

OVERLOOK VIEWS

July/August 2007

The Newsletter

Vol.4 No. 2

Overlook Neighborhood Association, Portland, Oregon

www.overlookneighborhood.org



WORDS FROM THE CO-CHAIRS

By Tom Kilbane and Jennifer Callison



Have you shopped at the Interstate Farmers Market yet this year?

The market's third season is up and running in Overlook Park, giving Overlook residents the rare chance to walk to a place where we can pick up farm-fresh fruits, vegetables, cheeses, breads and baked goodies — all directly from the farmers and food artisans who grow and make them. Market Manager Kevin McGovney has been working hard to make this year's market the best yet, with new prepared-food vendors and local entertainment every week.

Of course, the success of the market depends on our continued support. Ours is one of dozens of Portland-area farmers markets that take place every week, and local farmers must pick

and choose where to sell. If you are not already a farmers market shopper, stop by Overlook Park on Wednesday afternoons between 3 and 7 p.m. and check out the great selection of items. And if you're a farmers market regular, thank you. By supporting the market we ensure continued access to great, locally grown food right in our own backyard.

And speaking of buying locally, the opportunities to buy local in Overlook continue to grow. Two new home-improvement stores recently opened along Interstate: Interstate Flooring and Miller Paint. In addition, the new Providence Family Clinic is now open for business on the Avenue. Even more businesses that are new are popping up along N. Killingsworth. There's so much activity that it's hard to keep track. Because there are so many new businesses, the

Neighborhood Association is looking for volunteers to compile a comprehensive Overlook business listing. We will publish this list in Overlook Views and make it available on our web site www.overlookneighborhood.org. If you are interested in volunteering for this project, please contact Tom Kilbane at (503) 572-6024 or tom.kilbane@comcast.net, or Jennifer Callison, at (503) 285-0364 or cahill@spiritone.com.

By supporting our local merchants, we help create a vibrant, sustainable neighborhood. Have a happy and safe summer — and we'll see you at the Farmers Market!

Let your finger linger on the wrinkled face of ginger

MORE MUSINGS ABOUT OVERLOOK

By Warren Cassell

Let's start with animals—the four legged kind at first. A walk on Skidmore Court almost always results in my being greeted by perhaps the friendliest cat in the neighborhood. I think her name is Ophelia. She is totally black and at the sight of me—a now familiar intruder on her terrain—she runs out to



Dog named Zip

greet me and asks to have her long furry hair tousled. Actually most of the cats around here are fairly friendly or simply go about their business. Dogs, on the other hand, invariably bark loud and clear, informing you that you are on or near their turf. The single canine exception I found was a dog named Zip who lives on the corner of Shaver and Colonial. He silently hustled over to me and indicated there wasn't a human being he wouldn't love and, of course, he must have sensed that I am really crazy about quiet dogs. One of the best places for dogs and people is the "Bowl" off Willamette, a really great dog run—for both pets and their people accompaniments. It seems far superior for this purpose than does the off-leash area at Overlook Park. At the Park, the dogs, and unfortunately their waste, share space with kids and adults playing, mothers with toddlers, sun worshipers and other two-legged ball playing athletic types. Not a good combination with dog poop.

(Continued on next page)



HOW TO SPEND \$80,000 IN OVERLOOK?

By Kent Hoddick

Dear Overlook Residents:

This spring the Bureau of Environmental Standards (BES) and Portland General Electric (PGE) awarded your neighborhood association a grant of \$80,000 as mitigation for PGE's illegally erecting electric power poles at the corner of Willamette Boulevard and Killingsworth Avenue. This money is to be used for tangible Civic Improvements in the neighborhood. What are Civic Improvements? Well, they could be a beautification project, a piece of public art, support for the farmers market, improvements for Beech School, or something that improves the infrastructure of the neighborhood such as speed bumps, curb cuts, and the like. We want everyone to think big and come up with some suggestions. If you make a suggestion we expect that YOU will write the grant proposal, lead, and manage getting the project done. Individuals and organizations based in the Overlook neighborhood are eligible to apply. At least **one or more** of the following priorities will be used to determine grants:

1. Large projects (really think big!);
2. Projects that benefit the area along the bluff;
3. Projects in which matching funds can be acquired;
4. Projects which will serve a large number of residents and have the most community impact.

Overlook Neighborhood Association Pole Grant Application

Deadline: August 15, 2007

Applications should include the following:

Title of Project/Civic Improvement;
Location;
Amount Requested;
Contact person/address/phone/email.

In no more than 2 typed pages respond to the following points:

- ◆ Describe your project/program and how it fits into or serves the OKNA neighborhood;
- ◆ Define the population served;
- ◆ Discuss the outcomes and or benefits expected;
- ◆ How will your project demonstrate civic improvement of the neighborhood and engage residents;
- ◆ How and who will maintain the project
Permits required;
- ◆ Approximate Construction/maintenance Cost and Project Administration Costs, if any.

Email to hoddick@teleport.com or mail completed application to: Kent Hoddick
2945 N. Willamette Blvd., Portland 97217

If you have questions, need additional information or assistance, call Kent Hoddick at 503-286-9803.

MUSINGS—(Cont'd from page 1)

Let me end this four-legged creature riff with an amused memory of a slightly, but only slightly, larger animal. I never expected to see a horse drawn carriage on the Willamette Boulevard sidewalk. But there it was, complete with human rider in the shay. However, this horse was a miniature and stood only three feet high. Only in Overlook?

One of my favorite “little” streets in the neighborhood is Melrose Drive. It sits adjacent to Overlook Park and you can enter either end from Overlook Boulevard. There are about a dozen plus homes on Melrose, anchored on one end by Overlook House and at the other end by Chad’s garden. (Chad’s house is really an Overlook Boulevard address but his garden fronts on Melrose. Besides, I like the symmetry of these historic neighborhood focal points on either terminus of this lovely street.) Sometimes, there are amazing sights to see on and from Melrose. For example, on a really clear day one gasps in delight as Mt. Hood makes its snow covered appearance somewhere between a group of pine trees and Kaiser’s Interstate South Building. One very rainy afternoon I saw several dozen Frisbee players tossing their plastic plate in the Park, evidently impervious to the cascades of descending showers.

And here’s a third in a perfect trifecta of amazing sights to be viewed off Melrose Drive. Recently, I was stopped in my tracks by four turkey vultures sitting in a tree just fifteen feet away from me. I watched them preen for about ten minutes and then, one at a time, they gracefully soared off to their neighborhood aerial haunts.



Turkey vultures galore

GETTING TO KNOW OUR NEIGHBORS

Contributed by Adrian Baker Campbell and Joe Hamm

We’ve all heard of heritage *trees*. OKNA has many within its boundaries. These trees have been deemed heritage trees by the city of Portland “because of their age, size, type, historical association and/or horticultural value”. But what about “heritage *people*”? Substitute a few words in the above definition and you could come up with a list of people who live in the neighborhood who are worthy of recognition. Age is a factor, size perhaps not, unless you are talking about the size of the person’s spirit, *historical association* is definitely in there, and call it their *community* value rather than their *horticultural* value. Do you know anyone that fits that description? I certainly do. He is my friend, neighbor and fiddle teacher, Joe Hamm. Well into his 91st year, Joe is a spry, nimble-footed, fast-fingered fiddle player. He has a huge heart and generous spirit, as well.

His story is best told in his own words:

“I was born in 1916 in a small cow town in central Montana. At that time, the Milwaukee railroad company was building branch lines through Montana. Every thirty or forty miles

they would put up a depot and a cattle yard and start a town. My brother Roy was the first baby born in this town, so they named it after him—Roy, MT.

When I was about one year old, we moved to the next new town, Montague. By the time I was seven, the cowboy days were about over, but it was a real thrill to me to have those cowboys come to town to visit. About this time, my sister’s boyfriend brought his violin with him and let me play it. He played for country-dances and taught me to play some tunes such as “Yes, We Have No Bananas” and “The Strawberry Roan.” An uncle heard that I was interested in playing the violin and gave me one he had. In fact, it’s still in the family; my daughter Peggie Jo plays it.

When I was nine years old, we moved to Fort Benton, MT. Fort Benton’s 2000 people seemed huge compared to Montague’s 100. Later I played cello and violin in the high school orchestras in Fort Benton and Kalispell.

My teen years were during the middle of the Depression, so I didn’t have much work experience. When I was 19 we moved to Portland (in 1935), and I decided I wanted to be a machinist. I went to Benson High to learn the trade and

then spent a year at Oregon Institute of Technology. I worked in several shops in Portland and San Francisco and then got a steady job at Willamette Iron and Steel Company. I worked there until I retired at age 62. I was always glad that I picked the machinist trade because I was never bored. There were always interesting jobs to be done. When I retired I was foreman in the tool making department.

Along the way I got married and had five daughters. They in turn have given me 10 grandchildren and 10 great-grand children—many of them play musical instruments. Margaret, my wife of 60 years, has passed on.

When I retired, I went on to a new life and decided to get out the fiddle again. Then I looked for people to play music with, and I found them—lots of them in fact—and all wonderful people. I started with a group that played for nursing homes. For about five years, I played with two different dance bands. When I found out about the “Old Time Fiddlers” I started playing with them and still do 20 years later.

Now at the age of 90 I decided that I have a lot of musical knowledge that I should pass on to younger people. So, through Overlook House I offered free violin lessons. I have had five wonderful students come to take lessons from me. At present, I have only three, so I have room in my life for more students. I was more than repaid when one of my students sent me a note thanking me for teaching her to play the fiddle and for teaching her to enjoy the music of life! Four of my students have played with the “Old Time Fiddlers” and have played solos to entertain audiences.

If you want to start a new life as I did 28 years ago, or just add to the one you have, I can show you the way.”

Author’s note: Joe made one of his fiddles himself. The back is made of maple from a chunk of firewood from his daughter’s woodpile. The top is made of fir from a broad, deep shelf from a closet in his house, and the neck is a piece of fine furniture wood found on a cruise ship that was being refitted into a troop ship at Willamette Iron and Steel Company during WWII. He still plays it! Also, in the past year, in addition to teaching, performing and playing just for the fun of it, Joe has started taking ukulele lessons. If you are interested in taking up the fiddle, you can contact Joe at 503-282-2684.





SUMMER HAPPENINGS AT OVERLOOK HOUSE

By Warren Cassell with a contribution from Julie Rawls

ICE-CREAM SOCIAL

The fourth annual Overlook Ice-Cream Social will take place on Sunday, July 29 from 6:00-8:00 P.M. As in years past, the event will take place on the lawn in back of the Overlook House and offers fun for all ages.

All the popular favorites will be back including \$1 ice-cream sundaes and delicious toppings served with a smile by Overlook neighbors. Inside the Overlook House we will again feature our silent auction and white elephant sale. If anyone has an item to donate to the auction, please call Julie Rawls at 503-282-7198. Donations from area merchants are welcome as are use of beach/mountain homes and neighborhood services like lawn mowing, rose pruning, babysitting, and the like. We hope to have a visit from our local firefighters too (well on its way to becoming a tradition!).

The ice-cream social committee is looking for additional members. If you would like to help with planning, details, or the actual event, please give Julie a call at the number listed.

BABES IN STORYLAND

Calling all kids ages 1-4 to Overlook House for BEAN SPROUT STORY HOUR Thursday mornings from 10:30 to 11:30 A.M. beginning June 21. Siblings are also welcome to this **free**, multi-faceted story hour for little ones to be led by instructor Esther Brock. Esther will provide a weekly program that will not only be fun, but a great educational experience. Through sing-a-longs, stories and a variety of play activities, she will encourage the development of the kids' creative and cognitive skills. For further information email Esther at coffee.beans23@yahoo.com or call her at 360-909-8614.

Note: Parents are required to accompany children. Overlook House is located at 3839 N. Melrose Drive.

Overlook House is accepting donations of children's books and small toys for this activity. Contact Carol Padden at 503-823-3188 or email coordinator@historicoverlookhouse.org for more information.

YOGA

Heidi Jo Timm's ongoing Overlook House yoga class has just a handful of spaces available. Don't miss your chance to enjoy the sunshine and beauty of the OH backyard while learning breathing and movement as a way to find release from the stresses of the day. Classes are Mondays & Wednesdays from 5:30 - 6:30 P.M. Cost is \$4 to drop in or twenty dollars for the month. The first class is always FREE! For additional information, Call 503-341-4688 or email heidijotimm@gmail.com.

PROGRESS ON PATTON SQUARE'S MAKEOVER

By Cynthia Sulaski
ICURAC Parks Committee Chair

It's been a long time coming, but I'm happy to report that our little diamond in the rough is about ready to be polished and buffed! As I write this on June 8th, Portland Parks & Recreation has received several bids from contractors to carry out the myriad tasks involved in Patton Square's redevelopment (e.g., lighting, plumbing, construction of paths, benches, playground equipment, entry from IFCC and landscaping). After the contractor has been selected, construction should begin mid-July and finish in late fall. Due to the design plan, 11 trees (birches, cryptomeria and other smaller trees) closest to Interstate and the IFCC will be removed in early July right before construction begins. Seeding of the lawn will finish the project. However, if heavy rains start at that time, the seeding will be delayed until the following spring. Unfortunately, Patton Square will be closed during construction, including the seeding period. But since we have summoned the patience to get to this point, we can find more to wait to enjoy our shining jewel of a park!

*A beet is a treat
So sweet and complete
Naught can compete
With the feat of a beet*



**REAL ESTATE UPDATE
PORTLAND/OVERLOOK**



An overview of the Portland Metropolitan area as of the end of April, 2007 shows that the average market time for a residential property to sell was 63 days, compared to 44 days a year ago. The number of new listings increased by 23.1% compared to April, 2006, pending sales decreased by 7.2% and closed sales increased by 1.4%. The average sales price for the Metro area increased by 11.1%.

In North Portland, there were 330 active listings (including 252 new ones), 145 pending sales, and 140 closed sales with an average sale price of \$273,200 and an average market time of 48 days. Appreciation has increased 12% since April, 2006. Listed below are properties that have sold in Overlook since the last newsletter.

Recent Overlook Sales

ADDRESS	BED/BATH	LIST PRICE	SOLD PRICE	DAYS ON MARKET
2045 N. Willamette Blvd.	3/1	\$249,900	\$250,000	4
1647 N. Jarrett St.	2/1	266,950	275,400	25
1816 N Willamette Blvd.	3/2	299,900	294,000	134
5614 N. Detroit Ave	2/1	299,000	301,000	0
2057 N. Willamette Blvd	4/2	299,900	302,000	1
5657 N. Wilbur Ave	2/1	299,900	310,000	13
5614 N. Delaware Ave.	3/2	319,950	315,000	9
3968 N. Concord Ave.	2/1	325,000	326,000	5
1606 N. Alberta St.	2/2	329,900	326,000	8
3945 N. Longview Ave.	3/2	329,000	329,000	6
1914 N. Willamette Blvd.	3/1	335,000	338,750	19
5625 N. Boston Ave.	4/1	355,000	344,850	17
4027 N. Concord Ave.	2/1	359,000	368,000	5
2414 N. Willamette Blvd.	2/2	400,000	404,000	228
3826 N. Melrose Dr.	2/1	439,900	439,900	14
2113 N. Emerson St.	4/2	449,900	449,350	4
3736 N. Longview Ave.	4/2	495,000	469,000	8
4204 N. Court Ave.	3/3	539,000	489,000	133
4037 N. Overlook Ave.	2/2	515,000	499,900	36
2153 N. Alberta St.	4/1.1	489,900	505,000	2
4133 N. Castle Ave.	3/1.1	525,000	525,000	13
2017 N. Skidmore Ter.	3/2	519,900	540,000	77

Thanks to Overlook neighbor Bob La Du of Re/MAX (503-495-5431) for providing the information for this current real estate market up-date.

Luim Maestro has been a longtime fixture at the PSU Portland Farmers Market and recently landed at the Interstate Farmers Market. A master poet and storyteller, this engaging 84-year old speaks five languages and sings opera too (though he can't guarantee he'll sing on key.) After a few moments of conversation, he'll rustle through a pile of original poems and determine which best suits you.



WHAT HAVE WE DO
By Melisa and Warren Cas

In the last edition of this newsletter we asked you to share your "carbon footprint" after seeing the remarkable movie that ranged from the general to the very specific. Eric Gale learned more. There's lots of stuff out there but I'd recommend you get into the science, history, current status, and future impact of

Gilah of North Colonial Avenue shared these practical ideas

Here's what I've done since seeing An Inconvenient Truth:

I've installed a great device on my kitchen faucet. It's an aerator. Importantly, it has a little "flipper" on it so that you can quickly change whatever, without reaching over and turning the water off. It's so you can aim it and spend less time moving things to be recharged. I am now plugging my cell phone and palm device into a solar charger. Although I was already trying to plan routes to be efficient



Here's John Twist, one of the musical artists featured at the IFM. The market soundtrack has varied from Brazilian beats to bluegrass to solo acoustic music.

Joy Wilson Stoelting of North Boston Avenue wrote on behalf of her family a moving and inspirational message in which she literally changed her life as a result of seeing the Al Gore movie. The following is a clear reflection of her attitudes and values about global warming:

To our Overlook neighbors,

I have always rested on the belief that I was living a relatively environmentally sound lifestyle... I recycle. I'm a vegetarian. I try to buy organic and local foods when my time and budget allow. I ride public transportation from time to time. I decline the offer of a bag at the grocery store when I can easily carry my purchases. We use cloth diapers for our daughter. I always felt I was doing my part.

I suppose I thought I wasn't a member of the global warming guilty party. I also thought that global warming was inevitable and irreversible. After watching An Inconvenient Truth, I realized how wrong my assumptions were. I have given up my quietly environmentally conscious leanings and have suddenly been launched into committed activism. There is so much hope for change and so many simple things that little ol' me can be doing better. I have never felt such a deep sense of responsibility before.

After watching the movie, I immediately went through our house and unplugged all the unused electronics. I was amazed at how many are plugged in when not in use (my curling iron, camera battery charger, dust buster, iPod, cell phone charger, and baby monitor). We now plug our electronics in only to use them or for the needed time period to recharge them. Just imagine, if my household alone had 6 electronics with 24/7 energy consumption and carbon emittance... What about every other house on my block?! Such a simple thing with a big impact.

My husband and I decided to change out all the bulbs in our house to the energy efficient and long lasting CFLs (compact fluorescent light bulbs.) Likewise, we have turned our thermostat down 2 degrees and plan to turn it up 2 degrees come summer. As our old gas-guzzling SUV (I know, but it's paid for, what can I say? I'm far from perfect!) nears its deathbed, my husband and I are discussing more environmentally friendly options for our next vehicle. When we speak of our future car, I refer to it as



Beautiful bouquets, beautiful smiles.

Simon Sampson, a three year market veteran, brings smoked and fresh salmon he catches in the Columbia River. Despite the fact that it's been a lean fishing season, he's managed to bring a selection of whole fish and prime pieces to the market.



OUR EARTH LATELY? Part 2

some of our neighbors

est of the neighborhood the changes you have made to re-
inconvenient Truth. Several of you replied with responses
 Avenue said that “Beside more direct actions, I’ve tried to
 nery’s book “The Weather Makers” as a great in-depth look
 change.”

adds air to the water stream, so you use less. More impor-
 reduce the flow of water while washing dishes, veggies,
 ing to find the right temp again. Finally, the device swivels,
 the faucet head. I also got one for a rental and for a friend.
 wer strip, which I switch off when nothing’s being charged.
 ing, I am more aware of that now.



"the apology." We are budgeting to sign up for PGE's renewable power options next month. We figure our daughter's future is well worth the few extra bucks.

Our 7 month old girl is a big eater and we go through several plastic packages of baby food each day. Since the packaging falls into the "no-neck" plastic category that curbside recycling doesn't take, we've been throwing the containers out. What a waste. Inspired by the movie, I realized I should do some homework. I called around to find a local recycling center that accepts these containers and now we generate much less trash.

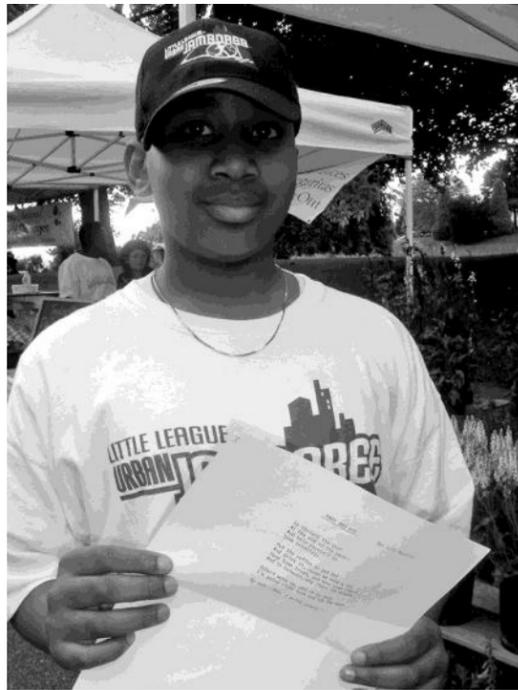
I try not to be evangelical about environmental responsibility because pointing out what others should and could be doing can be offensive and counterproductive. Nonetheless, I am now compelled to speak up on the environmental issues at hand. I find casual and friendly ways to segue to the topic in daily conversations.

My husband and I recently took our daughter to visit Grandma and Grandpa in Florida. I was disappointed to learn that they don't recycle anything in their house. My Dad pawned off his responsibility with statistical arguments that pointed away from his household and instead to bigger culprits of waste. He also claimed he never got a container from the recycling company (something a quick phone call could remedy). After light-hearted and thoughtful debates that carried over several meals, some evening chats and walks on the beach, my Dad finally asked what he could do to make a difference. He has since agreed to start recycling. I am so proud of him. I'm not taking credit or asking for a cookie. I'm just glad I initiated the conversation and urge others to do the same with their friends, family, coworkers and neighbors.

It only takes a little bit of time and energy to make a few small but profoundly important changes in our lifestyles. Plus, it feels good to do the right thing. (Editors' emphasis)

the Stoelting family
 boy, Thomas & baby Piper

(Continued next page)



Miles, a recipient of Luim's poetry.



On most days, Mary Minor can be found working as the pastry chef at Edgely's Black Rabbit Restaurant. On Wednesdays though, this North Portland resident brings her brand new independent venture, The Brownie Farm, to Overlook. The IFM is the only place you'll find her selection of chocolate brownies and other deliciously dense bar delicacies, including vegan varieties.



Amelia and her father Bob sample the early season Rainier cherries.



(Continued from previous page)

To close, we turn to the “opener” Jeff Berebitsky, the man who brought us the showing of *An Inconvenient Truth*, who initiated the “Race for the Cause,” and who is OKNA’s environmental get-out-of-your chairperson:

*Get us more lettuce
Don't fret us or bet us
There are other fine greens
We know that.
Just let us eat lettuce
When our mood is for fluffage
Not roughage*

When I began creating the “Race for the Cause” educational series, I identified a few key areas I knew to be important: global warming, food, air quality and water quality. My goal with creating these events was and is to provide those in attendance with a few basic actions that would help to reverse the effects of American-style consumption.

In organizing the “Race for the Cause” series, what I have learned to be the most valued action I can take is to talk about the changes I have made in my life. A great example of this was at my wedding. My wife and I provided every out-of-town guest with a durable cooler grocery bag, a bag similar to the ones we bring to do our own shopping. In our “welcome to Portland” letter we explained to our guests, by using this bag when shopping each person can cut down on the amount of paper and plastic that ends up in the landfill. Over the course of this past year, we have heard from countless friends and family who now think of my wife and me every time they go to the checkout counter.

If ever you make a change that in some way reduces your amount of consumption, do not let that action go unnoticed. Alone, one person will not make a difference. Share your story, no matter how small. I promise people will listen and those same people will make a change.

Editors’ note: Please re-read Jeff’s last sentence and send us your thoughts for the next issue of *Overlook Views*.



PARSLEY
*Is a
Difficult
Word
To find a
Rhyme for.
(preposition
Doesn't
Work.)*

IT AIN'T EASY BEIN' GREEN

By Jenni Berebitsky

The Overlook neighborhood community gathered at a recent meeting to discuss pressing environmental issues as a part of OKNA’S “Race for the Cause” educational series. The lecture “Trim Your Waste Line” was hosted by naturopathic physician, Dr. Amy Bader of the **360° Weight Loss program**, four naturopathic medical students from National College of Natural Medicine (NCNM) and Jeff Berebitsky, OKNA’s Environmental Chair.

At the core of the Naturopathic philosophy is prevention of disease. The four medical students spoke passionately about how basic food choices have a great impact on our health and the environment. “Trim Your Waste Line” was an opportunity for people to take an active and proactive role in their own health care and care of the planet.

Several suggestions were made to support healthy living:

1. Buy organic versions of the Dirty Dozen fruits and vegetables. This practice alone will cut pesticide exposure by 90%.
Dirty Dozen: Peaches, Apples, Sweet Bell Peppers, Celery, Nectarines, Strawberries, Cherries, Pears, Grapes (imported), Spinach, Lettuce, Potatoes (www.foodnews.org)
2. Buy foods that were grown locally. Transporting and importing of foods contributes to global warming.
3. Avoid genetically modified foods (GMOs).
4. Read labels! Avoid products made with high fructose corn syrup which disrupts hormones in the body and leads to increased appetite and obesity.

Avoid heating food in plastic of any kind. Plastic has been linked to many diseases and cancers. Use glass and ceramics whenever possible.

These clinicians at NCNM have created a unique and personalized weight loss program that incorporates balancing the hormonal and metabolic issues that lead to weight gain and the inability to lose weight. Their program uses natural medicine, nutritional counseling, homeopathy, hydrotherapy, botanical medicine, and acupuncture to treat and help lose weight permanently. Please call 503-552-1552 for more information.

Please join us for the next event, “**Does this Fish Taste like Prozac to You?**” hosted by the Overlook Neighborhood Association as part of the “Race for the Cause” educational series on September 25th. Dr. Ariel Policano will lead a discussion about how pharmaceutical products like Ritalin and Prozac and hormones like estrogen are ending up not only in our drinking water, but also in our bottled water. And as always, you will be given an outline of basic actions you can take to make a difference. given an outline of basic actions you can take to make a difference.

Be proactive and stay involved in your community! For questions, concerns or comments, call Jeff Berebitsky at 503-236-8616 or email him at jberebit@hotmail.com.

IT'S YOUR E-MISSION

By Donna Green

(Note: This article originally appeared in the Belmont Wilshire Neighborhood newsletter and is re-printed here with their permission.)

Do you leave your vehicle idling for more than 10 seconds while waiting to pick up your child at school or at the drive-up window at the bank? Here are some very good reasons to rethink this common habit:



Vehicle emissions are the largest contributing factor to air pollution. The combustion of fossil fuels releases several air pollutants that are detrimental to our health, such as sulfur dioxide, particulate matter, carbon monoxide and other toxins contributing to the formation of atmospheric carbon dioxide (CO₂) levels.

Children are particularly vulnerable to air pollution. They breathe 50 percent faster and inhale more air per pound of body weight than adults. Studies have shown a direct link between many respiratory diseases and pollutants found in vehicle exhaust. Asthma is the third leading cause of hospitalization for children under the age of 15.

Excessive idling is expensive. Over 10 seconds of idling uses more fuel than restarting your engine. Idling for ten minutes a day uses 22 gallons of gas per year, and gets zero miles to the gallon. Excessive idling is not good for your vehicle. It can damage your engine components, including cylinders, spark plugs, and exhaust systems, whereas frequent restarting has little impact on engine components like the battery and motor starter. So please remember to keep your emissions down and turn off your car if it isn't moving.

*A furtive fungus bride searches
For her groom
And peeking in the gloom she asks
“Is this the mush room?”*



FROM YOUR NEIGHBORHOOD SCHOOL: LOOKING FORWARD

By Mike Moran, Beach PTA President

Another school year has come to an end, and the kids are all looking forward to the things they will do with their summer that don't involve sitting inside classrooms following rules. We should all be so lucky. It has been a great year for Beach. We have seen increasing involvement from parents and the community result in a number of great accomplishments. After school program offerings have increased exponentially and now include chess, music, drama, sports and academics. PTA participation has increased four fold, and the fundraising committee has successfully raised money for a new reader board to be placed in front of the school this summer. We've also raised funds to expand teacher support in the classroom, including small things like extra supplies and carpet cleaning. The school garden has been redesigned and rebuilt and there are plans to include garden curriculum in a number of classrooms next year. But perhaps most significantly, an increasing number of families from the neighborhood are choosing Beach for their children.

We are already looking forward to next year and setting our sights higher. The PTA is completing its first five-year strategic plan which will be implemented next year. The mission of the Beach PTA is *"To support a creative nurturing educational environment by increasing parental and community partnerships at Beach Elementary School."* In the coming years we will be working harder to expand the extra-curricular activities at Beach, both during and after the academic day. We hope this will better serve our diverse community and increase the opportunities for our children to express their potential. We will continue to reach out to our current and future Beach families and provide opportunities for volunteers of all stripes who want to be involved in making our children's educational experience positive and enriching.

Our PTA president next year will be Overlook resident Vivica Elliot, and many of the current board members will be staying on in their current positions. From the families of Beach: Have a great summer—we'll be back in September!

*How ravishing, the radish
The orb, the ruff, the bite
Not bent to trend or faddish
It's rooted in delight*



Our United Villages WORKING FROM THE ROOTS



IFM NEIGHBORHOOD CONVERSATION

By Linda Hunter, Our United Villages

On Saturday, May 12th, Overlook neighbors convened at DiPrima Dolci Bakery for the Farmers Market Neighborhood Conversation. We thank Pat at DiPrima Dolci for allowing neighbors to meet in her beautiful garden. During the introductions, neighbors were asked, "What is your favorite fruit or vegetable?" One person talked about how nettles are edible and high in iron content; however, they are very challenging to harvest because of their stinging qualities. Another neighbor loves strawberries because his children enjoy them so much.

Representatives from the Interstate Farmers Market and the Overlook Neighborhood Association came to listen to peoples' feedback and ideas about how to expand upon the community asset of having a local farmers market. In addition, the neighbors generated ideas about how they could work together to build upon the Interstate Farmers Market. For example, many of those present pledged to volunteer to create more activities for kids and youth such as: reading, three legged potato sack race, bocce ball, arts and crafts, corn eating competition, hidden treasure in a haystack, or a soccer game. Other ideas that emerged from the discussion included: having a fruit art competition, a neighborhood cookout, utilizing the new playground that is being built and having a Tai Chi Class in the park.

The Interstate Farmers Market has a vision of offering the "freshest produce in Oregon." Neighbors have hopes that the market will be a one-stop shopping site for an entire meal, that it will be economically viable, and it will carry more variety and diversity of foods. One idea was to have volunteers make up dinner bags that would include all the necessary ingredients to make an entire meal using only Farmers Market products.

If you are interested in sharing your gifts, talents, energy, and great ideas by volunteering at the Farmers Market, go to <http://www.interstatefarmersmarket.com/> and click on the link for volunteering.

*Fruit is luscious loot
Grapple with an apple
Escape with a grape
Do you share a pear?
Taste the sum of a whole plum?
Fill your face with berries
Win the race with cherries*

NEW TUITION-FREE MONTESSORI ELEMENTARY SCHOOL

A group of parents, educators, and community members are in the process of applying for charter school status within the Portland Public Schools for The Ivy School, a 1st – 8th grade tuition-free Montessori elementary school.

The school will be located in NE Portland, providing an educational opportunity previously unavailable in a Portland public school. The school is expected to open in September 2008 with 60 1st-3rd graders. It will grow to a total enrollment of 240 students.

Montessori schools have a 100-year old tradition of bringing world-class education to children by allowing them to make their own educational choices in a thoughtfully prepared classroom environment. Students study math, language, physical education, science, art, gardening, and community and peace education. The Ivy School will also have a bilingual element (Spanish) in every classroom.

Montessori classrooms are multi-age, spanning 3 years. Multi-age classrooms maximize curriculum options available, encourage cooperation and minimize competition, provide opportunities for indirect learning for younger students, foster self-confidence in older students who serve as role models, and provide for long-term teacher/student relationships.

A public support and informational meeting will be held in mid-July. Please visit our website for the date, time, and location. Help make a difference in the education of Portland children by attending the meeting and voicing your support. Childcare will be provided.

More information can be found at www.theivyschool.com, by emailing info@theivyschool.com, or calling 503-422-3608.



NEIGHBORHOOD MEETINGS AND EVENTS REPRISE

DATE	EVENT	LOCATION
July 10 (Tue)	OKNA Board Meeting (7-9 P.M.) (Note: Above meeting one week later than usual.)	Overlook House—3839 N. Melrose Drive
July 24 (Tue)	OKNA General Meeting (7-9 P.M.)	Kaiser Town Hall—3704 N. Interstate
July 29 (Sun)	Ice-Cream Social (6-8 P.M.)	Overlook House
Aug 7 (Tue)	OKNA Board Meeting (7-9 P.M.)	Overlook House
Aug 21 (Tue)	OKNA Cookout (5:30-9 P.M.) (Note: Cookout in lieu of general meeting.)	Pause Restaurant —5101 N. Interstate

*Did the Bard sing of chard?
He must've
Could a chef so adept
At a sonnet sauté or a couplet soufflé or a
multi-course play
Deem it too hard to
Snatch up a shard
And scratch on a card a bit
About chard?*

IMPORTANT NITTY-GRITTY

Want to join us and receive witty late-breaking email reminders about meetings, events, etc.? Just go to www.overlookneighborhood.org and subscribe by entering your email address as directed on the home page.

Or via snail mail:

OKNA
2209 N. Schofield St.
Portland, Or. 97217

OKNA OFFICERS

Co-Chairs:

Tom Kilbane 503-572-6024
tom.kilbane@comcast.net **and**
Jennifer Callison 503-285-0364
calhill@spiritone.com

Treasurer: Eric Gale 503-737-5227
ericsgale@yahoo.com

Secretary: Troy Tate 503-484-5306
trizzz@tmail.com

OVERLOOK VIEWS

A bi-monthly publication of the
Overlook Neighborhood Association
Made possible by a very generous grant from
Freightliner L.L.C.

Co-editors: Warren and Melisa Cassell
Poet in residence: Melisa Cassell

Distribution Captains: **Alan Cranna and
Carol Cushman**

Thanks to the following lovely people whose contributions made this edition possible:
Jeff Berebitsky, Jenni Berebitsky, Jennifer Callison, Adrian Baker Campbell, Gilah, Brad Halverson, Joe Hamm, Kent Hoddick, Lauren Kilbane, Tom Kilbane, Bob La Du, Mike Moran, Carol Padden, Julie Rawls and Cynthia Sulaski.

The Overlook Views is published six times a year and your comments, suggestions and/or contributions are welcome. This really is your newsletter! Deadline for the next issue is August 10. Articles must be submitted electronically and should not exceed three hundred words unless there is prior agreement with the editors. Submissions should be sent to: w.cassell@comcast.net. For additional information, either email above or call 503-288-8323.

PAUSE FOR OKNA COOKOUT

By Warren Cassell

The Overlook Neighborhood Association is pleased to announce a Tuesday, August 21 celebration of good neighbors at *Pause Restaurant* at 5101 N. Interstate Avenue. The event will take place from 5:30 to 9:00 P.M.

Waning attendance at our usual summer potluck indicated a need for a refreshing change. And a refreshing change it will be. *Pause* will set up a large barbeque grill in their outdoor dining area and will offer grilled burgers and sausages along with the usual condiments. Salad as well as an ice cream dessert will fill out the menu for this traditional summer cookout. The modest and all-inclusive food cost will be seven dollars for adults and three dollars for kids under the age of 12. Drinks will be extra. However, if you reserve by August 10, your first liquid refreshment of beer, soda or lemonade will be on the house.

Pause will donate a portion of the receipts to the neighborhood association. Thus, this is a gathering of many good things: people getting together, a new business reaching out to the community, a satisfying summer dining event --- and a bit of a bonus for OKNA. Right on!

For reservations by email, send to tom.kilbane@comcast.net and include number of adults and children as well as approximate time of arrival. For telephone reservations, call Tom at 503-284-6211.



*Prepare to commit to comfort
Opt to overwhelm stress
Teach the tardy that sour cream is O.K.
Augment the auguries of joy
Tilt towards the temptation of a little butter
Organize and orchestrate an oration and receive
an ovation
and
Don't let the candle spudder out.*



PROVIDENCE BRIDGE PEDAL

Help! Volunteers needed to staff the North Portland water stop at the Providence Bridge Pedal on August 12 from 7:00 A.M. till noon. The event organizers will pay OKNA for each volunteer's contribution of time and effort. All money collected from this activity will be donated to the Beach School for their Start Making a Reader Today (SMART) program. For further information or to volunteer, call Alan Cranna at 503-285-7944 or email ascran3@hotmail.com.

Zucchini! You meanie! You're so prolific! (Your social life—it must be terrific!)