



Overlook Views

your neighborhood newsletter

Vol 6 No 3

September/October 2009

Overlook Neighborhood Association, Portland Oregon
www.OverlookNeighborhood.org

Overlook Annual Picnic

Tuesday, August 18, 6 — 8pm
DiPrima Dolci & Hop & Vine

Friends and neighbors, it's time for the most popular OKNA gathering of the year, the Annual Picnic.

Now, 'picnic' is a bit of a misnomer; with everyone's busy schedules, the event has moved to area restaurants who host our group at a special price, making food and fun available to all. The best part? You don't have to pack a lunch; it's all prepared! Just bring your family and friends and come over to see us all face to face.

Dinner will substitute for our August General Meeting, and the OKNA Board hopes you will attend this meeting if no other.



This year's home-made dinner is at **DiPrima Dolci**, 1936 N Killingsworth (at Denver) with socializing in their garden and at Yetta Vorobik's **Hop & Vine** back garden patio, one door down.

Pat DiPrima and her team have come up with a lovely menu for us; at just \$8 per person (\$5 for kids under 12), we'll enjoy:

- Grilled pork or chicken sausage or veggie option on hero roll
- Italian tri-color bean salad
- Lemonade or Iced Tea
- Italian ices and cookies

Wine, beer and mixed drinks are available at DiPrima Dolci and the Hop & Vine. Those of you who came to the Overlook Social Club know that Hop & Vine has delicious small plates as well.

If you haven't emailed or called with your **RSVP**, **please do so today** so we can make enough sausage and rolls; you can pay at the door, but we'd love to hear from you now.

Please email or call:
views@overlookneighborhood.org or
Claire Paris: 503.998.4878



See you for dinner & socializing!

Polish Festival 2009

by Mark Ziaja Kirchmeier
Owner, Krakow Café & Pub

The savory scent of ethnic foods and swirl of folk dancers returns **September 26—27** as the annual Polish Festival celebrates its 16th anniversary on the Polish Library Hall and St. Stanislaus Church grounds, 3900 N Interstate Avenue.

More than 12,000 people attended last year's festival, making it the largest Polish Festival in the United States west of Chicago.

Hours are 11 am to 10 pm, Saturday, Sept. 26 and noon to 6 pm, Sunday, Sept. 27.

Admission is free.

The virtually non-stop stage entertainment includes folk groups from Oregon and Canada. Special Polish Hall features include an exhibit on the Polish city of Torun, the birthplace of Copernicus.

Overlook area sponsors include Kaiser, The Palms Motel and Krakow Cafe & Pub.

Krakow Cafe & Pub will be open extra hours, and include extra home-made menu items, for the festival.



For more Polish Festival information, contact festival@portlandpolonia.org or phone Mark Ziaja Kirchmeier, 503-754-0872.

Students Learn about Overlook's Livability

by Alan DeLaTorre
PSU Course Instructor & Overlook Neighbor

Several Portland State University students from the senior Capstone course titled *Creating Livable Communities for an Aging Society* have been working with residents to learn more about what makes Overlook livable for its aging population.

Although Overlook does not have as many older residents as Hollywood — the other neighborhood in the project (according to the 2000 U.S. Census Bureau 9.7% in Overlook were aged 65+, as compared to 27% in Hollywood) — both neighborhoods are expecting to age considerably with the first Baby Boomers reaching the age of 65 in the year 2011. The course — a pilot project supported by the neighborhood association, the City of Portland, Multnomah County, Elders in Action, and AARP — engaged in a walking assessment and focus groups to identify age-friendly features and barriers in the neighborhood.

Comments from the focus groups included the feeling that **Overlook is "a gem of North Portland"** and a place that many do not want to leave, even as they age. One resident, who knew that she could not live in her multi-story home as her physical needs changed, jumped at the opportunity to purchase a ranch-style home a block away so that she could stay in the neighborhood as long as possible. Unfortunately, the housing stock in the neighbor-

hood does not have many of these options and "aging in place" is a concern for residents.

Another resident, speaking about safety and walkability issues, explained "I can walk around at any time and feel safe...I love seeing people in their yards and I love the smell of BBQs in the neighborhood."



Alan DeLaTorre, Alan Cranna and Joe & Pam VanderVeer tour Overlook, meeting the people.

photo by Ben Brower

However, a major concern that was brought up during a focus group on safety issues was the fact that off-leash dogs not only concerned them, but caused them to limit their outdoor activity, as well as that of one of their grandchildren who is scared of dogs. Overall, residents expressed many more positive aspects of the neighborhood (e.g., public transit, outdoor spaces) than negative (e.g., parking near the MAX line, traffic patterns); however, there is still much to learn and action that can be taken to improve the neighborhood's livability.

On August 7th, the students had an opportunity to present their findings to neighborhood residents at Kaiser Town Hall. Watch for follow up details in future Overlook Views.

Overlook's Brush With Hollywood

from the rumor mill

Though kept well undercover, neighbors maintain that the Harrison Ford/Brendan Fraser 'Untitled Crowley Project' film crew were up all night at the Alibi, 4024 N Interstate Ave, in early July.

Reports are that some neighbors volunteered to be extras in the stripper bar scene shot in our area, but were turned down (Mister Ford is in a committed relationship, people!).

No release date, just idle Hollywood gossip. Keep an eye out for the film, shot on location in Oregon.



Course instructor and Overlook resident Alan DeLaTorre, proposed starting an **"Intergenerational Committee"** that would continue to deal with issues associated with those of all ages and abilities. If you are interested in participating, please contact Alan at 503.544.7532 or aland@pdx.edu.



Surf to OverlookNeighborhood.org & sign up for the email list!

Our neighborhood businesses are part of what makes living in Overlook so wonderful. Take a moment to find out what they have to offer...

Whether you're trying to lose weight, drop body fat, learn how to fuel your first half marathon, reduce your cholesterol, prevent osteoporosis, or simply learn how to prepare a quick, tasty and healthy meal, you'll want to meet Kate Fischer, Managing Partner of the newly opened Edge Performance Fitness. Located at 1502 N. Ainsworth (corner of Interstate Avenue), Kate says "EPF has the resources to help you achieve your goals"!.



Edge Performance Fitness offers free parking, lockers and showers, new equipment, personal training, "buddy" memberships, boot camps and a wide variety of group fitness classes. There are no initiation fees. Kate and her team would love to meet you and show you around the gym. Guests can enjoy one complimentary group fitness class and EPF is offering an Overlook neighbor special of 50% off monthly memberships. For more information about EPF, www.edgeperformancefitness.com visit or call 503.265.8685

Peninsula Children's Center has a limited number of openings available now! Please call our Family Advocate Renee Laird at 503-280-0534. Find out about our Early Childhood Education and before and after school programs, and come by for a tour. Some tuition assistance is available. www.penchild.org

What's happening in your Overlook business? Please join our email list to speak directly to your neighbors and customers!
views@overlookneighborhood.org

the 3/50 project®
Saving the brick & mortars our nation is built on
What three independently owned businesses would you miss if they disappeared?
There are small things you can choose that matter.
Pick 3. Spend 50. Save your local economy.
www.the350project.net

Save the Date!
Mark your calendars now to attend the OKNA Holiday Party! This is traditionally a lovely midwinter potluck dinner on **Tuesday, December 1** in lieu of our monthly General Meeting.
Please watch next issue's Overlook Views and our mailing list for detailed information. See you then!

Outdoor Family Movie Night!
We are still trying to plan a movie night for September for the Overlook House lawn. Please contact Katherine at kvanzanten@comcast.net for suggestions, schedules and more information, or check at the Overlook House.

Mindfulness Meditation, Psychology and Philosophy
A FREE meditation and learning series for all
Please join the meditation, psychology and philosophy gatherings dedicated to cultivating mindfulness and exploring psychological and philosophical aspects of mindful living. Each gathering starts with a five-minute centering exercise, followed by 20 minutes of meditation, a 20-minute lecture on a specific topic relevant to mindful living, and then group discussion. These gatherings aim to engage people in meditation and create conditions for enriching and open minded dialogue.

Fee: No money involved. You can show your gratitude by initiating self-care activities for you or/and others.
When: Mondays (7:00 PM to 8:45 PM) Until September — possibly beyond.
Where: Overlook House, Basement
Note: Bring a cushion if you have one or something comfy to sit on.
Contact:
Alejandro Pawliszyn: 503-914-7001 or alepawliszyn@yahoo.com
Alejandro is a mental health therapist. He practices mindfulness in his personal life and professional work.



OVERLOOK ROSE QUEENS RULE!
by Carol Padden
Program Director Overlook House
On June 4th, the prestigious Portland Rose Society at Lloyd Center hosted the 120th Annual Spring Rose Show. Lloyd Center transformed their ice rink into a beautiful rose garden and Overlook residents Carol

Padden and GeorgAnn Flagg rose early in the morning to challenge professional rose growers for the first time.
Carol Padden (on behalf of the Overlook House) won a trophy in the novice category for the pink rose(s) 'Flower Girl'. Love was in bloom in **GeorgAnn Flagg's** rose garden this year; she won first place for her special entry 'Cary Grant'! **Rosalie Dalzell** won first prize for several roses: 'Black Jade', 'Honey Perfume' and 'Pink Simplicity'.

Kaiser Permanente followed with a rose contest on June 16th. **Annegret Wolford** took home the Grand Slam winner for 'Sexy REXY'. Rosalie Dalzell won Best Show for 'Whisper' and Carol Padden (on behalf of the Overlook House) won Best Show for 'Pink Gortendorst'.

Many second, third and honorable mention ribbons were won by the above winners and other neighbors as well.



Northwest Children's Theatre camp kids present a skit for their fans. photo from Carol Padden

Friends of Overlook House Ice Cream Social
A fantastic time was had by all! Watch for our thank yous and photos in the next issue of Overlook Views!

T'AI CHI CHIH
Group Begins September 17
This flowing moving meditation consists of 19 movements and a final pose incorporating 3000 year old Taoist Chi Kung (energy work) principles. It is also being used in an ongoing series of health-related studies at UCLA's Geffen School of Medicine due to its simplicity yet most favorable access to chi, the vital energy.

Thursday night classes meet from 6:30pm — 7:45pm beginning on September 17 for eight weeks in the basement of the Overlook House. No class on October 8. Class fee is \$60.

As with many Chinese programs, free, optional group practices are held most Saturdays, including monthly at the Portland Classical Chinese Garden (entry fee included)
Register with Steve Marsh M.Ed, Accredited Teacher, at taichi-marsh@hotmail.com or 503-283-4991.
www.taichichih.org



3rd Annual Overlook House HALLOWEEN PARTY!!!!

Please bring your little ghouls & goblins to a safe, fun neighborhood party for treats and a good time!

Saturday, October 31st
Ages: 1 — 5 years old
4:00pm—6:00pm

- * Wear your costumes!
- * Enjoy fun activities
- * Halloween story about 5:30pm
- * Take home a pumpkin!

We will have a **Spooktacular** time!!!
Volunteers Wanted/Donations Accepted: Please contact catherinereynolds@comcast.net

scaring the little fairies and furry friends that lived in his land. Eighteen children enjoyed a week-long Northwest Children's Theater summer camp from July 13-17th. Teachers, Liz Hayden and Jade Hobbs waved their magic wands and camp included stories, crafts, games, music and the priceless costumes presentation on the last day of camp.
Thank you to NWCT for the generous grant and The Volunteers of The Friends of the Overlook House for helping fund this summer program.

Children's Theatre Camp
The Overlook House was transformed into a "Magic Forest" on July 25th. As the blue waterfall cascaded down the rocky path, the King declared that he was banning the ghosts from

HOWDY NEIGHBOR!



Participation in OKNA: Possibilities are Endless

by Matt Scoggin
OKNA Membership Chair

Are you looking for ways to become more involved in this great neighborhood we all call home? If so, then this article has been written just for YOU!

The Overlook Neighborhood Association (OKNA) always offers a wealth of possibilities for involvement, and with the Board elections on September 15th, the time has come for those wanting to make a difference to come forward.

I'm sure some of you out there are wanting to participate, but you're nervous or hesitant to speak up. You might be thinking about your experience level (or lack thereof) or the idea of not knowing anyone currently active with OKNA makes you uncomfortable.

Please don't let those fears keep you from participating. No experience is necessary and all of us on the board are very welcoming; in fact one of the main reasons those of us on the Board do what we do is because we want to get to know more of our neighbors.

That said, if you have a special expertise or a specific concern or area of interest you've been wanting to pursue, we'd love to hear from you. Some of Overlook's best ideas have become reality just because it was someone's pet project.

Here's a reminder of just some of the involvement opportunities available:

Speak up:

Every neighbor in Overlook has something of value to contribute. The trick is finding the time. The Neighborhood Association can only be responsive to your wants and needs if you tell us. If you are sure you don't have time for a big job, please come to a meeting, drop us an email, or place a phone call so that we know you are there, and what you need. There are lots of short-term ways to be involved as well. (write a piece for the Overlook Views!)

Secretary:

The role of a Secretary is to take and distribute minutes at our General and Board meetings. The function of a Secretary is vital to a neighborhood association; they ensure communication and the archiving of information. If you are someone who is more of a listener rather than a speaker and/or if communications is your specialty then you'd be perfect for this niche within the Association.

Environmental Chair:

The capacity of the Environmental Chair will be simply what that person makes it. Generally, this person maintains contact with the Bureau of Environmental Services and address any environmental concerns to the neighborhood. A person who has a specific concern about the environment around us and or an individual who is already involved with the "green" movement would be a natural for this role.

Transportation Chair:

The basic responsibilities of the Transportation Chair are to keep tabs on notifications from the Portland Bureau of Transportation & the Oregon Dept. of Transportation and to communicate traffic issues to the neighborhood. Someone who has

a specific interest in something like bicycling, public transportation or the new I-5 bridge would enjoy working this Chair.

Area Representative:

Area Reps are members of the Board who act as the voice for the specific regions of the neighborhood and who help out where they feel is best. Anyone who likes to keep their finger on the pulse and is looking for a general way to help out would be an optimal representative. Area Reps often take on a special, time-limited project from their own interests.

Please don't forget these are just a few of the possible participation opportunities that the OKNA has available. OKNA is stronger for your participation and we're all excited to meet any neighbor who puts up their hand and says 'this is what I can do, what can I do with you?'.

OKNA elections are held at the General Meeting on September 15 (see back page for details); we look forward to hearing from you about your neighborhood concerns and how we can solve them together. If you can not attend the meeting, remember that you can reach any of your representatives by email and phone; check out the back page for names and details.

Hope to see you soon!



*One new lamp design installed; fits the neighborhood, don't you think?
photo by Sally Kavanagh*

Willamette Bluff Light Post Neighborhood Improvement Project

by Sally Kavanagh
Overlook Neighbor

Construction began on the Willamette Bluff Light Post project the week of July 27. The project is located on the Willamette Boulevard bluff between N Killingsworth Street and N Curtis Avenue and is immediately north of the eighty-foot-high industrial pole where it all began (see below for more details). The project will replace fifteen old wooden street light poles and their overhead wiring with fifteen new decorative poles with underground wiring.

This scenic stretch of road is a low-traffic side-street, used not only by the Portland Marathon, the Bridge Pedal, and Sunday Parkways, but used daily by bikers, bike commuters, walkers, runners, and people stopping to picnic, play with their dogs and kids, or simply enjoy the sunset. During construction the open space along the top of the bluff will be closed to the public for safety; the construction process will include digging trenches for the underground electrical wire as well as deep holes for the new light post foundations, so please respect the construction zone. The construction will of course be inconvenient, especially during these warm months, but keep in mind the long term benefit: The new lighting sources will enhance the pedestrian environment in this truly distinctive location of the public realm for years to come.

A brief project history: This neighborhood improvement project is funded by \$80,000 in grant money provide by PGE (Portland General Electric) and BES (Bureau of Environmental Services). The funds were offered to make amends for the rules that were broken when erecting the eighty-foot-high industrial pole with high tension power lines, located on the bluff to feed electricity to the Swan Island Pumping Station. Seven grants were

submitted to utilize the funds. The Light Post Project was the top choice of the Grant Committee, the OKNA Board, and finally approved in a unanimous vote during a general meeting of the Overlook Neighborhood Association. Neighbors and community members played an active role in the design of the poles. The original short, old fashioned pole design was changed upon receiving input from neighbors concerned with night glare. Ideas were gather and utilized regarding the look and light quality of the replacement poles. As a result, a unique pole design will be employed for this project. Northstar Electrical Contractors, a local company, was awarded the bid to construct the project.

For additional details or project related questions, please contact Sally Kavanagh at sallyto-daro@hotmail.com



*The LED test light fixture, left
photo by Sally Kavanagh*

In conjunction with the OKNA's Willamette Bluff Light Post Project, a demonstration study will be performed to evaluate energy-efficient street light technologies.

The demonstration study will compare the street light technology that the city of Portland has been using since the 1980's, which is High-pressure Sodium (HPS), with newer more-efficient LED and Induction technologies. Specifically, five of each light source type (e.g., HPS, LED, and Induction) will be installed. Light levels, light color and other aspects will be recorded and compared, the surrounding neighborhood community will be asked for their feedback, and a report will be prepared to document the results of the study.

The results of the study will be published on the US Department of Energy's website. The study is being performed in partnership with the Bureau of Transportation, the Bureau of Planning and Sustainability, U.S. Department of Energy, Pacific Northwest National Laboratory, Energy Trust of Oregon, and several street light manufacturers.

Within the year, once the study is completed, the recommended lights will be installed in the 15-pole street light system.

A Shipbuilding Tour

by Lenny Anderson
Project Manager, Swan Island TMA

As I wait to pass through the security gate at the Vigor Industrial (VI) Portland Shipyard, the massive sheds of the Kaiser shipbuilding days of WWII loom up on the right. Seagoing vessels are still fabricated there. On the left behind some trees sits the latest military-type vessel, an FSF (Fast Sea Fighter, a block long, jet-powered catamaran) that, visible as it is, isn't a subject for discussion on the record.

Once inside the gate I proceed slowly, watching for forklifts and other bicyclists; on a busy day almost a thousand skilled workers are employed by VI, its partners and tenants.

Amy Hill, VI's communication manager, meets me for a tour starting with the two seagoing barges in final stages of construction by US Barge, a joint venture of VI and Oregon Iron Works. They sit in what was once the shipyard parking lot, a much more productive use of industrial land than storing employee automobiles. Seagoing, double-hulled barges are in demand; the next to launch is the "Nathan Schmidt" for Harley Petroleum.

Vigor Industrial's Portland Shipyard is one of only three on the West Coast with the capacity to raise, lower and dry dock seagoing vessels. The Shipyard tank farm, built to clean ship ballast tanks, now cleans rail tank cars as well as separates and disposes of the mess scooped up from oil spills.

Dry dock #1 and 3 are in operation for routine maintenance and repair of barges, ferries (Alaska Marine Highway), and navy ships of the Military Sealift Command. Dry dock #2 is being dismantled for its old growth lumber.

On the lagoon side of the yard, Tyco's cable-laying ship, Global Sentinel, has its home berth alongside ocean survey ships that are being refitted for civilian operations. Two ospreys land on a nearby crane, a roost convenient to the water as well as to their nest on a utility pole with platform provided by V.I.



Swan Island dry dock circa WWII
courtesy Vigor Industrial

While young ospreys learn how to fish in the lagoon, young Portlanders learn the art of welding at the Swan Island Training Center, a joint venture of V.I. and PCC. Upon graduation, they can cross the crane tracks to find work at Columbia Wire and Iron, a long-time yard tenant that does custom metal fabrication (including Paul Allen's Experience Music Project in Seattle).

And that's not all. I've yet to note Specialty Finishes where they sandblast and paint, among other things, massive anchor chains; Vigor Machine, which provides precision machining; and Cascade General that outfits newly built navy ships from the shipyards in San Diego.

See it all...or some of it...for yourself. Bike down to the far end of Channel Avenue on a quiet weekend. Watch for the rail lines crossing the street to enter the old WWII shed to check out the Fast Sea Fighter; then backtrack to the viewpoint at the head of the Lagoon next to the boat launch; proceed north on Basin Avenue and climb the Waud Bluff path (someday a formal trail) up to Willamette Boulevard. Finally, venture onto the UP campus for a great view of Vigor Industrial's Portland Shipyard and Swan Island.



Vigor Industrial's Portland Shipyard on Swan Island
photo by Craig Alness

Introduce Me To Your Dogs

by Barbara Brooks Pratt
Overlook Neighbor

Do you live in the rectangle between I-5 and the Bluff and Humboldt and Mason? If so, then more than likely you know we have a new permanent mail carrier. His name is **Tom Richardson**.

Tom is an Oregonian, born in Coos Bay, transplanted to Portland, and a graduate of Grant High School. He attended University of Oregon, Mt. Hood and Portland Community colleges before starting in postal service career in 1985. He has had long stints as a station clerk and relief for carrier routes. He was quite pleased to be offered Frank's route as he



lives just across I-5 near Fresh Pot.

photo from Barb Brooks Pratt

Tom is an avid Blazer fan and shares that excitement with his family, one son, a student at Southern Oregon University and his girlfriend, Patti, a local architect.

His message to the neighbors... "Introduce me to your dogs." It helps to know their names when he is delivering mail and they will learn quickly that humans get the mail but dogs get the treats. **Welcome, Tom!**

And, Farewell Frank...

by Barbara Brooks Pratt
Overlook Neighbor

After a lifetime of neighborhood service former resident, current landlord and beloved mail carrier, **Frank Spitulski** retired early this year from the US Postal Service.

On March 29th Frank and his wife, Alice, threw a party for those Overlook neighbors who have depended on Frank's service and friendly smile for over 25 years. Many neighbors watched Frank grow up here (his house was moved when Northbound Exit 303 was built) and then grow into a mail carrier for his "own" neighborhood even though he now lives in Ridgefield, Washington.

The party was a wonderful celebration of a job well done and neighbors well cared for. Luckily, Frank still owns a rental house in Overlook so we'll see him every now and then.

Thanks, Frank, for being a gold thread in the fabric of our neighborhood for all these years.



Welcome Market Manager, Laresa Beck

by Clare Matthias
OKNA Business & Community Relations Chair

The Interstate Farmers Market announced the hiring of a new Market Manager, Laresa Beck in July 2009. Here, she shares with us some information about herself, and also some of her thoughts on what's next for the Market.

How did you come to be the new Manager of the Interstate Farmers Market? Tell us about your background and what drove your interest in taking on this role?

I've been an Interstate Farmers Market customer since its very first day in 2005, and I've been a volunteer with the market *this* season since opening day. Professionally, I have a background in grocery marketing that comes from three years with New Seasons Market, as a Demo Department Manager for the Sellwood Store. I bring a lot of experience in customer service, as well as experience working with many local food vendors, including Unger Farms who are currently at the Interstate Farmers Market, and Dave's Killer Bread, who have sold at the market in the past.



I've been interested in working for a community-based non profit in the North/Northeast Portland area for awhile now, and was excited when I heard there was a search on for a new market manager. I'm also a foodie—I love to cook and bake, and I have my own organic home garden in North Portland.

What is your vision for the Interstate Farmer's Market? What should we be looking for in the future?

Going forward, the community should be on the lookout for more special events at the market throughout the summer season. This month [July] we'll have Blueberry Fest, featuring a guest chef doing a cooking demo at the market, Ima Blueberry—the giant talking blueberry, and lots of kids activities. We are also dedicated to consistently having a good balance of veggie and prepared food vendors each week.

We'll also be getting more seasonal recipes out to the community, to help people make the most of the summer's bounty week-by-week.

Can you comment on what role you see the community playing in the market?

Each week at the market people are coming up to talk with me and share their ideas. This is important. It's only when we know first-hand what people are thinking and what they want that we can address those issues.

Also, market supporters can help us with their word-of-mouth influence—invite your friends and family to meet you at the market, have a bite to eat and support the farmers.

Lastly...

There are a lot of farmers markets in Portland now, and people have choices about which markets to support. But what makes the Interstate Farmers Market so strong is our dedication to the immediate communities of North and inner Northeast Portland. That's what sets us apart from many of the larger farmers market enterprises in Portland. Ours is and always has been a community-owned market, run by and for the community.

Reach Laresa Beck at contact@interstatefarmersmarket.com or 971-344-0115. To sign up for a weekly email with Market news, events, and recipes send an email to contact@interstatefarmersmarket.com.

The Interstate Farmers Market is held every Wednesday from 3- 7pm at 3550 N. Fremont, across from the Kaiser Permanente Interstate Campus. Free parking is available in the Kaiser parking structure, or you can take the MAX Yellow Line to Overlook Park. The final market day of the 2009 season is September 30.

Live Safe

by Mark Wells
Crime Prevention Coordinator

Don't forget: if you are a victim of any crime, report it to the police promptly!

Considering the budget cuts our Public Safety programs have taken this year and the turn of the season, this is a good time to inventory how prepared you and your family are to help prevent crime and minimize your chances of becoming a crime victim.

Crime Prevention Checklist

- ✓I have familiarized myself with the City's Crime Prevention Programs and Services.
▶Go to: www.portlandonline.com/oni and click on "Crime Prevention".
- ✓I have the Multnomah County Non-Emergency number by all my phones and stored at the top of all my numbers in my cell phone.
▶Use 503-823-3333 to report non-emergency crimes and to file a police report.
*Remember to report all crime – every time.

- ✓I have made my home and vehicle as resistant to crime as possible
▶All doors and windows have quality locks – keep windows closed during the summer.
▶My house number is clearly visible and properly lit at night



- ▶My bushes and shrubs are trimmed to minimize concealment of would-be criminals.
- ▶I leave porch lights on at night and minimize dark areas around my house.

★More detailed tips and advice:
portlandonline.com/oni
Click on *Crime Prevention/ Resources/Brochures and Flyers*
Click on *Crime Prevention Through Environmental Design*

- ✓I have completed and safely stored a Property Inventory Form to document:
▶My vehicle's license plate number and VIN number.
▶Serial numbers for all electronics and valuables such as tools, firearms etc.
▶Taken photographs of jewelry, family heirlooms, and items without a serial number.
★Go to portlandonline.com/police
Type "Operation Recovery" in the search section for the brochure and form

- ✓I am part of a Neighborhood Watch and work with my Police to report and reduce crime
▶Contact your area Crime Prevention Coordinator to start or rekindle a Watch
▶Call 503-823-4064 or 503-823-4000 to locate your coordinator.

"An ounce of prevention is worth a pound of cure"
- Benjamin Franklin

IFCC: Your Cultural Art Center

by Adrienne Flagg
IFCC Creative Director

Not a month goes by without someone popping by the Interstate Firehouse Cultural Center asking "What is this place?".

To help answer that question last fall IFCC added a beautiful new marquee designed by Overlook artist Mike Suri. It not only lets you know what's happening at IFCC through the LED sign, it's a prized piece of public art overseen by the Regional Arts and Culture Council. Mike's design honors the building and brings the energy of what happens inside the building—outside.

The building is a firehouse built in 1911, now owned by Portland Parks and Recreation. IFCC is a nonprofit that works independently but in partnership with Parks. The group was created in 1982 by Portland's first African American elected official, Commissioner Charles Jordan to provide a platform to address diversity through art as well as to foster diversity within the arts. IFCC has a 99 seat live theatre, an art gallery and dance studio. At the time of writing this we have one full time

and two part time employees who support visual and performing artists of all kinds.

IFCC has something for everyone; this season's performances span hip hop to opera, but not your grandma's opera. Recent performances include the very original 'Maelstrom – The Zombie Opera', and local rock opera 'Chariots of Rubber' as well as 'Hansel and Gretel'.

'Ursula' is an intense play about the 10th century saint including sex, love, mystery AND 10,000 virgins! This show kicks off the season, and runs from September 11—October 3, followed by World Stage Theater's production of a new play, 'Too Good To Be True' by local writer Shalonda Simms.

Last Thursday Gallery celebrations are held nearly every month; on September 24, join us in the Gallery for the opening of WORD: A Celebration of Font and Text. Our annual show partners with Wordstock and Slow Food Portland, so check our website for fun food-literature based events throughout October.

Watch for more opera when 'Sherman' opens December 10. IFCC commissioned this jazz opera from Thara Memory; the story revolves around real-life sax player

North Portlanders Needed: Public Safety Action Committee/PSAC

What is PSAC?

PSAC is a monthly meeting held to address local North Portland resident and business concerns related to public safety and livability issues.

Who attends PSAC?

The meeting is facilitated by the City of Portland and is open to the public. Representatives from Crime Prevention, Portland Police Bureau, Bureau of Development Services, Multnomah County District Attorney's Office, and local Neighborhood and Business Associations attend this meeting to field your questions and concerns and provide updates on their activities.

Why attend PSAC?

With the recession and recent closure of the old North Precinct in early June, **it is more important than ever to become a part of our public safety system.** Police and other agencies need to hear from **you**, the community, about problems and issues specific to North Portland. This meeting also helps facilitate and coordinate communication and ensures our community policing goals continue in a time of shrinking resources.

When: The fourth Wednesday of each month
Where: Historic Kenton Firehouse: 2209 N. Schofield
Time: 7:00 – 8:30pm

Questions: Contact Crime Prevention Coordinator Mark Wells
503-823-4098 or mark.wells@ci.portland.or.us

- Please support your local community policing programs -

'New' North Precinct
Commander Jim Ferraris
449 NE Emerson St.
Portland, OR 97211
503.823.5700

Crime Prevention Coordinator
Mark Wells
Kenton Contact Office
8134 N Denver
503.823.4098
mark.wells@ci.portland.or.us

That Darn Plane!

by Michelle Thompson
OV Coordinator

For several years now, we've been occasionally aware of a small plane circling North Portland. While guessing who was doing what was amusing for a while, curiosity finally drove me to discover that the small plane is actually the Air Support Unit of the Portland Police Bureau. They have provided investigative support functions since 1991 but have only had their own Cessna 172 since 1999. The Air Support Unit is staffed by 18 people who are licensed pilots and observers. They use cameras and night vision equipment to monitor car and foot chases around the city, increasing officer and civilian safety (car chases in particular are very dangerous to uninvolved drivers). You may notice them on regular patrol for four or more hours at a time, and now you'll finally know what they are up to. The Air Support Unit a valuable resource to the entire Police Bureau. Their webpage is at this tinyURL: <http://tinyurl.com/mpnavu>

Sherman, who was a legend in our neighborhood and Portland. He died tragically in the early 70s.

Sherman's opening gala celebration coincides with IFCC's art exhibit



'Wise Men'. This exhibit features the work of three African American artists who were part of a burgeoning N/NE Portland movement in the 1960s-70s. They converged with Thara Memory at a studio on Alberta long before it was an arts district. 'Wise Men' includes Charles Tatum, Philemon Reid and Issaka Shamsud-Din, whose murals can be seen in North Portland.

Our final opera of the season, 'Queen of Knives' is written by the lead singer of Vagabond Opera. His company and a cadre of local performers will tear it up in their inter-continental gypsy jazz style in May.

But don't wait 'til then to drop by, stop in this month to see 'The Dog Show: Celebrating all things Canine'. Dog loving painters and photographers introduce you to beautiful, soulful and sometimes hard

working pooches.

The best way to find out just what IS this place is to come by and see us to visit the gallery or a performance. Stop in to pick up a season brochure, purchase a Passport to Culture that will get you into 5 plays plus the jazz opera and gallery discounts. Visit our website to read more and join our email/snail mail lists: www.ifccarts.org

IFCC
5340 N Interstate Avenue
Gallery hours: Tuesday - Friday
11:00am-6:00pm
Last Thursday Parties: 5:00-7:30pm
Performances: Thursday - Saturdays
usually 8:00pm

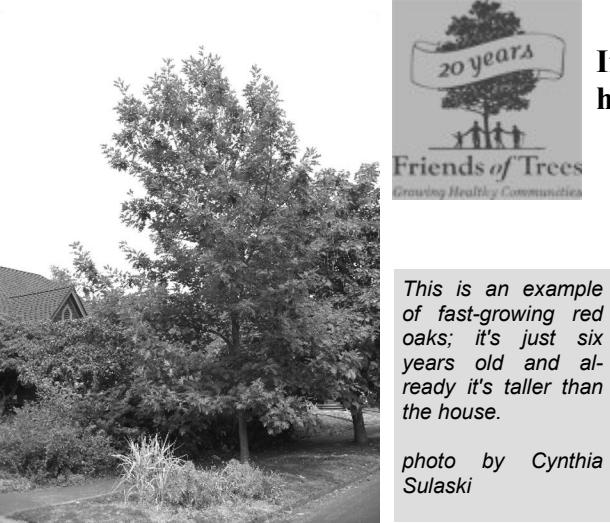
Intercultural Community Gathering

Saturday, August 15th
11am-5pm Overlook Park
Free BBQ chicken served at 12.
Bring blankets, chairs, and side dishes for your family!
Celebrate and learn about the cultural richness of our community!

Eleven Years and Counting

by Cynthia Sulaski
OKNA Board Member, Friends of Trees Representative

Yep, it's that time of year. It's time for me to remind you that we'll be planting trees next January. And, it's time to sign up if you're interested in getting parking strip and/or yard trees. All you have to do is register at <http://www.friendsoftrees.org>. You'll hear from Friends of Trees and myself as planting time approaches (at publication time, Overlook's planting date has not been confirmed).



If you're wondering why to plant street trees, here are just a few reasons:

- ◆ They can be planted to honor a loved one or a special life passage.
- ◆ They increase a home's value up to 21% more than the same house without trees.
- ◆ They can keep a home up to 20° cooler in the summer.
- ◆ They provide privacy and help muffle noise.
- ◆ They improve air quality.
- ◆ They make great homes for hammocks, birds and other wildlife.
- ◆ They're beautiful!

Like last year, we'll partner with Arbor Lodge to make the planting a large and fun success. And, like previous years, the cost per tree will be reduced by our donors and other funding sources (most likely to \$15).

Email me at csulaski@comcast.net if you have any questions. If you don't have email, call me at 503.249.7728 and I will register you.

Also, let me know if you'd like to participate on the tree planting committee with your lovely neighbors. We'd love to have you help us tree Overlook!

Friends of the Bluff Parklet

If you are interested in joining a Friends group for the bluff parklet at the foot of Skidmore, please contact Steve Lanigan at lanoman@worldaccessnet.com or Cynthia Sulaski at csulaski@comcast.net

Wildlife in Overlook

by Michelle Thompson
OV Coordinator

It is no secret that Portland has some of the country's largest contiguous urban green spaces but we don't always think of our four footed neighbors and how many of them enjoy the open spaces our Willamette Bluff provides.

It's not rare to seeing a **coyote** trot by late at night but the visit we experienced in early July was personally meaningful to me; I think Coyote was letting me know my friend was home safe from her trip. I may have been reading a bit much into it however, as guests at the Overlook House around the corner reported that a coyote was hanging out on the lawn there for much of the afternoon.

Over on N Wygant, several neighbors reported that a **deer** walked right down the middle of the road at dusk. She has been seen

Party for Pittman!

by Darcy Cronin
Facilities Services Specialist
Portland Water Bureau

Mark your calendar to celebrate the **Grand Opening of the Pittman Addition HydroPark, September 26th!**



photo by Darcy Cronin

Venture north over the pedestrian overpass on N Concord and you are in for a pleasant surprise: a new path to explore, benches to relax on and picnic tables to eat at. The transformation of this small greenspace has been made possible through the serendipitous convergence of a group of dedicated neighbors and the Portland Water Bureau's commitment to make this forgotten water facility property into a community asset. Through several community planning meetings since last fall, the site was designed with co-facilitation by local community artist Brian Borello and Portland Water Bureau staff. The draft design was then put into action by the bureau's property maintenance team and a group of youth volunteers from Straightway Services. There were also several community volunteer events to help spiff up the space. The park's development centered around three themes: art, sustainability and community.

Now it's time to celebrate! There will be a community potluck on **Saturday, September 26th from 5-7 p.m.** Neighbors will bring over BBQs, so bring your grill food. We are hoping to book some local talent (let us know if you're interested in performing ~gratis) to make for a festive atmosphere. There will be kids' activities. Come join the fun and thank your community members who have helped make Pittman Addition HydroPark possible. Commissioner Leonard is also planning to attend to give his kudos.

Visit the project web page to learn more about the background and stay in touch: www.portlandonline.com/water/pittman_addition

again recently.

The Portland Audubon Society reminds us that coyotes have an important place in our ecosystem as top of the line predators, but you might want to jump over to their website to read up on some tips for a happy coexistence with them.

Of paramount importance is controlling the food you leave outside for your own pets; it's extremely unsafe to leave food out for wildlife like raccoons.

Keep your eyes open and you might get a peek at one of Overlook's wilder neighbors.

Check these websites for more urban wildlife tips:

www.audubonportland.org
www.dfw.state.or.us/swwd/urban_alt.html

If you have a wildlife story to share, please email Michelle at views@OverlookNeighborhood.org



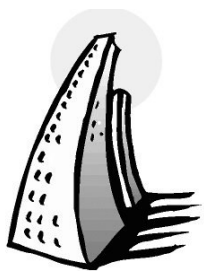
Surf to OverlookNeighborhood.org & sign up for the email list!

We also thank all the PDC staff and neighbors (adults and children) who happily volunteered on that sunny Saturday morning and the businesses who provided the necessary materials (DC Custom Silkscreening, Linnton Feed and Seed, Pistils Nursery, and Teufel Nursery).

With the sunflowers and wildflowers have come...the weeds! If you're interested in helping us remove them, let Cynthia know (csulaski@comcast.net). We promise our weeding parties will last less than an hour.



Neighbors Matt Scoggin, Cynthia Sulaski, Michelle Thompson, Sara King/PDC, Tom Kilbane, Holden Kilbane, Mags Guth, Estee Segal/PDC and Chris Lambert/Rebuilding Center rest after a morning planting flowers.



On the Grow!

Patton Park Apartments: Home Sweet Home

by Michelle Haynes
REACH CDC Housing Development Director

Our lease-up of Patton Park is almost complete; all 54 residential apartments and ¾ of the commercial space are now leased. I thought this would be a good time to update OKNA on your new neighbors.

Residential Tenants

Patton Park Apartments is now home to 106 residents, including 45 children under 18. Over half of these families moved to Patton Park from other housing in the neighborhood. Many of the other apartments in the building are now rented to families who grew up in the area or lived there formerly, and they welcomed the opportunity to move back to their former neighborhood. REACH is pleased that we have been able to fulfill the Interstate Corridor Urban Renewal Plan goal to provide benefits to existing neighborhood residents, especially those in danger of displacement due to rising rents.

Commercial Tenants

OKNA and TriMet both expressed a preference for the project to include ground floor commercial space to activate the street level and help create a pedestrian-friendly environment. Patton Park includes about 4,600 square feet of commercial space on the ground floor, most of which is concentrated at the south and north ends of the building. We're pleased to announce that we've leased the corner spaces to two local, family-friendly businesses. Both will open in early July.

Aprende Con Amigos will occupy the south-end space at Interstate and Emerson. Aprende is a locally-owned Spanish-immersion preschool that is licensed to serve up to 30 children. Aprende's owner, **Stacy Alonso**, chose to locate at our building because of its great location next to Patton Square Park. Aprende will join Trillium School in using the park and playground as outdoor space for its students, which will reinforce the park as a family-friendly place. We are delighted to welcome Aprende; N/NE Portland is underserved by preschools and Aprende will be a wonderful complement to Beach Elementary School, which offers a Spanish-immersion curriculum. Aprende is currently accepting kids for the 2009/10 school year.

Portland Community Land Trust (PCLT) is a local non-profit organization with a mission to develop affordable homes for sale to first-time home-buyers. PCLT was founded in 1999 and to date it has helped 100 families become homeowners, including many in N/NE Portland neighborhoods. The Executive Director, **Jesse Beason**, is the former interim director of IFCC. PCLT has outgrown its former office space and is delighted to be able to relocate its office in the Patton Park Project.

We hope OKNA will join us in welcoming our new residents and commercial tenants. REACH is honored that we can part of the renaissance of the Interstate Corridor and we greatly value our partnership with OKNA.



photo by Matt Scoggin

Burn to Learn Live Fire Training at N Prescott

by Michelle Thompson
OV Coordinator

Portland Fire & Rescue has been given the unique opportunity to do a series of 'live fire' burns at the Sierra Construction Co site at N Interstate & Prescott. The live burns had been scheduled to take place in early August but due to the weather, PF&R is rescheduling for later in the month. Burns may be completed by the time you read this.

But what have they been doing, and why? It's all very interesting actually. Firemen are using the old houses to create situations that allow the firefighters to practice search and rescue techniques, laddering and use their specialized tools on actual structures instead of plywood substitutes. These exercises are extremely important to the firefighters, as evidenced by the passion of the presentations made to OKNA and to passing neighbors.

I spoke with Lt Hartsock at the end of July and he reports that techniques practiced at the site were used in an apartment fire where they encountered similar structures; he was thrilled that the practice was put directly to use.

During June and July, firefighters had appliances (fire trucks, cutting tools, etc.) on site during the week, affording a rare synchronicity of solutions to the problems the site presented. Daily practice sessions were held in five different structure stations, and partici-

pants came from the training division on NE 122nd Ave as well as from duty firehouses throughout the city. Training was conducted during regular shift scheduling, to maximize pay and time available.

Captain Kyle Wochnick, Training Lt Rob Hartsock and Chief Davies have been very generous with their explanations to so many interested neighbors. They offered a presentation at the site when training began in June and visited the OKNA General Meeting on July 21 to keep us updated and to again express their excitement at the opportunity. It's been 3 1/2 years since Portland Fire & Rescue has had a chance like this to have a live fire outside of the controlled environment of the training station.

Neighbors concerned about pollution and toxins were quickly reassured. The buildings have been stripped of problem items; oil tanks removed, asbestos siding abated, all furniture cleared out. The intense heat of a fire like this completely incinerates anything that is left and draws it well out of our immediate atmosphere.

Burning will only occur if it is safe for the firefighters and the neighborhood. The response from neighbors to the email call for volunteers to canvas the area in advance of the burn was quite enthusiastic, and Overlookers impressed Lt Hartsock!

When the burns are all completed, The Rebuilding Center has been contracted to conduct a sustainable deconstruction of the remaining buildings. While somewhat slower than plowing it all down, this method can save and reuse up to 85% of the remaining construction materials. The Portland Development Commission has provided a grant for the demolition.

This has been described as a win-win situation for everyone and is the result of neighbors like yourself speaking up and asking for what we need. Overlook will soon have a secure, green space awaiting development, Portland Fire & Rescue members gain valuable training and an area non-profit achieves its aims. What an outstanding community result!

TRIMET The Yellow Line to PSU

by Brad Halverson
Overlook Neighbor

All that construction on the Steel Bridge and bus mall in downtown Portland is finished! Light rail tracks have been installed and everything else rebuilt. Now that the dust has settled, the trains will start using the new tracks on Sunday, August 30. The Yellow Line goes first and will split off from the Red and Blue Lines at the west end of the Steel Bridge and head down to Union Station then use 5th and 6th Avenues to get to and from PSU. No more trips on 1st Ave or Morrison & Yamhill to the Galleria stop.

Two weeks later, the Green Line trains will start taking riders along the same alignment in downtown. These trains start at Clackamas Town Center, head up alongside I-205 to Gateway then next to I-84 to the Lloyd District and the Rose Quarter. September 12 is opening day, and **free rides** are available after 11:30 a.m.

The old easy way to transfer between the southbound Yellow Line and the eastbound Red and Blue Lines at the Old Town/Chinatown station won't work anymore due to the changes. However, one could catch the eastbound Green



photo from TriMet

Line at Union Station or walk across the Rose Quarter. Riders transferring to the westbound Red and Blue Lines should ride the Yellow Line all the way to the Pioneer Place stops for the shortest transfers.

You may have heard of the service cuts that TriMet is making this fall. Most of North Portland is spared, but the **Yellow Line will have reduced service after 9:30 each night**. Also, some of the southbound Yellow Line trains will turn into Red or Blue eastbound trains each evening. These trains will take you to the Rose Quarter platform under I-5 so those headed downtown and beyond can change to a westbound train there. The good news is that all of the weekday trains will be two cars long!

Plenty of changes - but if you go to PSU, Keller Auditorium, Union Station, Big Pink or City Hall, you will enjoy the direct trip on the Yellow Line.



Should we know?
Email Michelle with
your neighborhood info:
views@OverlookNeighborhood.org

OVERLOOK ESSENTIALS

August 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17 Yoga 5:30-6:30pm Mindfulness Meditation 7:00-8:45pm Overlook House	18 OKNA Annual Picnic 6-8pm DiPrima Dolci Hop & Vine N Killingsworth	19 Interstate Farmers Market 3-7pm Music: Jerome Monaco	20 "Bean Sprout" Story Hour 10:30-11:30 Overlook House	21	22
23	24 Yoga 5:30-6:30pm Mindfulness Meditation 7:00-8:45pm Overlook House	25	26 Interstate Farmers Market 3-7pm Music: Steve Cheseborough PSAC: 7-8:30pm	27 "Bean Sprout" Story Hour 10:30-11:30 Overlook House	28	29

September 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 30	August 31 Yoga 5:30-6:30pm Mindfulness Meditation 7:00-8:45pm Overlook House	1 OKNA Board Meeting 7-9pm Overlook House	2 Interstate Farmers Market 3-7pm Music: Johanna Yoga: 5:30-6:30pm Overlook House	3	4	5
6	7 Yoga 5:30-6:30pm Knitting & Crochet 6:30-9:00pm Overlook House	8	9 Interstate Farmers Market 3-7pm Music: Lew Jones Yoga: 5:30-6:30pm Overlook House	10 "Bean Sprout" Story Hour 10:30-11:30 Overlook House	11	12 MAX Green Line Grand Opening 11:30am —>
13	14 Yoga 5:30-6:30pm Knitting & Crochet 6:30-9:00pm Overlook House	15 OKNA Elections Meeting: 7-9pm Kaiser Town Hall	16 Interstate Farmers Market 3-7pm Music: Kate Mann Yoga: 5:30-6:30pm Overlook House	17 Tai Chi Chih 6:30-7:45pm "Bean Sprout" 10:30-11:30am Overlook House	18	19
20	21 Yoga 5:30-6:30pm Knitting & Crochet 6:30-9:00pm Overlook House	22	23 Interstate Farmers Market 3-7pm Music: Sambafeat PSAC: 7-8:30pm Kenton Firehouse	24 Tai Chi Chih 6:30-7:45pm "Bean Sprout" Overlook House Last Thursday: IFCC	25	26 Polish Festival 11:00-10:00pm Interstate Ave Pittman Park Party 5:00-7:00pm
27 Polish Festival 11:00-10:00pm Interstate Ave	28 Yoga 5:30-6:30pm Knitting & Crochet 6:30-9:00pm Overlook House	29	30 Interstate Farmers Market 3-7pm Music: John Twist Yoga: 5:30-6:30pm Overlook House			

October 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Tai Chi Chih 6:30-7:45pm "Bean Sprout" 10:30-11:30am Overlook House	2	3
4	5 Yoga 5:30-6:30pm Buddhism Info 7:00-8:30pm Overlook House	6 OKNA Board Meeting 7-9pm Overlook House	7 Yoga: 5:30-6:30pm Overlook House	8 PDC Homebuyer Workshop 6:00pm Kaiser Town Hall Register at www.pdc.us/nhp	9	10
11	12 Yoga 5:30-6:30pm Knitting & Crochet 6:30-9:00pm Overlook House	13	14 Yoga: 5:30-6:30pm Overlook House	15 Tai Chi Chih 6:30-7:45pm "Bean Sprout" 10:30-11:30am Overlook House	16	17
18	19 Yoga 5:30-6:30pm Knitting & Crochet 6:30-9:00pm Overlook House	20 OKNA General Meeting 7-9pm Kaiser Town Hall	21 Yoga: 5:30-6:30pm Overlook House	22 Tai Chi Chih 6:30-7:45pm "Bean Sprout" 10:30-11:30am Overlook House	23	24
25	26 Yoga 5:30-6:30pm Knitting & Crochet 6:30-9:00pm Overlook House	27	28 Yoga: 5:30-6:30pm Overlook House PSAC: 7-8:30pm Kenton Firehouse	29 Tai Chi Chih 6:30-7:45pm "Bean Sprout" Overlook House	30	31 Halloween Party 4:00-6:00pm Ages 1-5 y/o Overlook House

Where to go? Who to call?

Overlook House
503.823.3188
3839 N. Melrose Drive
www.HistoricOverlookHouse.org
OKNA Board Meetings
1st Tuesday Monthly 7-9pm

Kaiser Town Hall
Corner of Interstate and Overlook Blvd
OKNA General Meetings
3rd Tuesday Monthly 7-9pm
Please join us!

Crime Prevention Coordinator
Mark Wells
503.823.4098

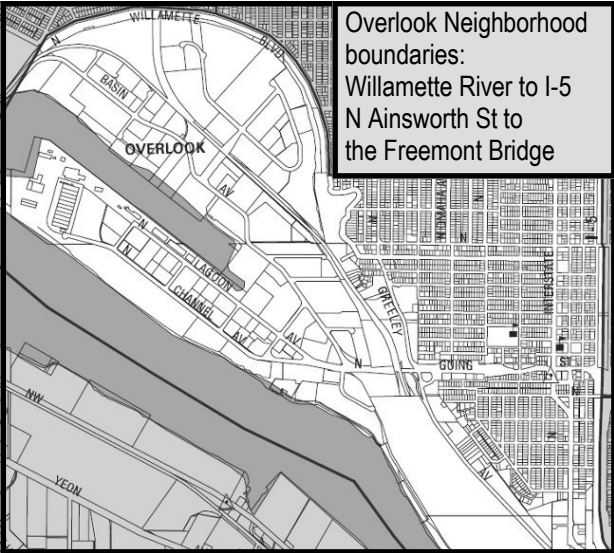
Police Non-emergency
503.823.3333
Report it!

Graffiti Hotline, 503.823.4824
Cell phone photos help!

Abandoned Auto 24hr Hotline
503.823.7309

City of Portland: Information & Referrals
www.portlandonline.com 503.823.4000

Metro Recycling Information
503.234.3000



Overlook Neighborhood
boundaries:
Willamette River to I-5
N Ainsworth St to
the Freemont Bridge

Stay Connected!

For up-to-the-minute reminders about your neighborhood happenings, surf over to www.overlookneighborhood.org, enter your email address on the home page and join our mailing list.

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Newsletter Committee members collect and coordinate items of interest to the Overlook neighbors; thank you!

David Chott, Alan Cranna, Carol Cushman, Tom Kilbane, Steve Lanigan, Clare Matthias, Claire Paris, Matt Scoggin, Cynthia Sulaski, Michelle Thompson

Special thanks to our contributors!

Lenny Anderson, Barbara Brooks Pratt, Darcy Cronin, Alan DeLaTorre, Brad Halverson, Sally Kavanagh, Mark Kirchmeier, Carol Padden

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