

# Overlook Views

Vol 1.

September/October 2004

No. 3

## WORDS FROM THE CHAIR



### Fall Elections

It takes a lot of volunteer time to run a neighborhood association as active as Overlook's. Volunteers sit on planning committees, testify at hearings, organize tree plants and clean-ups, run the Overlook House, produce our newsletter, keep our web page current, man phone trees, attend meetings (lots and lots of meetings), and write letters (just to mention some of the activities). You might be surprised to know how much time it takes. I kept a record starting in November of last year. Over the nine months ending July 31 Overlook members provided over 2244 hours of volunteer time. That's impressive.

It takes a committed board to keep it all afloat. The board is composed of a Chairperson, Chair-assist, Secretary, Treasurer, Chairpersons of Standing and Special Committees, and representatives at large from each of the four sub-neighborhoods. Standing committees include Publicity, Finance, Land Use, Grievance, Business/Community Relations, Public Safety, Environment, and Membership.

Elections are held at the "Annual Meeting," although calling it "elections" is a misnomer.

Someone who volunteers fills most positions. This year the annual meeting is on September 21st. Almost all positions will be open for election, including the four main posts: Chair, Chair-assist, Secretary, and Treasurer.

Duties of these positions are described in the OKNA Bylaws (found on the OKNA website).

But the volunteer in that position defines for the most part the duties of a position and the amount of time spent in the role. The average board member attends two neighborhood meetings a month and may spend an additional hour or two outside these meetings on neighborhood business.

If you would like to participate in some highly rewarding work and help Overlook grow, being on the board is a good place to start. Please consider volunteering for a board position at our September meeting. Meanwhile, enjoy these beautiful late summer days and then come to the meeting to contribute to the harvest.

Jim Bennett, Chair, Overlook Neighborhood Association

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### Yellow Line Farmer's Market?

A combination of health advocates, foodies, and city/county representatives have recently held a series of meetings exploring the possibilities for opening a farmers' market in or near Overlook next summer.

The jury is out as to the exact location of this venture. In addition to determining the location, this team of (Cont'd next page)

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### Kaiser Parking Up-Date

By Brad Halverson

Kaiser Permanente has broken ground for the parking garage next to Interstate 5 on its campus in the neighborhood. Employees are being directed to park at West Interstate while construction takes place. As vacation season ends, the number of patients and employees will start to increase, (Cont'd page 6)

## YELLOW LINE FARMER'S MARKET? (Cont'd)

committed volunteers will take a close look at several options concerning operational hours and day of the week. One site under consideration is located next to the Kaiser West Interstate facility on Fremont and the other option is in Kaiser's parking lot at its Lombard and Interstate building. Site selection will evolve around parking impact on the neighborhood, potential customer base, convenience to other retail activity, visibility from the MAX Line, neighborhood demographics and availability of farmers to participate. Some of these issues will be addressed through surveys of potential customers as well as MAX Line ridership, statistical analysis of the immediate and adjacent geographic areas and the long-term goals of a farmer's market in our area.

The committee intends to develop a solid marketing plan based on the data mentioned above. Interested groups and individuals would then use this marketing plan to stimulate discussion and involvement. The first step though is location, location, location. The committee plans to make an on-site appraisal of both the Lombard and Overlook locations at its next meeting in early September and incorporate these findings into the marketing plan.

Overlook Views will keep you posted on the progress of this exciting new prospect.



## IMPORTANT NITTY-GRITTY STUFF

To be added to our mailing list or to contact the Overlook Neighborhood Association via email:  
[info@overlookneighborhood.org](mailto:info@overlookneighborhood.org) or

Via snail mail:

**OKNA**  
**c/o Overlook House**  
**3839 N. Melrose Ave.**  
**Portland, OR. 97227**

### OKNA BOARD OFFICERS

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### OVERLOOK VIEWS

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We would like to acknowledge and thank the following people whose contributions to this newsletter made its publication possible:

Jim Bennett, Greg duFour, Linda Gorg, Tom Griffin-Valade, Brad Halverson, Julie Rawls, Brian Rohrer, Larry Wenberg and Joy Wolfe

## EDITORIAL

This newsletter has a serious case of proliferating pages. We started with six in our first issue, went on to eight and now we're at ten pages. At this rate we may have to denude a few forests in Oregon to keep pace with our expanding volume. But seriously, we are dedicated to reporting neighborhood news, engaging contributors, expanding the graphics and responsibly conveying public service announcements, while holding firm at six or eight pages. However, we need your help.

We would like to hear your comments and suggestions about what works and what doesn't, what you would like to see in your neighborhood newsletter and of course, we'll consider all letters to the editor for publication. Last but not least, we would most welcome YOUR article about our neighborhood or an issue that affects us. Articles should be no more than 300 words, subject to editing. Deadline for the next edition will be the first week in October and should be emailed to [w.cassell@comcast.net](mailto:w.cassell@comcast.net).

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## A BREATH OF FRESH...YOGA

by Joy Wolfe

The owner and founder of PRANANDA Yoga and Arts Center at 4812 North Interstate Ave., Joy Wolfe, was born and raised in New York. She graduated from Cooper Union with a B.F.A. in 1990. She began practicing yoga in the winter of 1991 and by the summer her teacher urged her to start teaching, strongly suggesting that, "The only way to learn how to teach, is to do it." The following year she attended a formal teacher training course in Santa Monica where the hub of the yoga community was located. She stayed on in sunny California for the next seven years studying, learning and teaching. Looking further afield for 'home' Joy landed in Portland, Oregon in 2001. Since then she has taught at Body Moves, the Multnomah Athletic Club, PCC and Clark College. In 2003, after 12 years of practice, it was time to open PRANANDA in her community of North Portland.

PRANANDA comes from two Sanskrit words vital to the practice of yoga: life force and bliss. "Prana" is the energy of life force the body needs and receives from correct deep breathing. "Ananda" means pure joy or bliss, which one can build from breathing in that life force. All the teachers at PRANANDA teach breath work in their classes.

Four levels of yoga are offered at PRANANDA because it's about making yoga accessible to everyone and every body type. It's about moving the body, mind and spirit in such a way that all three function better for a more enhanced life. The body benefits from the postures themselves by increasing strength and flexibility. The mind benefits from the meditation—letting go of the stressful and distracting thoughts of the day/week/month/life. The spirit benefits because the breath allows us to breathe in that life force all around us that we need to thrive and glow as human beings. So, it really isn't about sticking your foot in your ear. Yoga starts where you are right now. Getting back to the basics—breathing, clearing your mind of clutter, de-stressing and strengthening. Who couldn't use ANY of that? If you are reading this you are breathing, you're alive, you're functioning. Yoga just makes life a little juicier and enhances the good stuff you already possess.

ARBOR LODGE PIEDMONT HUMBOLDT OVERLOOK

# ALPHO UNITED

Nearly four dozen concerned Overlook, Arbor Lodge, Humboldt, and Piedmont residents met in the Ockley Green M.S. auditorium on the evening of July 13 for a two-part program concerning the Fat Cobra. Snakes in school? Not quite, but close. Fat Cobra is the name of the “adult” video store which opened directly across the street from the school’s playground. Ironically, a liquor store license was previously denied for this prime corner location at Ainsworth and Interstate. The law evidently doesn’t permit liquor and kids in close proximity, but a porn shop is OK less than fifty feet from impressionable middle schoolers. (One wonders if legislators would welcome a porn shop this close to their own kids’ school playground!) Changing the current law is a long, convoluted process for the future and because of this, local residents and parents needed to know what they were dealing with and how. Because this was the second meeting about the store and most of the attendees knew some of the what and little of the how, the two part agenda started with a training session for community foot patrols.

Walter Garcia of the Office of Neighborhood Involvement’s Crime Prevention Program admirably led the foot patrol training. His initial remarks noted that community foot patrols serve the purpose of deterring the “...threat to neighborhood livability” and through the patrols’ efforts, “...help augment a depleted police department.” Community foot patrols provide a “visible presence” to discourage any illegal activity. It would be expected then, that an active foot patrol would go a long way toward minimizing any drug, prostitution or drinking activities that might be drawn to this location. Hopefully, it would also minimize, or better yet, discourage completely, any pedophiles planning on visiting the porn shop across the street from Ockley Green School.

Officer Garcia stressed emphatically that the mission of the community foot patrol is not to confront, but to report any suspicious illegal activities to the police. “The precincts will receive, review and respond as necessary to patrol incident reports.” He also touched upon personal safety, patrol procedures and tips, identifying suspicious activities as well as the organization and logistics of community foot patrols. This part of the program was intense and informative, and served the purpose of helping to train and prepare those in attendance to function as citizen foot patrol volunteers.

The second part of the program taught a bitter lesson. Four experts (a police officer, a former porn purveyor turned anti-porn activist, a therapist specializing in sexual addiction and a former school counselor who is currently a mental health counselor) gave the group their wisdom and thoughts. The group learned just how pervasive pornography is in our society and how wide and deep its source of funding. More importantly, how insidious its hold is on those who are addicted. Just like drug addiction, habitual use of pornography is a short-term solution to problems that go back many years. The porn addict is at best neurotically unhappy and at worst, pathologically perverted. But that sounds like an alcoholic or drug addict too, doesn’t it?

In addition, a chilling point was made by one expert on the panel who expressed his opinion that this store would not be able to succeed financially by depending upon the sale or rentals of video alone. To remain solvent, it would have to include more direct gratifications for its clientele.

As mentioned above, we have ordinances preventing a liquor store or bar from being located next to a school. The city should be encouraged to expand these ordinances to include adult bookstores. Pornography is a drug like crack or booze, and this law has to change.

For now, the only way we have to prevent a porn “drunk” from deciding to cross the street to the Ockley Green playground (fifty feet away) is a volunteer foot patrol that places itself between the “drunk” and our kids. The first foot patrols began in August. The next foot patrol training will be September 14th. If you are interested in participating, contact OKNA through our web site or get in touch with Walter Garcia (see info on page 10).



**...a thousand words**

## BULLDOZING OVERLOOK

By Larry Wenberg

On July 9<sup>th</sup>, the sound of birds singing in the wooded area between Going Street and Skidmore Court in the Overlook triangle was shattered by a bulldozer slashing through the trees and brush. Host Development Corporation was initiating a survey of land owned by the Maletis family without first obtaining the proper permits and installing erosion control measures.

Adjacent neighbors immediately notified the City Building Department and an inspection led to a “stop work” order. Although this order does nothing to prevent development, it does offer the neighborhood a chance to have some input. This sorry affair was brought up at the July meeting of the Overlook Neighborhood Association. After discussion, a vote led to the Association taking a position opposing any development of this area. The parcel being considered for development extends from the end of Prescott Street west to the bluff above Greeley, and serves as a vital buffer between heavily traveled Going Street and the neighborhood to the south. The trees also help absorb some of the pollution produced by traffic and industrial activity associated with Swan Island. This is steep land, subject to slumping and slides. Runoff during construction and from the hard surfaces created by any development would flow directly into the Willamette River. At a time when the City is spending more than a billion dollars to deal with the impact of runoff into the Willamette, it would be foolish to allow development of this land. The Association has requested that the City negotiate with the landowner to acquire this land and to preserve it as green space. There always seems to be money available for green space around Forest Park but not in the inner city. Please contact City and Metro Council officials and Host Development (503-331-1752) to voice your concerns. Further information may be obtained from Mike Maloney (503-331-0156) or Larry Wenberg (503-287-6611.)



Photo by Larry Wenberg

## PARKING (Cont'd)

eventually resulting in full parking lots. In October, construction will start on a second building south of Town Hall. When this happens there will be significant shortage of parking on the campus until the parking garage is complete at the end of this year.

Kaiser has a multi-pronged attack to combat the parking shortage. First, campus employees will receive a TriMet pass so some will use the MAX Yellow Line to get to and from work. In addition, Kaiser (and the construction contractor) have an arrangement with the Rose Garden to park in

their lot next to the MAX stop commencing when parking gets tight through the rest of the year. Expo Center and Delta Park/Vanport park-and-ride lots have space for those coming from the north. Finally, when parking is really tight, City Center parking will manage the parking in the West Interstate and, as needed, the parking garage on Fremont. The goal is to have enough space for the patients to park at Kaiser. Kaiser has asked employees not to park in the surrounding residential neighborhood. If you notice large numbers of cars parked next to the campus, please let Brad Halverson know at 503-331-6570 or [brad.a.halverson@kp.org](mailto:brad.a.halverson@kp.org) so he can follow up with Kaiser security.

## **[Seasons NEW [Store [Start**

By Brian Rohter

New Seasons Market has finally made it through the last hurdle to rezone the property at Interstate and Portland Boulevard. The Portland City Council voted unanimously on June 22 to approve our zoning request. We expect to start demolition of the existing building sometime in September with construction of the new store beginning immediately afterwards. Our hope is to open for business in early summer of 2005. The 25,000 square foot first floor will house the retail area and will include: a standard selection of grocery supplies, extensive produce department, full service meat and seafood department, bakery, supplements and pharmacy as well as a full service deli with a seating area for about 50 people. The store's second floor of 7,000 square feet at the end of the building will be used as a warehouse. In addition, the property will have parking for 64 cars.

To further Portland's goals of having transit oriented developments, New Seasons will be placing a retail kiosk in the northeast corner of the parking lot at the corner of Interstate and Portland Boulevard. We will prepare and sell coffee, drinks, teas, pastries and newspapers. In addition, we have signed a letter of intent to lease the kiosk to the Portland Opportunities Industrialization Center for one dollar a year. POIC'S mission, heartily endorsed by New Seasons, is to provide job training and real life work experiences to the youth of north and northeast Portland.

For regular updates on construction progress, check our website at [www.newseasonsmarket.com](http://www.newseasonsmarket.com). If you have questions or comments, call Brian Rohter at 503-292-1987 ext 101 or email at [brianr@newseasonsmarket.com](mailto:brianr@newseasonsmarket.com).

## **THINKING OF THE CITY...as one big neighborhood association.**

By Tom Griffin-Valade

It's no secret. You and your neighbors are not always happy with City Hall. But, unlike many cities across the country, Portland made a commitment to do something about it. Thirty years ago, enlightened city leaders decided to wake up and listen to the community--its complaints, its needs and visions. This was a unique experiment and the establishment of neighborhood association programs achieved it. Today there are seven neighborhood offices that provide support for ninety-five neighborhood associations. These neighborhood offices are able to make things happen that their people need. The resulting positive energy adds to the assets of our city.

North Portland Neighborhood Services is the neighborhood office that serves Overlook and 10 other association areas in N. Portland. Your neighborhood office supports the OKNA by providing insurance, funding for communications, staff assistance in the operation of the Overlook House, technical assistance, and creating an important and effective link to decision makers at the City, County, and Metro governments. Your neighborhood office also provides direct services to the community for crime prevention, nuisance abatement, the arts, beautification and clean-ups, outreach to the Latino community, land-use assistance, and many community based programs initiated both by local citizens as well as the City of Portland. If you have an idea or a complaint, a question about your community or your local government, you can reach Tom Griffin-Vilade, Director, North Portland Neighborhood Services by email at [npnsc@ci.portland.or.us](mailto:npnsc@ci.portland.or.us) or by phone at 503-823-4524.



## SOME NEWS FROM OVERLOOK HOUSE...

with contributions from Linda Gorg, Greg duFour and Julie Rawls

Bike safety advancement, Overlook House enhancement and ice cream dreams per chance-ment? Are these related? Yes—They were three separate events that brought our neighbors together at Overlook House in a good way



### **BIKE SAFETY**

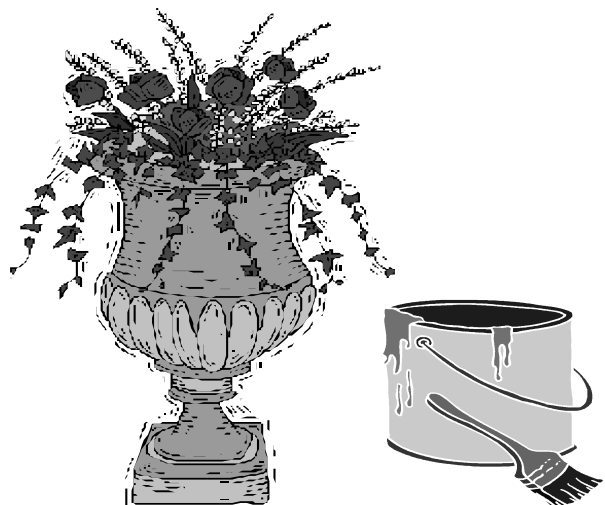
Thanks to **Linda Gorg** who arranged a bike safety event at OH, several dozen kids on bicycles are more likely to avoid injury as they ride. Linda arranged for the “Think First” team at OHSU to talk to a group of avid Overlook bike enthusiasts about the importance of bike safety helmets. All of these now better-informed local kids acquired a new safety helmet at this event. (For a very modest cost!) Linda is looking forward to arranging a repeat session next summer for this valuable educational program.

### **WORK-PARTY AT THE OVERLOOK HOUSE A BIG SUCCESS**

Eleven of your Overlook neighbors got together on a recent July evening for camaraderie and a little work. The goal was to paint the fence and to spruce-up the grounds. Thanks to **Pat Hazlett, Jim and Audrey Leverich**, and **Linda Gorg** the fence looks so much better with its new coat. Stop by and take a look. Our thanks also go out to **Phil Gorg, Tyler** (Phil and Linda’s grandson), **Greg duFour, Marcella McGee and Louise Fisher**, for doing a great job applying the bark dust. An extra thanks to **Chad Cepica** and **Anagrett Wolford**, who put their special talents to work in the Rose Garden. Their efforts are readily apparent. Stop by and see the results of this exceptional volunteer effort, which improved the OH garden to the max.

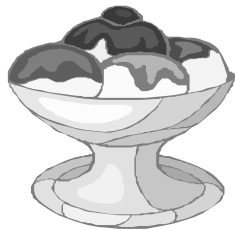
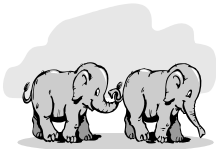
If you're wishing you could have joined in on the fun, don't despair; we'll be announcing other opportunities as we move forward. Also, we learned a few things with this event. In the future we will limit the working portion of the party to two hours, and reserve the rest for

beer and pizza. All in all, our work-party served to prove, once again, how good things happen when good people get together. Coincidentally, we'll be getting an added thank-you in the form of exterior paint on the Overlook House. The Parks Department already had money in the budget for this much needed task. So watch for the paint crew in the next month or so.





...AND MORE



### *THE SOCIAL EVENT OF THE SEASON*

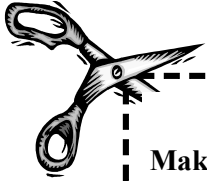
The first annual Overlook ice-cream social was held on Sunday, August 8 under sunny and very warm skies. The event was a great success with just over 150 bowls of ice-cream and yummy toppings served. Inside the Overlook House neighbors participated in a silent auction and took home treasures that ranged from a dozen home-made cinnamon rolls, to a new bar-b-que tool set, to a gift certificate for use of the Overlook House. Organizers of the ice-cream social hoped to break even after expenses but were pleased to report a profit of \$283 that will go toward future programming at the Overlook House. Thank you to the ice-cream social committee for volunteering their time to organize the event: **Julie Rawls, GeorgAnn Flagg, Mary Ellen Baldauff and Carol Cushman**. They couldn't have done it without the help of husbands who helped scoop ice-cream and performed heavy duty lifting chores during set up and take down, so thanks also to **Steve Flagg, John Brassard and KC Rawls**.



Photos by Julie Rawls



Thanks also go to the Overlook Board for volunteering at the event. Thanks as well to the many neighbors who brought items for the silent auction and to An, for donating the wonderful gift certificates to her restaurant on Interstate Avenue. A special thank you to the firefighters at Engine #24 for bringing the fire truck to the event and talking with children and adults about fire safety.



## CALENDAR OF COMING EVENTS

Make sure to clip this section and post it on your fridge, PDA or anyplace else you save notices of important events, activities and meetings you just can't miss.

### OVERLOOK NEIGHBORHOOD ASSOCIATION

Sept. 21 **General Meeting Agenda**  
Elections

Killingsworth Station

Oct. 18 **To Be Announced**

General Association meetings and OKNA Board meetings are open to all Overlook residents. General meetings are scheduled on the third Tuesday of each month at Kaiser Town Hall and Board meetings are scheduled the first Tuesday of each month at Overlook House.

Meetings start at 7:00 P.M.

For additional information:  
[info@overlookneighborhood.org](mailto:info@overlookneighborhood.org)

### CALENDAR CAPRICE

By Melisa Cassell

How quickly sweet July did fly.  
Now, August seeks her just deserts.  
The ninth month strangely named for seven,  
steps forth and autumnally asserts  
Its end of summer rule: Back to School  
Will they learn there why ten is named for eight?  
No matter. We'll joyously await  
the burnished blizzard October's trees bestow.  
April's pledge fulfilled  
in red and gold and glow.

### OTHER COMMUNITY EVENTS

Sept 14 — Ockley Green Citizens' Committee Meeting and Foot Patrol Training at Ockley Green Middle School at 7:00 P.M. (training will be in Spanish and English)

For more information: Walter Garcia, Crime Prevention Specialist, ONI at 503-823-4098 or [wgarcia@ci.portland.or.us](mailto:wgarcia@ci.portland.or.us)

Hospice Volunteering: Providence Portland and St. Vincent Hospices need volunteers to help those facing terminal illness. Volunteers may visit patients in their homes and provide care and emotional support. They also may provide bereavement support to families, work with grieving children, or participate in community education and program support. The next free training session begins September 28th. For information, call Cynthia Cohen, Volunteer Coordinator, Providence Hospital Hospice at 503 215-5774.



**FOR ASSOCIATION MEMBERSHIP** return this fabulous coupon via snail mail to OKNA c/o Overlook House, 3839 N. Melrose, Pdx. 97227 or email the info to [info@overlookneighborhood.org](mailto:info@overlookneighborhood.org). **FABULOUS COUPON FOLLOWS:**

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ Email \_\_\_\_\_