

**OVERLOOK VIEWS**  
**Vol.2 May/June 2005 No. 1.**

**WORDS FROM THE CHAIR**  
by Jim Bennett



OKNA has been fortunate to receive a \$5000 unrestricted grant from Kaiser. The board has decided to disperse this money to groups in the neighborhood through a simple application process. There are two steps. First, send in the survey found in this newsletter. Second, send a letter of no more than 1000 words (that's about one and a half page of text) covering the following:

1. Organization/Individual and contact information (names, addresses, phone numbers, etc).
2. Amount requested.
2. Describe the project/program and the expected outcome for which you are requesting funds.
- 3 Describe how the community will benefit from this project/program. If possible, tell us how large a portion of the community would benefit.
4. How will the community be informed of the progress and completion of this project/program?

Requests are due the same day as the survey, May 15. The OKNA board will evaluate these requests and compare them to the survey results. We will contact you if we have questions. Funds will be dispersed in July.

Send requests to: OKNA, 2209 N. Schofield St., Portland, OR. 97217. If you would like more information, give me a call at 503-331-1030.

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**FREIGHTLINER RENEWS  
OVERLOOK VIEWS GRANT**

By Warren and Melisa Cassell

One year ago the Overlook Neighborhood Association was blessed with an extraordinary act of corporate generosity. Freightliner L.L.C. based on Swan Island, agreed to fund the publication of a community newsletter with a generous grant of \$5,000. Since that time, we have published six editions and we have tried to keep the neighborhood informed and educated about issues and ideas close to home. We provided a forum for discussing issues such as diversity, OKNA board focus, the presence of a porn shop directly across the street from a middle school, etc. In addition, we have surveyed residents  
(Cont'd next page)

**IFM TO OPEN MAY 18**

By Warren Cassell with contributions from  
Kevin McGovney and Ileana Lee

What's known as a "soft opening" in the restaurant business will take place on May 18<sup>th</sup> at the Kaiser-Permanente campus adjacent to Overlook Park on Fremont Street. The Interstate Farmers' Market is good to go and will operate Wednesdays from 3:00 to 7:00 P.M. through September 28. The purpose of a soft opening is to work out the kinks and logistics for an ultimate smooth sail. The official grand opening will be held June 1<sup>st</sup> when politicians, dignitaries, the media and all sorts of very important people will give their official blessings to this happy collaboration between Kaiser Permanente, the Overlook Neighborhood Association, the African American Health Coalition and other community groups.

(Cont'd next page)

**FREIGHTLINER** (Cont'd from page 1)  
about establishing a local farmers' market, we have supported community based initiatives such as the Tool Lending Library, Beach School playground drive, Headstart, etc. Finally, we have kept our neighbors up-to-date about local events, activities, meetings, traffic and parking problems, etc. It is with these accomplishments in mind that we went back to Freightliner to ask for a renewal of the original \$5,000 grant. We want to continue this publication which we feel so passionate about. Fortunately, Freightliner believes it has "...a social responsibility to the communities in which it operates" and renewed its grant to continue publication of Overlook Views. Thank you, Freightliner.

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**IFM** (Cont'd from page 1)  
But don't even think about waiting for the grand opening. On May 18, we will have approximately thirty vendors in place to tempt you with their bounty of fresh vegetables, fruit, honey, baked goods, dairy products, etc. In addition, best selling writer Eric Schlosser will be on hand to meet with Northwest farmers and local residents coming to enjoy and acquire the plenitude of goodies. Schlosser is the author of the acclaimed "Fast Food Nation: The Dark Side of the All American Meal," which criticizes American food marketing and its link to the nation's epidemic of obesity. Incidentally, Kaiser-Permanente is sponsoring a free lecture by Schlosser at Arlene Schnitzer Concert Hall the next evening, May 19. For tickets and more information about this event, call 503-335-2466.

But back to the present. As of this date (Mid-April) there are twenty-one confirmed vendors, with dozens more vying to fill the remaining eleven slots. Our new market manager, Kevin McGovney noted that the important criteria in his selections were:

(Cont'd page 4)

## **IMPORTANT NITTY-GRITTY**

Want to join us and receive witty e-mail reminders about our meetings, events, etc.?

Let us add your name to our mailing list by contacting the Overlook Neighborhood Association via e-mail: [info@overlookneighborhood.org](mailto:info@overlookneighborhood.org).

Or via snail mail:

**OKNA**  
**2209 N. Schofield St.**  
**Portland, OR. 97217**

## **OKNA OFFICERS**

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[tankerville@comcast.net](mailto:tankerville@comcast.net)  
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[Hoddick@teleport.com](mailto:Hoddick@teleport.com)  
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## **OVERLOOK VIEWS**

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

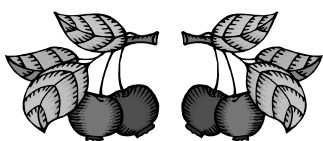
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Thanks to the following lovely people whose contributions made this edition possible: Lindy Bartell, Jim Bennett, Will Crow, Greg duFour, Brad Halverson, Michelle Laherty, Ileana Lee, Marcella Marsh, Kevin McGovney, Megan Slack, Cynthia Sulaski and Linda Warren.

## MEET KEVIN MCGOVNEY IFM MARKET MANAGER

I was raised in Spokane, Washington. Not exactly a Mecca for food, but from an early age that's about all I could think about. My first words, I am told, were peanut and butter. I named my cat Tarragon. Of course, I did normal things like play Little League, but that was mostly to get near the hot dogs they sold at the concession stand. In high school, the cafeteria ladies would quake when they'd see me coming. After graduating from Spokane Community College with a degree in Culinary Arts--a program accredited by the American Culinary Federation—I moved to Portland and dove head first into the very vital restaurant community. I worked at some of the area's top restaurants including Wildwood and Roots. While doing so I met and became friends with a myriad of local farmers, ranchers, along with cheese and wine-makers. This helped me create unique seasonal menus which featured fresh, local products and kept the restaurants filled. What I learned from these experiences is how to bring together passionate people, from all walks of life, to offer a product (or meal) that's greater than the sum of its parts. Those on the receiving end, the customers, are not only rewarded with something delicious and flavorful, but they're also connected to the diverse community in which they live in a way they might never have known.



## MEET LINDA WARREN IFM COMMUNITY OUTREACH COORDINATOR

As a native of NE Portland, I'm excited to be the Community Outreach Coordinator for the Interstate Farmer's Market. As a child, I got lost in the maze at Unthank Park, shopped at Lloyd Center when it was an outdoor mall, learned to swim at Matt Dishman in the outdoor pool and got my hair styled at Cora's on Union Avenue. Things have changed, but my love of the community has not. Along with my fondness for the neighborhood, I am passionate about farmer's markets. The experience is a feast for the senses. The smells – fresh herbs, flowers, strawberries; the sights – rows of beautiful produce, children with berry juice on their faces, people inspired to try a new vegetable; the sounds – laughing, the sounds of



people conversing with each other, music; the taste – biting into a freshly picked peach... mmm, it's like candy. Shopping at a farmer's market is just downright fun.

When I'm not counting the days until blueberry season, you could find me doing any number of things including home repairs, ice skating, cooking, snowboarding, sewing or recruiting people like you to volunteer at the market.



**Hear Ye, Hear Ye!—READ this FIRST before you fill out FORMS on the next two pages—  
NEIGHBORHOOD ISSUES &  
FARMERS' MARKET VOLUNTEER SIGN-UP FORM**

On the next two pages (5 & 6) you will find: **A.** the survey form asking for your input about OKNA priorities and **B.** a volunteer sign-up form for the farmers' market. We would really appreciate it if all of you would fill in the priorities survey on page 5. Those who would like to participate in IFM activities, please fill in the relevant blanks on page 6. As with the original farmers market survey which over 450 of you responded to, this is a no cost deal. After answering in the appropriate places, simply **(1)** fold the paper into thirds with the self-addressed, postage-free side showing, **(2)** tape or staple it closed and **(3)** deposit it in your nearest mailbox or present it to your friendly postal delivery person. Any contact information you provide we will use to update our neighborhood mailing list. We do not sell or share this information with anyone. However, if you would prefer that your information remain confidential, please indicate this and your request will be honored.

**WE NEED THE OKNA PRIORITIES FORM AND THE IFM VOLUNTEER SIGN-UP FORM BY MAY 15. PLEASE DO IT TODAY! Thank you.**

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**IFM** (Cont'd from page 2)

“..quality and cost of the product, health value, location of the vendor and product mix.” Overlook residents and regular attendees at other farmers' markets will recognize old friends at our new one. Some of these include: Deep Roots, Nature's Fountain, Viridian Farms, Supernatural Natural foods and DiPrima Dolci. Many of you are familiar with DiPrima Dolci which is distinguished as the only traditional Italian bakery in the Pacific Northwest. If you've missed this Overlook gem, check them out at their non IFM location at the corner of Killingsworth and Denver

In addition to the fresh foods being offered at the IFM, there will be a variety of community oriented programs and entertainment offerings each week. If your organization or band, mime group, soloist, etc. is interested in appearing, you should contact our new Community Outreach Coordinator, Linda Warren to let her know.



Linda can be reached at [marketoutreach@comcast.net](mailto:marketoutreach@comcast.net). She would particularly like to hear from qualified entertainers who live in North Portland.

A health information and education segment will be provided by Kaiser Permanente each week of the market. Though details of the actual week to week offerings were not available at press time, a cornucopia of health improving offerings is in the works. These will include: information and displays on how to incorporate new foods from the IFM into a healthy diet, practical meal planning and recipes using seasonal produce, nutritional analysis of recipes and how to make the recipes more healthful. In addition, Kaiser Permanente will offer pedometers and health related books for sale.

As of this writing, the construction of the new parking garage is on track for completion thus guaranteeing plenty of parking space for IFM customers. However, you might want to get there the healthier and more environmentally valid way by using MAX, walking or biking. There are a good number of bike racks located in the old parking garage directly across Interstate Avenue from the Market

## NEIGHBORHOOD NEEDS SURVEY

Name \_\_\_\_\_ Address \_\_\_\_\_  
Email \_\_\_\_\_ Phone No. \_\_\_\_\_ Zip \_\_\_\_\_

1. Next to each of the topics, rate in terms of your priority using the following code:

**0=no opinion 1=low priority 2=moderate priority 3=burning issue**

A. Land Use/Development	_____	H. Schools	_____
B. Public safety/Crime	_____	I. Diversity	_____
C. Vandalism	_____	J. Trees & Trails	_____
D. Litter	_____	K. Traffic/Transportation	_____
E. Environmental	_____	L. Community neighborliness	_____
F. Homelessness	_____	M. Other burning issue(s)	_____
G. Overlook House	_____		

**PLEASE EXPLAIN-BRIEFLY** If you responded to “M” above or any topic with a “3”, tell us in a sentence or two why you consider this is a burning issue.

2. Would you be willing to contribute your time, energy and intelligence to a committee addressing a burning issue as noted above. Yes \_\_\_\_\_ No \_\_\_\_\_

**3. MONEY**—Recently, the OKNA was awarded a \$5,000 grant by Kaiser Permanente “...to be used by the association for any community project(s) as agreed to by the association board.” At a recent board meeting, we determined that the money should be used to benefit the optimal number of residents. Other than a trip to Hawaii for you and your family, how would you like to see the grant money spent so that it benefits the maximum number of Overlook residents? If you can, briefly list a few ideas for a part of or the entire grant.

**4. ABOUT YOU**—How often have you attended neighborhood association meetings in the past two years:

1. Never \_\_\_\_\_ 2. Occasionally \_\_\_\_\_ 3. Frequently \_\_\_\_\_

2. If you answered never or occasionally above, is there a topic you would like to hear discussed at an association meeting which would motivate you to attend and if so, please indicate the topic(s) below:

## INTERSTATE FARMERS' MARKET VOLUNTEER FORM

Name \_\_\_\_\_ Address \_\_\_\_\_  
E-Mail \_\_\_\_\_ Phone No. \_\_\_\_\_ Zip \_\_\_\_\_

Please check any (or all) of the following tasks which you would be willing to take on at the Interstate Farmers Market on Wednesday afternoon/evenings:

**1. Set-up** \_\_\_\_\_

You will help set up canopies, umbrellas, tables, chairs and signs. This activity needs to be accomplished between 2:00 and 3:00 P.M.

**2. Breakdown** \_\_\_\_\_

Opposite of set-up above, but with some additional end-of-day clean up tasks. The time scheduled for this activity is between 7:00 and 8:00 P.M.

**3. Greeter** \_\_\_\_\_

You will answer questions, help with crowd count, hand out fliers, direct pedestrian traffic and be charming. Please check either one of the times you could be available: **3:00-5:00** \_\_\_\_\_ **and/or 5:00-7:00** \_\_\_\_\_.

**4. Interstate Farmers Market Information Booth** \_\_\_\_\_

You will staff booth, sign up volunteers, answer questions, assist with food tasting and cooking demonstrations. Charm is OK here too. Please check either one of the times you could be available: **3:00-5:00** \_\_\_\_\_ **and/or 5:00-7:00** \_\_\_\_\_.

\_\_\_\_\_

We are seriously contemplating doing an **Overlook Community Cookbook** in conjunction with the IFM to be published in the spring of 2006. We intend to use recipes provided by Overlook residents as well as farmers market vendors. If you have an interest in cooking, writing or editing and you would like to participate in a steering committee for this project, please check here and I will be in touch \_\_\_\_\_

Warren Cassell

OKNA SURVEY/IFM VOLUNTEER  
2209 N. Schofield St.  
Portland, Oregon 97217

Overlook Neighborhood Association  
c/o 4037 N. Overlook Terrace  
Portland, Oregon 97227-1054

## **Freightliner LLC** by Lindy Bartell



## **Connecting People, Products and Places**

It's 9 a.m. on any given day. A highway tractor pulls a trailer-load of home appliances along an interstate, heading east as the sun rises. At the same time, a loaded logging truck winds down a forest road. Closer to home, a delivery truck carries soft drinks to a local restaurant on a morning call to the suburbs. What's common to them all? Each is a Freightliner truck---trailer, logger, and delivery. As the leading manufacturer of commercial vehicles, Freightliner L.L.C. helps connect materials with factories, goods with markets and consumers with products they use every day.

What began in the 1940s as a project to create a lighter, more efficient truck to transport goods, has become the largest combined heavy- and medium-duty vehicle producer in North America, building more than 125,000 vehicles per year (74 a day in Portland alone). It employs 1,800 at its critical manufacturing facility on Swan Island and another 2,700 for support at its corporate headquarters. Now, as a wholly owned subsidiary of DaimlerChrysler, Freightliner has many locations and manufacturing facilities across the country and the world, bringing a multi-national perspective to our area here in Overlook.

For all of its far ranging impact, Freightliner also keeps in touch with its neighbors and helps them keep connected to one another. For a second year, Freightliner has provided a grant for the production of the OKNA newsletter. In addition to supporting OKNA, Freightliner is a proud participant of the Starlight Parade during the Rose Festival and has plans to announce more community sponsorships very soon. As all these activities so vigorously indicate, Freightliner cares about the communities in which it resides and is eager to contribute to their well-being.

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## **AMERICAN CANCER SOCIETY'S RELAY FOR LIFE IS COMING TO NORTHEAST PORTLAND** by Megan Slack, Metro Market Relationship Mgr, ACS

This summer, N/NE Portland residents have the opportunity to unite as a community and fight back against cancer through a very special community event. It's called the Relay For Life. The inaugural NE Portland Relay For Life will be the beginning of an annual NE Portland summer event that not only celebrates the wonderful communities of N/NE Portland, but also honors survivors of cancer and joins people together to fight against cancer.

Relay For Life is the American Cancer Society's signature activity. It is a unique event that offers communities an opportunity to participate in the fight against cancer. Relays are 18 to 24 hours in

length and go overnight. Teams of 8 to 15 people camp out at a local high school, college, park, or fairground and take turns walking, jogging, or running around a track or path. Because Relay For Life is a community gathering rather than an athletic event, anyone and everyone can participate. Businesses, clubs, families, friends, hospitals, churches, schools, and service organizations form teams. These teams share a common purpose - supporting the American Cancer Society's mission of eliminating cancer. Teams raise money through specific activities and offerings: i.e. car washes, spaghetti dinners and the like or simple old-fashioned "please help" efforts. How about an OKNA team or two!

(Cont'd next page)

## AMERICAN CANCER (Cont'd)

All N/NE Portland residents are invited to become involved in this inspiring and fun event that we often refer to as a “party with a purpose.” This year’s NE Portland Relay For Life will be July 30-31, from 4pm-10am at the Grant High School Track. Volunteers and community leaders are needed to join the planning committee and form teams for the event.

The term Relay for Life does not refer to the aerobic efforts at the event. It does refer to the dedicated passing of the baton of hope made possible by the monies raised by the participants. A great way to welcome the blessings of summer.

Businesses and organizations are invited to learn more about sponsorship opportunities. Call (503) 795-3923, or send an e-mail to [megan.slack@cancer.org](mailto:megan.slack@cancer.org) for details.

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## “...a poem as lovely as a tree.”

By Cynthia Sulaski

Overlook Tree Liaison

Neither rain nor wind could deter the volunteers who planted 45 trees on February 12<sup>th</sup>! Our annual planting was a great success and got us to the grand total of 450 trees planted in six years. In addition to the homeowners who bought trees and helped with the planting as well as other Overlook volunteers, we’d like to thank the following people and sponsors:

- Kaiser Permanente – for making the Town Hall available to us. Kaiser Permanente also provided the staffing for our staging area, refreshments and for the receiving of financial contributions. (Special thanks to **Alex Lowenthal** for facilitating those donations.)
- adidas-financial donation (thank you **Patty Goffe**)
- Arciform – financial donation (thank you **Richard** and **Anne DeWolf**)
- DC Custom Silkscreening – financial donation (thank you **Connie Selleck**)
- DiPrima Dolci Italian Bakery--yummy pastry donation (thank you **Pat**)
- Overlook Tree Preservation-truck, mulch and labor donation (thanks **Kevin MacKenzie**)
- Holy Redeemer Catholic School Pack 417/Bears and Webelos Dens--tree planting help (thank you **Ben, Armani, Calvin, Brody, Palmer, Buck, Sean, Alex, Connor, John, Gregg Larson** and **Brian Kelly**)
- **Glenn Birdsall**--trees pick-up and delivery
- **Julie Ann Rogers**--brochure design and layout
- Kinko’s at 1605 NE 7<sup>th</sup> -- discounted cost for copying brochures
- Lastly, Friends of Trees—we could never have planted so many trees over the years without their great staff, volunteers and expertise (thank you **Kylie Nero**)!

Speaking of trees, don’t forget to water them! If spring matches our dry winter, even mature trees will need watering this summer. The rule of thumb, is to water slowly, trees planted in the last two years 10-15 gallons once a week. For more information, go to [http://www.friendsoftrees.org/tree\\_resources/maintenance.php](http://www.friendsoftrees.org/tree_resources/maintenance.php).



## **OCKLEY GREEN FOOT PATROL PRESENTS "NUMBERS TO CALL"**

by Will Crow

Hot off the presses: the Spring 2005 edition of the Ockley Green Foot Patrol's directory of telephone numbers for city offices. The updated Spanish edition is coming soon.

The Foot Patrol developed the directory last summer when volunteers could find no single, compact source for public safety-oriented phone numbers. Last year we distributed more than 300 copies in English and Spanish. The directory will be available at Portland Police Bureau's North Precinct, the Community Policing office and ONI offices in Kenton, and the Northstar Cafe. It's also posted at our new online forum -- <http://groups.yahoo.com/group/ogfp/>. This will be our Internet home for news, conversation and safety tips.

The Foot Patrol provides a friendly, non-confrontational, crime-deterring presence along the Interstate corridor between N. Portland Boulevard and Patton Park. Come walk with us -- you'll be surprised how good you look in a plastic orange jacket!

## **OVERLOOK HOUSE**

Call for entries! Are you a good organizer and a "people person"? OH needs you to be its program director in charge of events rentals and community utilization of this engaging and versatile location. This is a part-time paid position (10-20 hrs per week, no benefits, \$12.00/hr.) for a self-starter who will be responsible for the daily operations of OH and who preferably lives in the Overlook neighborhood. Send written inquiries to Overlook House—3839 N. Melrose Drive, Portland, Or. 97227

### **March 1<sup>st</sup> Board Meeting**

By Marcella Marsh

The representatives for the Overlook Heights development, Mark and Chris, presented to the board. They are seeking a letter of support from the neighborhood association for an upcoming city land use hearing.

Jerry Lindsey from the Overlook House reported its financial health. Weekends continue to be a booking success, but mid-week bookings are below projections. The House will lease the basement to a neighborhood non-profit group, Higher Stages. The nominal fee Higher Stages pays will cover the costs of utilities. It was suggested that perhaps a portion of each booking rental fee be donated to the Beach School Playground Project.

Steve Ewoldt gave an update on WAX. Steve reported that the situation between WAX and its neighbors is at a crisis level. The weekend after the February General Mtg. it was reported that loud music was coming from WAX until 4a.m. Steve has bowed out of negotiations with WAX.

### **April 5<sup>th</sup> Board Meeting**

By Marcella Marsh

Pamela Chipman discussed Beneath Our Feet, a video project in which she is involved, with the Board. She is seeking a letter of support from the neighborhood. The video project covers The Big Pipe project and they are seeking to bring the video to summer neighborhood events.

Will Crow presented an update on the Street Patrol. It is a joint venture between Arbor Lodge and Overlook neighborhoods. They seek to provide a non-confrontational presence on the street. They took to the streets in September. They report on suspected criminal activities in the neighborhoods and act as a deterrent.

## A NIGHT AT THE BEACH

By Michelle Laherty

Are you the parent of a child (0-4 years) in Overlook?  
Are you considering sending your child out of the neighborhood for elementary school? Before you take that leap away, **please make a leap of faith toward Beach School.**

*Overlook Parents for Beach* is a group of parents of pre-school aged children who believe that an excellent elementary education is critical to our children's future success. We want to work with other neighborhood parents of young children to build on Beach's strengths to make it a school where we are excited to send our kids.

Currently, we are working to set a date for an evening Open House & "Stroller Tour" of Beach. This event will give parents a chance to check out the school and to hear from the principal, teachers and parents of current students. In the future we plan to host a discussion group to explore what our "dream" neighborhood school would include, and whether we can make this dream a reality by working together.

For more information about the Open House/Stroller Tour or to get involved, please email Michelle Laherty at [nopomom@yahoo.com](mailto:nopomom@yahoo.com).

## Playground Song

By Melisa Cassell

Here comes one  
We've just begun  
Here comes two  
It's me! It's you!  
Here comes three  
it's great just to be  
Here comes four  
lets open the door  
Here comes five  
it's time to arrive  
Here comes six  
We're in the mix  
Here comes seven  
add four, you've got eleven  
Here comes eight  
It must be fate  
Here comes nine  
It's yours it's mine  
Here comes ten  
Let's do it all again.

## MORE ABOUT TREES

By Cynthia Sulaski

### Weeping

Recently, vandals tore out stakes and broke off limbs of trees on the east side of Interstate Avenue north of Portland Boulevard (four trees were so badly damaged that they need to be replaced). Many of us are concerned that this kind of vandalism may continue throughout the Interstate Corridor. Please keep a watchful eye out for the trees and MAX station art and immediately report anything suspicious.

### Sweeping

Start cleaning out your garages, Overlook gardeners! A pilot recycling program has just started (ending 7/31) that will take any size plastic garden pot and seed and carrying trays. Our nearest drop-off site is the Portland Recycling Center at 2005 N. Portland Blvd (at Denver) which is open daily from 8-5. This is a collaborative project among Cracked Pots, Agri-plas Inc., Far West Fibers, PGE and PRC. A great idea whose time has finally come.

## MEETINGS

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

For additional information:

See Nitty-Gritty on page 2