and advocate, and directing people to apps that teach, educate and inform about what this planet needs to survive.

NA elections generally take place in the summer and fall with voting taking place at NA meetings where people have a chance to hear from the candidates. This year they were able to pull off a successful election using their online format.

60 people dropped off bal-

lots and another 500 came in online. Eadie said, “It took a lot of coordination by the staff to change to a new system, but everyone adapted.” All 20 NAs SE Uplift serves voted.

Over the years, SE Uplift staff has given a lot of business support to help non-profits become legitimate and fiscally sound. This year they made an effort to include more small, independent organizations.

One of these new partners is Portland United Against Hate (PUAH), a coalition of more than 80 community organizations working together to support those targeted by hate.

SE Uplift opens applications for the annual Community & Civic Engagement Small Grants program this month. Last year, 16 community projects shared \$27,165.00 in awards money. Anyone interested in applying should contact Christina Estime at christina@seuplift.org

or Matchu Williams at matchu@seuplift.org.

Rather than citizen participation diminishing during the COVID-19 pandemic distancing practices, Eadie said their numbers have increased. He thought it was in part due to the SE Uplift’s readiness to adopt technology that kept the lines of communication open and the efficiency of Zoom meetings where time was honored.

SE Uplift does a lot of the behind the scenes activities to support the stability and growth of our community. They offer educational workshops and events, advocacy for land use issues, fiscal sponsorship and grants, NA support and outreach.

They are an umbrella organization that sustains the needs of a growing community.

More about the organization can be found at seuplift.org.

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December Recycling Tips

By BONITA DAVIS, SE RESIDENT AND MASTER RECYCLER

“A year unlike any other” could actually be an understatement for 2020! The impact of the pandemic on our lives has been profound, as we now are challenged with rethinking our normal seasonal travel plans, family gatherings and holiday traditions.

Much has been shared about the stress holidays can bring upon us with shopping, overspending, too much rich food and packed schedules often leaving us feeling frazzled.

The pause and now freeze* may be the perfect opportunity to re-examine how we celebrate our holidays.

Let’s start with food. Gatherings of family and friends beyond people living in your home are being discouraged this year. Consider preparing only what will be consumed, or, perhaps view larger special meals as batch cooking and plan to freeze the leftovers.

According to Metro, Portlanders throw more food in the trash than anything else. Get help cutting waste by using Save the Food, savethefood.com, a planning tool to help you find the right portion size per guest by using their interactive GUEST-IMATOR to adjust recipes. You’ll find recipes, tips on storing leftovers and food waste prevention ideas.

In advance, use up what is in your freezer and take stock of what you already have in your cupboards. Compiling lists can help prevent duplication. Many more cost saving and practical tips can be found on resourcefulpdx.com.

This is a critical time to support local restaurants by ordering take-out for a special holiday meal. Cut down on packaging waste by using your own plates, glasses, utensils and condiments at home. Minimize waste further by placing foodscraps in the green rollcart for composting.

Gift-giving is a special part of the season. Now is the time to check in with family and friends to agree on the plan for this year. Financial concerns, recent decluttering efforts and limits on gatherings prompt us to think outside the box.

First is that honest conversation with those in your gift exchange circle. If you are going to



be exchanging gifts, safe bets are consumables, especially boxed and bottled, durable items, and gift cards.

Buying quality items locally-made from our shops here supports our business community and can reduce packaging excess and shipping impacts.

An online subscription to Chinook Book coupons might be a fun, flexible idea for giving that can be used all year. Participating businesses have been vetted for sustainability practices.

The Book includes hundreds of coupons for dining, entertainment, clothing/gifts, grocery, home and garden, travel, recreation and wellness. Go to chinookbook.com or download the Chinook Book app and look for the Portland edition.

Perhaps you, or people on your list would prefer experiences to things. Passes to Oregon State Parks, The Oregon Zoo or museums can give recipients something to look forward to and help keep these treasured institutions afloat.

Many locals buy used goods as part of an environmental commitment to reduce waste, but is it OK to give used items as gifts? Yes. Giving pre-owned items is gaining in popularity.

If you’re on someone’s gift list, let them know you’d feel fine about receiving previously-owned merchandise and they may tell you they the feel the same way.

Antiques, jewelry, home décor, sports equipment, craft supplies, books, DVDs, basically anything you think your recipient would enjoy.

Reusing gift papers, ribbons and bows, boxes and packing materials saves resources and money. Get the family involved in making gift bags from scrap fabric or block printing paper bags. Scarves, bandanas, baskets and

jars can also serve as gift wrap and can be used again.

Pinecones, pine sprigs and dried flowers make lovely gift package toppers and you can carry this nature theme throughout the house for table decorations, mantles and doorways.

How about a mini repair clinic for your ornaments and decorations before the tree goes up instead of purchasing new?

Whether you forego a tree altogether, decorate a houseplant, buy or rent a potted tree, cut down a tree or buy a reusable tree, it is important to enjoy and care for your choice. Finding a good spot to transplant your potted tree or carefully storing reusable tree so they will last for years will reduce the impact of having a tree.

After the holidays, remove lights, ornaments, tinsel, flocking, etc. and cut trees to fit in your green rollcart which can be hauled away to be composted at no additional charge. My hauler charges \$5 to pick up a tree outside the rollcart on collection day.

If you live in a multi-family unit and do not have a green rollcart, consult your property manager for options and look for tree drop-off and pick-up events after Christmas.

Old string lights can go to an e-cycler or metal recycler. Find out where to donate or recycle holiday items by searching the Find-A-Recycler tool at oregon-metro.gov or call the Metro Recycling Hotline at 503.234.3000.

When the 2020 holiday season concludes, you may find your household generated less waste than usual and that your holidays were just as enjoyable.

2020, truly a year unlike any other!

*Visit govstatus.egov.com/OR-OHA-COVID-19 for current pause/freeze restrictions.

Library Pauses Pickups

After Governor Kate Brown issued a four-week freeze on gatherings and shared spaces in Multnomah County, Multnomah County Library announced it will pause its current sidewalk holds pickup service.

As happened earlier this year, the library is again asking patrons not to return books and other items. Patrons will not be fined or charged, and no items will be due back before January 1, 2021.

The library is still open for business with a wealth of online resources and personal help via phone (503.988.5123), email (multcolib.org/we-can-help-anything) and chat (multcolib.org/

chat-librarian).

In addition, the library continues to offer virtual programming, homework help, resources for parents, GED and adult literacy tutoring and more.

Multnomah County Library Director of Operations Don Allgeier says, “Our goal is to slow the spread of COVID-19 in the communities we serve, while finding new ways to provide library services online and remotely.”

The library plans to resume holds pickup when Multnomah County is out of the freeze status.

For ongoing updates, visit multcolib.org/covid19.



New Avenues for Youth Holiday Store

Each year New Avenues for Youth sets up a “store” that provides young people they serve experiencing or at-risk of homelessness the opportunity to choose their very own holiday gifts.

To fill their store, they are asking the community to donate new, unworn or unused items through Sunday, December 13.

The most needed items for the store are winter coats and rain jackets (especially insulated and waterproof), hats, gloves, scarves, underwear, socks, blankets, sleeping bags, hygiene items and \$25 gift cards (from Target, Safeway, etc.).

For sizing, youth range in

age from 14-24 so a variety of adult sizes work well.

While New Avenues encourages supporting local businesses for shopping needs, they understand that the pandemic has made in-person shopping difficult.

If people prefer to shop online, or simply view some of their most needed items, check out the organization’s Amazon holiday list at bit.ly/NewAvenuesList.

Donations accepted by appointment only at 314 SW 9th Ave. Contact Blair at bdenninberg@newavenues.org to coordinate.

Have an event coming up the public needs to know about? Send your Community News announcements to examiner@seportland.news by the 15th of the month.

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Community News

2020 Neighborhood Greenways Report

Portland Bureau of Transportation (PBOT) has released their 2020 Neighborhood Greenways Status Report showing opportunities and challenges facing Portland's greenways during the COVID-19 pandemic and beyond.

In the past two years, PBOT has expanded and improved Portland's greenway network with new projects and safety upgrades to existing infrastructure.

The bureau has converted the entire neighborhood network and an additional 15 miles of low-traffic streets into "local access only."

This creates more space for

Portland residents to get fresh air, move and play during the pandemic.

PBOT recognizes that more work needs to be done to improve and build greenways throughout the city.

The Report provides recommendations on how to keep traffic volume low and speeds slow, using a mix of traffic diversion, speed bumps, protected crossings and better visibility at intersections.

It also recommends that PBOT continue helping Portlanders connect to neighborhood greenways through outreach to residents.



Learn more about Portland's Neighborhood Greenways and read the Report at neighborhoodgreenways.org.

December Events

ZOOLIGHTS – The Oregon Zoo's annual holiday event returns like never before. This year there's a new way to illuminate the season. Drive through the display of 1.5 million lights through January 10, 2021. To keep everyone safe, timed-entry tickets must be purchased in advance online at oregonzoo.org/visit/zoollights and masks are required for drivers during check-in. Reduced admission on some evenings; higher prices apply on weekends and around school winter break.

NORTHWEST MADE HOLIDAY MARKET – Mercy Corps 7th annual market is running now through Wednesday, December 30 with products made and sold by local businesses. Products can be sorted by category and there is a vendor listing with bios. Visit shopnorthwest-made.org to support Oregon-based entrepreneurs during their most vital sales time of the year.

SEASON'S FEEDINGS – The Feral Cat Coalition of Oregon's (FCCO) annual cat food drive, Season's Feedings, is underway through Thursday, December 31. Donations can be dropped off at participating stores or at FCCO's S. Water Ave. clinic (please call ahead). Feral/stray cat caregivers who bring their animals to FCCO's spay/neuter clinics this winter can receive free cat food. Visit feralcats.com for additional information.

GREEN DREAMS HAPPY HOUR CONVERSATION – Portland Parks Foundation's Green Dreams conversations continue Monday, December 7, 5:30-7 pm with Vivek Shandas' insight on how cities shape the environment and visa versa, including shaping the people who live there. Register at bit.ly/GreenDreamsHH. Sliding scale fee: \$0-\$20. Proceeds benefit the Portland Parks Foundation.

CHANUKAH POP-UP SHOP – Chabad of NE Portland is coordinating with Everything Jewish and offering its fourth annual Chanukah Pop-Up Shop. There will be an assortment of Chanukah candles, menorahs, chocolate coins (gelt), dreidels, gifts, socks, cookware, wrapping paper and more at Chabad House, 2858 NE Sandy Blvd., Sunday, December 6, 1-5 pm and Monday, December 7-Thursday, December 10, 10 am-2 pm. For more information, visit jewishnortheast.com or 503.309.4490.

CRAFTY WONDERLAND VIRTUAL MARKET – Crafty Wonderland usually holds their craft market at the Convention Center on Saturday, December 12. This year on that day, they will instead hold a virtual market. Their website brings together artists and shoppers safely. Click on a vendor's photo and their biographies and products will pop up. Sort the list by category for easy browsing. See craftywonderland.com/pages/virtual-market.

NUTCRACKER VIGNETTES – The Classical Ballet Academy presents Nutcracker Vignettes, a walk or drive through event in Eastmoreland. Local artists Vinnie Angel, Mark Molchan and Ralph Welker get the whole family in the holiday spirit with their art installations. The socially distanced tour is filled with visions of Sugarplums, dancers dressed in Nutcracker costumes, coffee and hot chocolate, amazing scenes from the Nutcracker and a bit of holiday magic. Saturday, December 12, 5-9 pm with a suggested donation of \$25/family. Details at classicalballet.net/nutcracker-vignettes.

LONGEST NIGHT SERVICE – Portland Mennonite Church is holding an online Longest Night service of readings, contemplative music and prayers, Monday, December 21, 7 pm. Visit portlandmennonite.org for the Zoom link or to join the livestream on their Facebook page.

CHRISTMAS EVE SERVICE – The Portland Mennonite Church is offering a 30-minute online service of carols and storytelling on Thursday, December 24, 7 pm. The service will end with a candlelit singing of "Silent Night." Visit portlandmennonite.org for the Zoom link or to join the livestream on their Facebook page.

Multnomah County Stay Home Order

Due to the rise in COVID-19 cases and hospitalizations, in mid-November Gov. Kate Brown put the entire state on a two-week freeze and certain hotspot counties, including Multnomah, on a minimum four-week freeze.

Until at least Wednesday, December 16, Multnomah County will be subject to new regulations including:

- Limiting restaurants and bars to take-out service only.
- Closing gyms and other indoor recreational facilities, museums and indoor entertainment like theaters.
- Closing outdoor recreational facilities, zoos, gardens and entertainment venues. City parks and playgrounds will remain open.
- Requiring all businesses to mandate that employees work

from home when possible and to close offices to the public.

- Limiting grocery and retail stores to 75 percent capacity and encouraging curbside pickup service.
- Prohibiting visits at nursing homes and other long-term care facilities.
- Limiting social get-togethers, whether indoors or out, to no more than six people from two households.
- Limiting worship services to 25 people when indoors and 50 people when outdoors.

The increased regulations for the freeze do not apply to or change current health and safety protocols for:

- Personal services such as barbershops, hair salons and non-medical massage therapy
- Congregate homeless sheltering

- Outdoor recreation and sports
- Youth programs
- Childcare
- K-12 schools and sports currently allowed
- Current Division 1 and professional athletics exemption
- Higher education

All can continue operating under previous guidance issue by OHA.

In addition, Oregon, California and Washington states issued a joint travel advisory urging against non-essential travel out of the state people reside in. For those who must travel out of their home state, the states ask people to self-quarantine for 14 days after arriving in another state.

For the latest on regulations visit govstatus.egov.com/OR-OHA-COVID-19.

Shop Local: Built Oregon

Built Oregon is a non-profit collective of volunteer business mentors serving Oregon's Maker culture to create an equitable and sustainable future for all Oregonians.

Their marketplace was founded in 2016 with a simple vision: to make Oregon the leader in consumer product innovation and development. Sellers offer products that are 100% made in state as well as others designed



and engineered within Oregon but built elsewhere.

The result is an online shopping destination for consumers to discover Oregon-built products with a commitment to craft and community.

Builtoregon.shop has products divided by categories like

"gifts that hold everything" (aka bags), "gifts for pet lovers" and a section of gift boxes, and a Northwest Holiday Bazaar of hand-crafted products, ornaments and seasonal cards.

For those not sure what gift recipients might want the most, they also offer gift cards.

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Bw Business Walkabout

Crisp

BY NINA SILBERSTEIN

Before opening her restaurant, Emma Dye sold medical equipment to large systems around the country. Although she worked at a fast-food restaurant when she was 14, was a busser in a fine dining restaurant at 16, and a server in her early 20s, Emma never thought she'd be in the restaurant business.

Today she holds the official title of founder and chief salad officer at Crisp, where salads are the specialty of the house.

Crisp has two locations: one at 3901 N Williams Ave., and the newest at 2045 SE Division St., which opened last August.

"It's a great area and we really look forward to serving the folks who live and work nearby great, healthy food," Dye says.

The Cobb and Crispy Chicken salads are the two most popular at Crisp. Any salad can be made into a wrap and they offer made-from-scratch soups, hot bowls and a chickpea chili.

Dye is a big fan of their NoPo Salad, which includes arugula, field greens, Oregon hazelnuts, cranberries, feta cheese, wild smoked salmon and a marionberry dressing.

The San Pancho is their version of a Tex-Mex salad with spinach, field greens, roasted

corn, black beans, avocado, pico de gallo, tortilla strips, roasted pumpkin seeds and a chipotle cream dressing.

"All of our dressings are made in-house with no icky fillers or preservatives," she explains. "All are gluten-free and dairy free/vegan, except the blue cheese. The honey mustard technically isn't vegan because it has honey in it."

Crisp offers several vegan salads, including the San Pancho mentioned above, Emma's Detox (spinach, cabbage, arugula, pickled onions, beets, sunflower seeds, carrots, radish, avocado and garden ranch dressing) and the Hail to the Kale (kale, organic tempeh, vegan parmesan, crispy chickpeas and Caesar dressing).

Salad lovers can customize a salad by removing or adding toppings and ingredients.

"All of our soups and warm bowls are vegan and gluten-free, although many customers choose to add chicken," Dye adds. Ingredients are sourced locally as often as possible with their number one supplier being Pacific Produce.

While Crisp has dining rooms at both their locations, they opted not to open these even when the county allowed half capacity.

"It was just too difficult with the restrictions in place to feel safe doing so," she said.

They were fortunate to have already been focusing on online ordering for takeout and delivery

and have continued to focus on that.

At the Division St. location, to-go orders are placed in their super-sanitized, secure Minnow Pod and customers get a text message when their order is ready. All they have to do is hit a link when they arrive and their own individual cubby door opens where they can grab their order and leave without contact with anyone.

Crisp had outdoor seating at both locations, but with pandemic restrictions that were put in place November 18, they removed those tables.

"For our style of restaurant and with the weather, it's not a terrible hit for us, but I feel for my fellow restaurateurs," Dye said.

"So many put thousands of dollars into outdoor seating with heating and tents to help get through the winter and now they aren't even allowed for at least a month to utilize those resources. It's heartbreaking."

The restaurant is a great choice for catering because they have options to meet any dietary need. Keto or vegan? Low-carb or whole-30? They've got it covered.

"We can do large salads and soups to share or individual packaging, depending on who we're serving. And we deliver," Dye adds.

She grew up in Anchorage, Alaska and moved to Portland in 1996. Her husband, Kirt, works full time in real estate. Crisp's

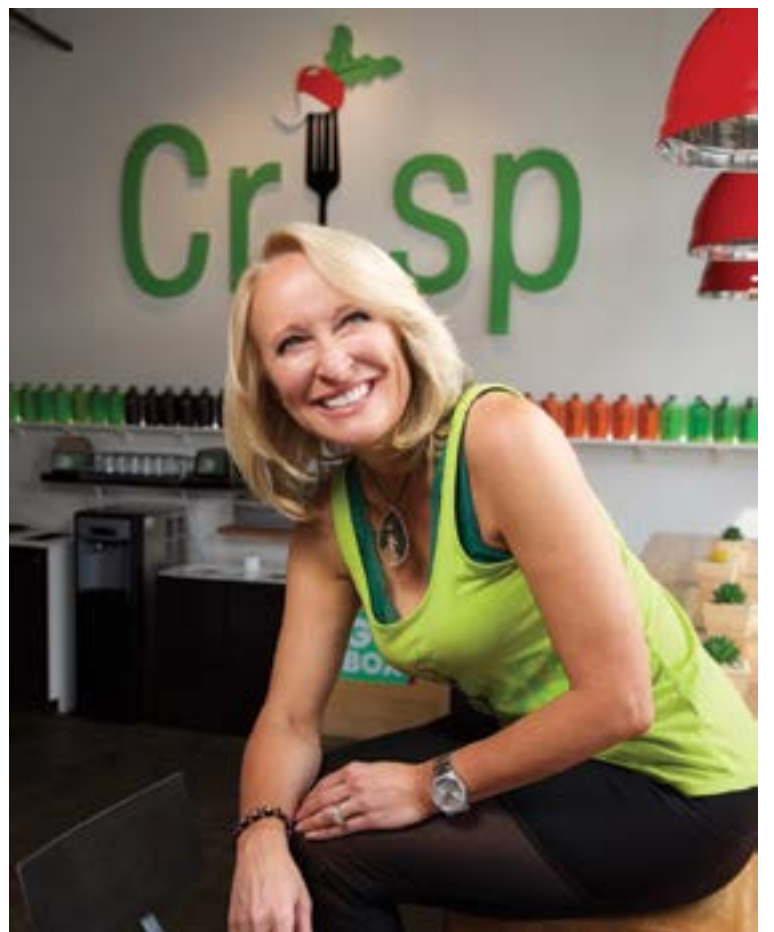


Photo of Emma Dye by Tim Sugden

director of operations, Dave, has been with them for four and half years and according to Dye, has been "instrumental in their success."

She mentions that Crisp has received a warm welcome from the neighborhood. "We already have several regulars who come in often, which is so great."

She also notes they are really grateful they have been able to keep all their employees working throughout the pandemic, plus

add another 15 jobs in this hard-hit industry.

"We're trying to provide real, healthy whole foods to our community, which the larger chain restaurants just can't offer," she says. "We also love how so many Portlanders support small, local businesses like ours."

Crisp
2045 SE Division St.
crispsaladsnw.com
503.764.9459

Virtual Music Scene Enjoys Crescendo

BY JACK RUBINGER

As a musician (clarinet and saxophonist), I miss the sessions, the camaraderie, the beers and the laughs that were such a part of my life prior to the pandemic. I thought it would be interesting to see what's going on safely and virtually. It turns out that there are many creative outlets for musicians and students.

Adrian Martin teaches local musicians. "When I use the word musician, it's not an exclusionary term. If somebody puts some sounds together and enjoys it, it's music," he said.

Martin said professionals are producing online shows from home, which work well for solo artists.

Their main income is through various tipping methods. YouTube has "superchat." Most musicians post a PayPal or Venmo account and ask for donations. Some offer a link to their Patreon page to try to get donations. Backyard shows seemed popular earlier in the year, but the weather won't be conducive for that again for a while.

Martin has also been leading groups in recording projects. The groups pick a song and he facilitates the learning by mak-

ing a scratch track and letting his students overdub their parts. Then they have a Zoom meeting where they listen to the final product. See adrianmartinmusic.com.

Instructor/performer Andy D'Antonio also is busy. Most of his time is spent teaching piano and he's created several recordings for voice students he accompanies, both for them to practice with and to use for them to record over.

He's used the acappella app and iMovie (both Apple products) to do collaborations with other professional musicians as well as with students. See [\[nio.com\]\(http://nio.com\).](http://andrewdanto-</p>
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Remotely recording an album with musician friends is totally doable and releasing an album during times like these can be a great way to connect with your audience using digital audio workstations (DAW).

While some professional-grade DAWs come with hefty price tags, it is possible to make great music with Garage Band (free for Mac users), Ableton Live Intro (\$99), or Logic, which is an immensely capable recording studio for Mac's that is relatively affordable at \$199.

Add a basic audio interface and an inexpensive microphone and you are ready to start practicing your DIY song craft. Record your part and send the session over to your bandmates. Keep at it and you may end up with a cool song or maybe even an album.

Then there's Artichoke Music's enthusiastic, ebullient and energetic Executive Director Bob Howard.

Howard said their YouTube channel has shown renewed life since COVID-19 and now boasts more than 200 subscribers. He attributes this growth to a string of virtual events including virtual open mics they call Virtual Villages, that began June 5.

"We've dipped our toes in the water," said Howard. "We're always open to ideas from people."

Some of these sessions have been themed, including one honoring Veterans Day. Coming up is

a John Lennon memorial session, and a Winter Solstice scheduled for December 7.

All sessions are open to the public and interested jammers can sign up on Artichoke's Facebook page or via artichokemusic.org.

Finally, we have Jennifer Wright, a SE Portland piano teacher and performer who enjoys doing music in unusual settings like parking garages, open fields and even public fountains.

She sees COVID-19 as an opportunity to reframe the music and Zoom is not the entire answer.

"It's all about having an experience and being part of something by putting art into unexpected places and how we can reconnect as people," she said. "Number one is making the audience feel safe and comfortable. That takes some planning."

For example, to celebrate the 50th anniversary of the opening of the Keller Fountain, Wright performed with dancer/poet Akela Jaffi, aerialist Jordie Campbell and Daniel Brugh on synthesizer. Since the park is huge, there were no problems social distancing.

Performances like at the Keller Fountain help, but Wright said, "I miss sitting on the piano bench with my students, but we're doing some fun things like a silly, black and white Halloween video we shared at an old folks home." She said people need each other especially now during COVID-19. See jenniferwrightpianostudio.com.

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Bw Business Walkabout

Dairy Hill Ice Cream

BY NINA SILBERSTEIN

The old song, “I Scream, You Scream, We All Scream for Ice Cream” might not be as popular as it once was in its heyday, but our craving for that creamy frozen treat is as strong as ever.

To satisfy a hunger for it, there’s a new ice cream shop at 1428 SE 36th Ave. in the Hawthorne District.

In September, Dairy Hill Ice Cream took over the old Ben & Jerry’s location, which occupied the space for more than 25 years. The former owners wanted to retire and the landlord approached Dairy Hill for their interest in the space, their desire to preserve the tradition of having an ice cream place in the neighborhood and its commitment to community.

“Opening here fit with our own philosophy of being a part of a local neighborhood and our first space on the eastside of town,” says Dairy Hill owner Uriel Kushner.

Originally from New York, Kushner moved to Portland in 1995 after living in Chicago and graduating from the University of Wisconsin, Madison. He’s a graduate of the Western Culinary Institute here in Portland (1997) and has worked in the food industry for 30+ years.

“I’ve worked in back of the house, front of the house and food sales,” Kushner explains. “After being the general manager for Pizzicato, I had the great opportunity to open my own place, Jam on Hawthorne, in 2000.”

Kushner was the culinary director at Cedar Sinai Park, a retirement community in SW Portland and in 2015, he opened Dairy Hill’s first location on Capitol Hwy. in Hillsdale. He took on a business partner last year to help the new shop grow.

Two of Dairy Hill’s main missions are to source local products and to offer options for people with dietary challenges.

“Our ice cream comes from state-based dairy farms,” Kushner explains. “Our vegan flavors are made in Eugene and our gluten-free waffle mix comes from the Portland metro area.” He says they strive to keep their prices low and family-friendly.

Certain flavors of ice cream never go out of style and the store has something for everyone, whether you enjoy it by the scoop in a cup with a cone on the side, a shake, float or sundae. Vanilla and chocolate are still very popu-



lar but so are mint chip, pralines and cream, cotton candy, and spumoni.

“These and many of our other flavors are available year-round, including cookie dough, mocha almond fudge and many other traditional flavors,” Kushner adds.

Seasonal specials include pumpkin pie ice cream in the fall/winter and root beer float ice cream in the summer. “Our coconut bliss flavors and sorbets are popular non-dairy choices.”

Another particular favorite is Dairy Hill’s baseball helmet sundae, which Kushner describes as a “fond throwback memory for many adult customers that their kids love too.”

Dairy Hill enjoys creating custom cakes and ice cream sandwiches for individual families, as well as for larger events or groups.

During this time of the COVID-19 pandemic, their ice cream sandwich six-packs, build-your-own sundae kits and pints/quarts are ideal for takeout and are home-freezer friendly.

Note that cakes, pies and ice cream sandwiches can be custom made with any flavor. Before COVID-19, they offered catering and parties, but for now, they can handle any size order placed for takeout or delivery with the custom flavor options.

Another integral aspect of the business is their partnerships with various local organizations, schools and community groups. Last month for Thanksgiving, 10 percent of the purchase price on family sundae kits or ice cream pies that were ordered for pickup on November 24 or 25 were donated to schools.

These included Sunnyside Environmental School (SE Portland), Reike Elementary School (SW Portland), Bolton Elementary School (West Linn), Trillium Creek Primary School (West Linn), Montclair Elementary School (SW Portland), Maplewood Elementary School (SW Portland), Whitford Middle

School (Beaverton) or Rosemont Ridge Middle School (West Linn).

“We also have a mobile ice cream cart that allows for setup at any location,” Kushner says.

Although Dairy Hill currently offers only takeout/curbside/delivery due to the pandemic, they appreciate the warm welcome they’ve received online.

Like other businesses, COVID-19 has hampered sales and the ability to have folks sit inside, but there is some outdoor seating at this location that they are in the process of expanding.

“We look forward to further connecting with the neighborhood as conditions improve,” Kushner says.

Dairy Hill Ice Cream
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503.234.2223

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Go Staying In

PenFelt Pandemic Pivot



Felting artist LeBrie Rich pivoted her business from teaching in-person workshops to creating needle felting kits and how-to videos. Her PenFelt Studio kits are whimsical, and come fully-loaded with everything you need to begin, including easy-to-follow video tutorials and a piece of chocolate for felting motivation.

Rich grew up in the Eugene area and moved to Portland to attend the Oregon College of Art & Craft 15 years ago. She's lived in the Sunnyside neighborhood for the last 13 years.

"I first learned about felting through a *Martha Stewart* magazine," she wrote. "I started using it as a medium for my sculptures – I'm obsessed with making highly-detailed grocery store food items. I took a few felting classes, but mostly taught myself through experimentation. I've been teaching felting for 10+ years, and my favorite pre-pandemic gigs were community art classes hosted by the libraries. Felting is a deeply relaxing craft for all ages."

Now customers are buying kits and supplies to felt with family during the stay-at-home holidays. How about these little felted penguins?

See her free felting how-to videos and find supply kits and tools to get started on your felting journey, at PenFelt.com. 10 percent of December's profits will be donated to Equitable Giving Circle. No-contact porch pick-ups in Sunnyside are available.

December at Artichoke Music



Steve Cheseborough

Artichoke Music is open during the freeze at 2007 SE Powell Blvd. They are a retail store, a live-stream studio and a virtual music school. All music classes, open mics, song circles and performances take place online. The retail store follows all the latest guidelines. Masks are required. Curbside service for music supplies is available.

- Cascade Blues Association hosts a monthly livestream every Wednesday at 7 pm. December's guest is Steve Cheseborough.

- Virtual Village, is a live-streamed, themed open mic. December 3: In Memory of John Lennon; December 17: Winter Solstice beginning at 7 pm.

- Sunday, December 20, 8 pm, Artichoke presents Return the Light, a holiday benefit to support Transition Projects (tprojects.org), and its relief efforts for the homeless in the metro region.

Tom May hosts performances by Beth Wood, Espacio Flamenco, Martin Zarzar, Tom May and Doug Smith, and others.

December events are listed at ArtichokeMusic.org. 503.232.8845

arts & entertain-

Brazilian Piano Masters

Portland State University and jazz piano faculty member Kerry Politzer present The Music of Brazilian Piano Masters 2, streaming Friday, December 18, 5 pm.

The prerecorded concert features the compositions of Egberto Gismonti, Cesar Camargo Mariano, Jasnam Daya Singh and Marcos Valle, five renowned Brazilian pianist-composers.

Performances and interviews with musicians from North and South America are part of the presentation as well and the event is hosted by Brazilian music expert and saxophonist Laura Dreyer.

Featured performers include composer Cesar Camargo Mariano, Jasnam Daya Singh (formerly known as Weber Iago) and Marcos Valle. The group will be performing the music of Bianca and Egberto Gismonti and Bianca will perform one of her own compositions and two of her dad's.

Tickets are available online with a donation at bit.ly/36YXtyw. There will be a live Q&A afterwards.



Photo by Douglas Detrick

Portland Jazz Composers Ensemble's PJCE Online series presents songwriter and pianist Kathleen Hollingsworth with Mad Love, her trio that features drummer Brent Follis and bassist Tim Gilson.

The group's new music emerged during the quarantine. Hollingsworth said "There is a depth and solace to this new music that I think has not been in my writing before. Power without the angst... Spirit from the inside, where the Divine resides." See Mad-Love.net for more.

The pre-recorded performance streams Sunday, December 13, 4 pm and a livestream discussion with Hollingsworth follows. Tickets are \$10 GA, \$5 for 65 or older and 35 or younger, and free for PJCE Sustainers. A link to the performance will be sent to ticketholders.

The annual fundraiser is Tuesday, December 1, 7 pm – The Composer's Cookoff. See PJCE.org for more.

Very Merry Cash & Carry



"Trees" by Michele Sabatier

One of SE's annual art galas is Sidestreet Arts' Very Merry Cash & Carry Show. This year it runs from December 2-January 3.

Each year Sidestreet packs the gallery with art to fit every holiday shopping budget, from stocking stuffers to signature wall pieces.

Among the splendid choices this year are one-of-a-kind turned wooden bowls by Bob Stensland, hand-thrown ceramic coffee mugs by Chayo Wilson, hand-sewn dolls by Alicia Justus, woodsy framed-woodcuts by Kristen Etmund, and ceramic "forest wall critters" by Cheryl Quintana – and that's only a sample.

Need cheery Christmas cards to send to faraway friends and family? There's an assortment of delightful designs by Michele Maule, Jahna Vashti, Teal Buehler, Tonya Gray and many others. Don't forget the Christmas ornaments. Find artsy hand-crafted ornaments to festivize any conifer.

First Friday Zoom Opening is December 4, 6 pm. See a slideshow of the gallery's gifts. Some of the artists will speak on their process and inspirations. The Sunday Brunch Holiday Party is December 13, noon. Zoom details are on the website. The gallery is open Thursday-Sunday, 12-5 pm and by appointment. Wednesdays are reserved for appointment-only visits. Round up five friends for a private shopping experience. See SidestreetArts.com.



Orange Plate by Chayo Wilson

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Members get four performance parties per year included in their tuition. It's a chance for the studio director and teachers to celebrate students and for students to encourage one another.

The Winter Wonderland performance party is online and free, Friday, December 11, 6:30 pm. The repertoire has been selected by the performers – songs about Christmas, New Years and winter weather. RSVP at bit.ly/392bZIU.

The studio was founded in 2016 and has helped countless musicians of all ages become more confident and expressive with their chosen instrument.

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In Mulieribus



In Mulieribus (Latin for amongst women) is Portland's female vocal ensemble dedicated to the promotion and enrichment of community through the art of music, focusing on works written primarily before 1750.

Their holiday concerts are long acclaimed and enjoyed by many as a healing contemplation and celebration of the season. Their annual holiday concert is free and streaming online, Saturday, December 19, 7 pm and called Visions of Mystery. The program features: *The Darkest Midnight in December*, a contemporary arrangement of an Irish Christmas tune by Rev. William Devereux (1696-1771); *Cum natus esset Iesus* by British composer Ivan Moody; *Stillat in stellam radium* (Drop of ray into a star), a 13th c medieval conductus recorded this November; and *Star of Wonder* by New York singer-songwriter, Terre Roche of The Roches.

A film was created by Ben DeMarco to accompany these selected pieces, highlighting wintry scenes of nature from the Northwest. Stream their Visions of Mystery concert live at InMulieribus.org.

The ensemble began presenting an annual concert series in 2007, and they are featured regularly on the nationally-syndicated radio show Performance Today.

The group sponsors free workshops and benefit concerts and provides support to local human services organizations as part of an ongoing commitment to serve the community and make music accessible to all.

PSG DIGS DEEP

PSG The Portland Storytellers' Guild, streams a new show Saturday, December 5 via Zoom called Dig Deep, Stories of Hope and Perseverance. The evening's tales explore the capacity to keep going no matter what the odds.

Gretchen Peterson tells her audiences, "My voice matters!" and tells personal stories, folktales, fairy tales and myths of women who love women.

Wink Harner tells family stories and accounts of her work as an interpreter for asylum seekers, along with multicultural tales and myths.

Janice Alexander tells a tale about living alone in the woods for such a long time that she forgot how to speak, regaining her voice after a fortuitous encounter with the Newberg goat woman and she still lives in Newberg!

Tickets are \$10 per household and registration is at bit.ly/3fpEDVvk.



Artist Jolyn Fry teaches painting classes online and in person. There are learning options for both beginners and more experienced painters focusing on the basics and encouraging each person to find their own creative voice.

Students are encouraged to set time aside for weekly practice, and group shares help build community and support.

Register and find out more at jolynfry.com. Fry's landscapes, still-life prints and other original works are for sale there too. If you're able to purchase gifts year, consider supporting our local artists.

Portland Music Stream



Alberta Rose Theatre's special December Portland Music Stream features music to warm the coldest nights. All shows begin at 7 pm.

Thursday, December 10: Finehouse's Tribute to Amy Winehouse – Winehouse's album Back to Black was recreated live at Alberta Rose last year and filmed. Tickets are sliding scale, \$10-\$1,000, benefitting Alberta Rose and a local addiction treatment organization TBD.

Sunday, December 13: Norman Sylvester's Christmas Party – Raise your spirits with Norman Sylvester, known as The Boogie Cat for good reason and an Oregon Music Hall of Fame Inductee dedicated to promoting healthcare for everyone in our state (see HCAO.org).

Sunday, December 20 - A Steele Family Christmas with LaRhonda Steele, Mark Steele and the Family Band
See AlbertaRoseTheatre.com.

Outside the Frame's Quarantine PSAs



A scene from Quarantine Facetime

Named *Portland Monthly's* 2018 Best New Nonprofit, Outside the Frame shows that homeless youth are a critical asset to our community.

The group recently produced a series of Covid PSA's for Outside In, the Health Center in downtown Portland. They serve everyone, but the PSA's were aimed at the Latinx population.

Outside the Frame tasked the talented alumna and Venezuelan native, Maria Moreno, with directing bilingual PSA's people will actually want to watch. The results are impactful, funny and under a minute each.

Singer and songwriter Edna Vazquez contributed her musical talent to the project as well, the second collaboration between Vazquez and Outside the Frame (see vimeo.com/otfpdx/vidas).

Watch the other PSA's at OutsideTheFrame.org. Outside In's Medical Clinic welcomes new patients. Call 503.535.3860 for an appointment. Consider supporting the work of these two fine organizations.



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Stark Street Studios Holiday Ceramics Show

Stark Street Studios & Gallery, 2809 SE Stark St., is Portland's longest running ceramic studio collective comprised of a dozen accomplished local artisans. Each year, the Studio hosts their legendary Holiday Show and, although there will be no large gathering this year, the show must go on, and continues with changes in place.

The Stark Street show is a vast display of Portland ceramic artists with their largest, most diversified inventory of the year. There are handmade, expertly-crafted gift options for loved ones and friends.



Lamp by Julie Stewart

Find works by Amy Fields, Michael Grubar, Babette Harvey, Carol LeBreton, Charles Piatt, Jan Rentenaar, Aubrey Sloan and Julie Stewart. Jeweler Carol Griewe will be scheduling private appointments too.

The Studios are open by appointment and their gallery hours are expanded for the holiday time. Masks are required and they can serve a limited number of customers at a time, as per state guidelines.

Expanded hours are Friday, November 27-Sunday November 29, 1-6 pm. Beginning Thursday, December 3, Thursdays-Sundays, 1-6 pm, December 22-24, 1-6 pm.

Find contact information for studio members and arrange appointments outside of studio open hours at starkstreetstudios.com.

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Dec 11-17	Mon - Sat 9am -10pm Sun - 10am - 10pm	Dec 23	8am-11pm	Dec 24	8am-6pm

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Wellness Word

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

A Homemade Solution for Allergies

In the Willamette Valley, seasonal allergies are a particular problem. Whether it is grass seed, hay or pollen, every season seems to have something to aggravate the sinuses. Don't forget indoor allergens like dust, mold and pet dander; they can get you too.

Sneezing, itchy or watery eyes, runny nose or nosebleeds, headache and even asthma are all common symptoms. Over 50 million Americans suffer from such allergies, which can cause misery for days, weeks or even months every year.

Allergic reactions typically occur when an allergen triggers histamines to be released in your body. Histamines are a compound found in our immune system involved in our inflammatory response.

Although inflammation is very important in certain circumstances, a continual state of inflammation can be very stressful on your body. It is also very annoying.

One of the best nutrients for helping suppress the release of histamines is quercetin. Quercetin is one of many flavonoids, which are found in many fresh fruits and vegetables. Flavonoids are very potent antioxidants and anti-inflammatory compounds. Quercetin is especially great for allergies because it is what is known as a "mast cell stabilizer."

Mast cells are large cells in the immune system that hold histamines. Allergens like pollen and dander are very sharp particles. Eventually they come in contact with mast cells, and when they do, they tend to 'pop' them.

Then we get that flood of histamines and all the allergy symptoms along with it. Quercetin makes those mast cells stronger, so they are much less likely to rupture when the sharp allergen comes along, and the histamine flood is avoided.

Quercetin is very abundant in one food that commonly ends up in the trash: onion peels. The thin, papery skin which surrounds white, yellow and red onions is full of it.

So here's the trick: save all of your onion peels in a gallon storage bag in your freezer. When the bag gets full, dump it into a large pot, add a couple bay leaves, fill it with water and make some homemade vegetable stock.

By gently boiling those onion skins for an hour or so, you infuse all of that good quercetin into your broth. This will result in a very healthy and easy-to-use stock that will help tamp down seasonal allergies. Use your stock to make soup, rice, beans, polenta or in whatever you want.

In addition to the onion peels, feel free to add other common vegetable scraps like carrot peels, potato skins and other peels like beets, turnips and parsnip. Generally speaking, if it grows under the dirt then it makes a great stock.

A one gallon bag of onion and vegetable peels will easily result in four to six quarts of vegetable stock. If you aren't using the stock right away simply freeze in leftover quart containers until you need it.

So don't throw those onion peels away. Use them to make a simple, inexpensive and healthy vegetable stock that can keep your allergies at bay all year long.

Andrew Harmon holds a Masters in Nutrition from the National University of Natural Medicine.

NN

Neighborhood Notes

HAND
By Jill Riebesehl

At the HAND Board's November meeting, it was all action. We celebrated the opening of the Gideon Overcrossing, voted to support Quiet Clean PDX in its efforts to eliminate the use of gasoline-powered leaf blowers in Portland, voted to give \$300 to St. Philip Neri's Thanksgiving Dinner and adopted the draft list of SE Hawthorne Special Buildings created by the folks behind PDX Main Streets Design Guidelines.

With that, we acknowledged there will be no holiday party and, unless there is a need, no December meeting. Looking into January and beyond, we anticipate a visit from state Rep. Rob Nosse and would like to hear from the new City Council members about their agendas.

Montavilla Neighborhood Association
By Jacob Loeb

Montavilla Neighborhood Association (MNA) completed its first entirely online election in November. Two new board members joined the eight people whose seats were not up for election this year. Taylor Wells is the new Public Safety Chair and Jacob Loeb takes the position of Corresponding Secretary.

Montavilla Farmers Market announced an expansion to year-round operation. Beginning November 8, the Market will open on the second and fourth Sundays of the month, 10 am-2 pm. This twice-monthly schedule will run from November through April, with a special Holiday Market, December 20. The Market will be closed for the holidays on December 27.

PBOT is conducting a survey of East Portland residents regarding a newly expanded Greenway parallel to 82nd Ave. Dubbed the 70s Greenway, Portland's newest bicycle and pedestrian path will run through Montavilla. Significant changes to NE Halsey are proposed to calm auto traffic near the Greenway. Participation in the survey will help PBOT make informed choices to improve bike and pedestrian access while keeping it functional for everyone else. The survey is available at surveymonkey.com/r/C6FRKPF.

Montavilla has many wonderful shops and restaurants that would benefit from being part of your holiday activities. Please consider ordering food and drinks from local restaurants and shopping for gifts locally this year. MNA hopes to spotlight as many local businesses as possible, but look at metba.org or research

Montavilla Farmers Market

November-April: The 2nd and 4th Sunday

Holiday Market Dec 20th
Closed Dec 27th

10am-2pm 7700 Block of SE Stark St

Nov 08	Nov 22	Dec 13	Dec 20	Jan 10	Jan 24
Feb 14	Feb 28	Mar 14	Mar 28	Apr 11	Apr 25





Neighborhood Notes

other local establishments to visit this season.
The next MNA meeting will be held online via Zoom on December 14, 6:30 pm. Join live or listen to the recorded audio of the meeting at montavillapdx.org.

Mount Tabor Neighborhood Association By Sharon Nobbe

MTNA hosted a community meeting November 18 on Zoom. We invite you to join in and support our residents by volunteering time or contributing food or monies to local food drives.
Enrollment balancing for SE middle schools by the Portland Public School district nears completion with final recommendations in December. Get info and provide your input at pps.net/enrollmentbalancing.
Brian Mitchell, VA anesthesiologist, shared COVID-19 in Oregon, a reflection on the year, current look at the third wave and recommendations for reducing exposure to the virus. Wearing a mask combined with social distancing lowers exposure for yourself and others. Be safe, follow the Oregon Health Association guidelines and live for more Mt Tabor news in January.
MTNA will host a community meeting on Zoom Wednesday, January 13. Find links for this and future meetings, under the **Meetings and Events** tab of our website, mttaborpdx.org. All residents living or operating a business in the neighborhood are welcome.
MTNA creates a monthly newsletter about important civic issues, which you can find on our website next to each month's meeting minutes.

Richmond Neighborhood Association By Allen Field

The RNA meets the second Monday of the month, 6:30-8:30 pm and everyone is welcome. Agendas are posted on richmondpx.org and sent out via the RNA Announce listserv. Recordings of monthly meetings are linked on our website if you want to hear them. Meetings will be via Zoom until further notice
Preregistration is required and the link to preregister is on the agenda. To be added to the RNA's listserv, email richmondnasecretary@gmail.com.
At the November 9 monthly meeting, we were very fortunate to have House Representative Dist. 42 Rob Nosse give us a debriefing on the recent election results. He gave an overview of what he sees on the political horizon in Oregon the next three to six months. House Democrats still have a super majority, but not a quorum proof super majority that could prevent future walkouts by Republicans. He discussed the various ballot measures that passed and changes to current programs. Listen to the audio of the meeting (accessed via the RNA website) if you want to listen to his detailed comments. Of note is the possibility that Governor Brown could be offered a position in the Biden administration. If she accepts, Secretary of State Fagan would fill governor's seat.
The Board voted to donate \$500 to support the Hawthorne Blvd Business Association's (HBBA) efforts to create a plaza at SE 37th and Hawthorne, south side. The street had been closed off for a few months and recently opened to traffic. The current idea is to close off the street on weekends for neighboring and local businesses and having seasonal and periodic events, such as a Christmas bazaar and a BI-POC pop-up marketplace.
The planning for the plaza is in the early stages and closing off the street is a temporary idea while we are in the midst of the COVID-19 pandemic to help support local businesses with a safe dining area and to provide a neighborhood-oriented safe gathering space. The RNA encouraged HBBA to engage in a community planning process on this project. Board members noted they would like issues addressed like noise, trash, community serving spaces, COVID-safety precautions and more communication between neighbors and the HBBA, possibly in the context of the Good Neighborhood Agreement process.
Simon Kipersztok, RNA Newsletter Editor, is putting together a Winter issue of the Richmond Newsletter. We are reactivating our newsletter distribution network. If you want to help distribute the newsletter, contact rnnewsletter@gmail.com.
The RNA's next meeting is Monday, December 14. To get on the agenda, the agenda request form is on the RNA's website.

South Tabor Neighborhood Association By Ute Munger

The Spring and Summer months have gone by leaving us with diminishing energy and stress due to the pandemic that is affecting most, if not all of us. Wishes for a safe upcoming Holiday Season and Hope for Peace and continuous betterment in the New Year to you and yours and all residents in South Tabor.
Love thy neighbor but keep the distance. Be well and stay upright!
For information on Board and general meetings, visit southtabor.org.

Sunnyside Neighborhood Association By Dave Boush

At the November 12 SNA General meeting, we hosted Oregon House Representative Rob Nosse. Rob not only won reelection but will be the House Majority Whip in the coming House session. He briefly presented his thoughts about the election and expectations for legislation, then fielded questions. Some key points in the discussion:
• Democrats are likely to emerge with supermajorities in both the Oregon House and Senate, enabling them to pass legislation increasing services during the pandemic.
• Contrary to controversies that make the news, Republicans and Democrats in the House agree 90 percent of the time. They can work together if shown mutual respect.
• The Legislature is keenly aware of the concern with forest fires and will make that problem a priority.
• Many tax increases, for example on beer or breweries, face strong headwinds.
SNA heard from TJ Browning, Laurelhurst Neighborhood Association Safety Chair, about the camp in Laurelhurst Park and LNA recommendations on houselessness to the city. The LNA recommendations largely align with the Community First Strategy to Address Houselessness in Portland which can be found on the SNA website at sunnysideportland.org/comfirst-draft.
SNA voted to endorse the Community First Strategy and encourage SEUL and other neighborhoods to join in that endorsement. At the risk of oversimplification, there seems to be broad agreement that the current policies are not working, that we need short, medium and long term solutions, and that the cost of these solutions is less than the cost of inaction.
Specific plans, especially in cooperation with LNA, will be discussed at the December 10 general meeting. Zoom details to join are posted on the home page at sunnysideportland.org. Stay safe.

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Volunteers Spruce Up Lents Village

By NANCY TANNER

On a rainy Saturday morning in November, 20 volunteers showed up at Lents Village Apartments to clean and revitalize the outdoor patio and gardening area.

They spent six intense hours working on the project, making the outdoor space usable for the residents.

This event was one of 40+ major volunteer projects that Rebuilding Together Portland organizes each year.

The Southeast Examiner was able to speak with Mike Malone, Executive Director of Rebuilding Together, on the day of the project. He was there digging, planting, weeding, removing debris and directing the volunteer task force.

Malone explained that Rebuilding Together is a nonprofit organization assisting low-income homeowners with needed home repairs at no cost. They have been helping the elderly, people with disabilities, families with children and veterans throughout Portland for 29 years.

The people who volunteer come from many different organizations like churches, businesses and neighborhoods – people willing to give their time and energy to those who need help.

“The volunteers are here to work, so everything has to be organized and ready when they arrive,” Malone said. He makes sure that on the day of the event there are the proper amount of tools, gloves, a plan of action and lunches for all the volunteers.

“It’s been harder with CO-

VID-19 because all the projects need to happen outside,” he added.

Lents Village is an affordable housing apartment for older adults. It is also a place where people can receive Meals-on-Wheels distribution.

Residents have not been able to use the patio because of the broken cement and overgrown shrubs. This has been especially difficult during the pandemic with people trying to maintain social distancing while indoors.

The repairs will open up this space for them to use outside. Volunteers dismantled old garden boxes and will be rebuilding them, so they are wheelchair accessible.

That day’s volunteers were from Republic Services, Inc., a leader in US recycling and non-hazardous solid waste disposal. They employ 36,000 people nationwide and are dedicated to promoting a sustainable planet.

Rebuilding Together has two programs available for those who qualify, Malone said. There is National Rebuild Day and the Safe and Healthy Repair Program.

National Rebuild Day typically falls on the last Saturday in April every year. Rebuilding Together Portland selects 40-45 homes to repair on that day then 1,500 volunteers from all walks of life show up and complete roughly \$1,250,000 worth of improvements to the community.

These projects include carpentry, electrical, painting,

plumbing, flooring, home safety modifications (such as ADA and handrails or wheelchair ramps), debris removal, yard clean-up and other tasks.

The new Safe and Healthy Repair Program assists low-income people with small repairs so they don’t become big ones later. The program does small carpentry repairs like fixing broken or rotted steps; installation of grab bars, handrails, raised toilets and smoke detectors throughout a home; small electrical repairs including outlets, switches, fixtures, etc, and minor plumbing issue like fixing leaky faucets and toilets that don’t flush.

To be eligible for either of these programs, one must be the owner and occupant of the property, low-income, unable to either financially and/or physically complete repairs themselves and live in the City of Portland.

The masked, muddy volunteers didn’t let a little rain deter them from their tasks that day. Lents Village’s enclosed garden was looking really good by the time they sat down for lunch. Volunteers planted \$2,000 worth of new plants and shrubs.

Eventually a new shade tent will be erected and the garden boxes completed, all at the ready for when springtime comes again.

To volunteer or to receive an application for one of the Rebuilding Together programs, visit rtpx.org or call Mike Malone at 503.943.7515.

Flip the Script Addresses Homeless Youth

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and drug abuse to cope with her past traumas and physical abuse.

“If I had known there were youth recovery centers, that may not have had to happen.”

One of the main recommendations from Duffield is listening to and learning from youth and providers because many response systems are designed by people who don’t see the reality firsthand.

“The insights of real experts must be headed and inform, shape, and implement solutions,” she said.

Someone Duffield considers among the “real experts,” is Tricia Frizzell, Program Director of Mid-Willamette Valley Community Action Home Youth Services.

Frizzell detailed other youth stories involving substance abuse, premature death, family abuse and being in homeless shelters at ages 11 and 13.

Due to a lack of funding and the severity of her work, she expressed the difficulties of being a provider at this time.

“It’s hard to manage the pressures and lack of funding and how you are going to make even just your operations survive; let alone the outcomes for youth.”

Riggs said the state does not

supply enough for this population at \$2.5 million per biennium, especially in comparison to Washington’s \$33 million.

Frizzell stressed the need for dedicated funds because otherwise, adult homeless providers are going to fight for and receive a majority of competitive funding.

They are “very much a deserving population to be funded,” but it’s going to “swallow up every last dollar,” she said, mentioning Bill 40-39 that would lead to a statewide assessment of the needs and services of UHY and authorize one-year grants to organizations that provide services and operate host home projects for UHY.

Frizzell listed all the ways she, and other providers would use additional funding like this: to expand host home programs (the same concept Zuniga benefited from); increase transitional housing; do more targeted outreach; improve facilities and make sure they have adequate mental health and substance use help during the hours and timing services youth really need them.

“Homelessness doesn’t operate nine to five. Those after-hours services are critical and that’s where a lot of those traumas

come to the surface.”

In addition to the bill, Hoan brought up the HereTogether-Metro services initiative.

Voted in last May, it’s meant to be a regional response to homelessness and provide systemic changes to the methods of delivering services across the three counties of Multnomah, Clackamas and Washington.

Hoan said this is going to deliver a “historic” \$250 million annual revenue stream. The HereTogether project website’s timelines indicates this process will begin this January, when annual revenues are first received and service providers can make use of them.

Ultimately, the panel conveyed the need for youth intervention for future homeless prevention. Frizzell said if this isn’t supported, then “good luck in 10 years when we have twice as many homeless adults.”

Zuniga will not be among them, as she now has her own apartment and, as she says, “an enormous amount of support people and resources. I know where to go when I need help.”

Access the full discussion at bit.ly/Flip-The-Script.



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Note From the Caplener Group

December Donations

In light of the holiday season, listed below are local organizations dedicated to helping others during this trying year.

OCF Wildfire Relief

Support local organizations responding with shelter, food and other emergency services and serving people of color and other disproportionately impacted communities.

Donate: oregoncf.org/oregon-wildfire-relief-recovery/donate-to-support-wildfire-emergency-relief/

SnowCap Community Charities

SnowCap Community Charities is a philanthropic organization created to provide food, clothing, advocacy and other services to the poor.

Donate: snowcap.org/

Share The Warmth: Windermere Virtual Coat and Blanket Drive

As part of Windermere’s long-standing commitment to help those in need, and to ensure that people get assistance, while protecting the health and safety of all community members, we’re hosting a virtual donation drive this year that runs November 2 through December 21st.

Donate: helpsharethewarmth.com/

Happy Holidays from
The Caplener Group!



LEFT TO RIGHT: Jamie Marion, Kevin Caplener and Jan Caplener



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