

Overlook Views

your neighborhood newsletter

Winter 2012

November/December/January

Overlook Neighborhood Association, Portland Oregon
www.OverlookNeighborhood.org

You're Invited to the OKNA Holiday Party!

by Cynthia Sulaski
OKNA Board Member

Add our annual holiday party to your list of December festivities now! We'll get together for our traditional potluck dinner on **Tuesday, December 11, from 6:00-8:00pm** at **Daybreak Cohousing** (2525 N Killingsworth). This event will take the place of our monthly General Meeting.

Come meet and make merry with your neighbors and enjoy a delicious dinner. OKNA will supply drinks, silverware, plates and napkins. Bring a favorite dish to share: salads, main dishes, appetizers and desserts are all welcome. Please bring a serving spoon if your dish needs one.



The OKNA Board usually rounds up gift items from our generous local businesses so we can draw raffle prizes for those in attendance. Odds are pretty good, so maybe you'll win something—and meet some new friends too.

If you'd like to help make this year's Holiday Party a success, please contact OKNA at info@OverlookNeighborhood.org to volunteer. See you there!

2012-2013 OKNA Board Selected — Expansion Means Energy!

by Alan DeLaTorre
OKNA Board Member

At this past September's Overlook Neighborhood Association meeting board members were chosen by the neighborhood to serve our community for the 2012-13 year.

Of the slate of board members elected, many are returning while several new members also joined the leadership of our North Portland neighborhood.

At the October board meeting the following positions and responsibilities were assumed by returning board members: Alan Cranna (vice chair, communications), Cynthia Sulaski (parks and green spaces), Michelle Thompson (Overlook Views editor, communications), George Spaulding (public safety), Kent Hod-

dick (finance, environment), Alan DeLaTorre (diversity, aging), Leslee Lewis (secretary, environment), Tammy Maher (treasurer), and Jenna Forzley (business relations).

Among the newly elected board members are George Aulbach (co-facilitator), Aaron Whelton, Kevin Campbell (land use), Larisa Jeffreys, Rebecca Hill, Tom Sted, and Brent Young (business relations).



The 2012-2013 OKNA Board.
photo by Rebecca Hill

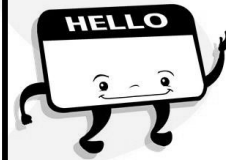
The new board has already been active in serving Overlook's needs and working to create a livable community. For those interested in serving on the board now or in the future, please join us at an upcoming board meeting (1st Tuesdays of the month at the Overlook House) or at a general meeting (3rd Tuesdays of the Month at the Kaiser Town Hall).

Neighborhood 'Picnic' Always a Pleaser

Thank you, Overlook Neighbors, for your enthusiastic attendance at this summer's Annual OKNA Party/Picnic! Special thanks go to our hosts at the Lucky Lab Taproom, for offering a buffet spread of pizza, salads and cookies at a friendly price; it was so comfortable to spread out in the party rooms and have a chance to visit with friends old and new.

Additional appreciation goes to the Overlook businesses that donated prizes for our drawing: **Atomic Pizza, Eddie's Flat Iron Pizza, Tilt, Beads for Life and Lucky Lab Taproom.**

It's already time to think about next summer; every August we hold a gathering of some kind instead of our usual OKNA meeting. Would you like to try something new this year? Return to our picnic roots and have a potluck in a park with games? Meet at a restaurant again for fixed-price fare? Have a big block party somewhere? All options are open but we need your input; please contact OKNA with your ideas and inspiration: info@OverlookNeighborhood.org



Hi, Neighbor!

We'll see you at the
OKNA General Meeting

7:00-9:00 pm

@ Kaiser Town Hall

Corner of Interstate and Overlook Blvd

On the Agenda in November:

- ◆ Public Safety Report: What's Happening?
- ◆ Committee Updates

Come Meet Your Neighbors!

The 3rd Tuesday of Every Month!

Adopt a Neighbor!

by Erica Tucker
REACH Community Development

Last year Overlook neighbors made a difference to 8 families and a total of 24 children over the holiday season. It was the first annual Adopt A Family program (renamed Adopt A Neighbor) through REACH Community Development's Resident Services department at Patton Park Apartments.

We were overjoyed with the number of you who were eager to help out by providing holiday gifts, food boxes, or hygiene items to neighbors who are struggling to make ends meet. Patton Park Apartments is home to over 100 residents (46 between the ages of 0-18) living at or below 60% of the median family income. Five of the parents from last year have gone back to school and one has gained full-time employment! These are big steps to becoming financially stable.

If you are interested in adopting a neighbor contact Erica Tucker-Resident Services Coordinator at etucker@reachcdc.org or 503- 546-1662. No amount is too little.



Overlook House

HOLIDAY CRAFT BAZAAR

Local Vendors and Crafters
Raffle • Bake Sale

Sat. Dec 1st 9-5
Sun. Dec 2nd 9-3

Historic Overlook House
3839 N. Melrose Drive



**Rock n' Roll
Camp for Girls
and "Lost Boys Live" @
Ethos/IFCC**

by Reba Sparrow
Ethos/IFCC

Our fall term has begun and Ethos/IFCC is very excited to announce that has partnered with The Rock N' Roll Camp for Girls, who will be doing programming at IFCC on Tuesday and Thursday evenings. Additionally, we have continued our partnership with The Aspire Project, who will have dance classes 3 days a week at IFCC.

Also, every Friday and Saturday night through the first week in November, Bad Reputation Productions will be performing their rendition of Lost Boys Live at Ethos/IFCC. Doors at 7pm, curtain at 8pm. For tickets visit www.badreputationprods.com

If you missed this show, check ethos.org to see what's on this month; you're sure to be amazed!

Ethos at IFCC is a partnership between Ethos Inc. and Portland Parks and Recreation. Visit www.ethos.org, to learn more about upcoming programs at the IFCC and join their mailing list for more time-sensitive updates.

Surf to your
OKNA
website at



OverlookNeighborhood.org

Sign up for the email list, find back issues of the newsletter and meeting minutes and tons of resources for Overlook neighbors.

Ockley Green Donation Network: Helping Our Neighbors

by Ginger Edwards
Vice Chair, Arbor Lodge Neighborhood Association

Starting the first of October, 13 individuals and families in Overlook began supporting food insecure neighbors by donating fresh fruit and veggies for backpacks taken home by children/youth who attend Ockley Green School. It's working well.



These volunteers rotate the donations once every 13 weeks. They buy 25 individual pieces fruit or veggies that either look good or are on sale. Donations are taken to the school each Thursday by noon. Other volunteers fill the backpacks with stable foods from NW

Ecumenical Ministries, adding the fresh fruit and veggies to round out the variety. Children/youth are identified by their teacher as both eligible for free breakfast and lunch, and as having come to

school hungry. Families agree to this program.

Here are thoughts from two of your neighbors who have already made a donation this school year.

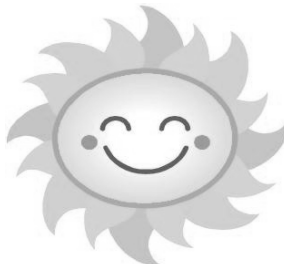
"Low Food security is a problem throughout Portland and it's important to look within our own communities to see the hidden dimensions of this problem. I'm so glad that projects like the Backpack Lunch Program exist, for the effects of hunger on school children is detrimental in many ways. I'm happy to be able to help those who are in need in my neighborhood, and hope that more people join up to donate. -Rell

"Knowing there are hungry kids right in my neighborhood is hard to hear, especially in a town as food-focused as Portland. I'm happy to help out in any way I can and jumped on the opportunity to donate produce through this backpack program. My visit to Ockley Green left me feeling full, but still hungry to do more. -Jen

You can join the Donation Network. Just e-mail the new Overlook contact, Jen Devani at jeninportland@hotmail.com. You'll start donating in January. Jen will give you a projected donation date, and will e-mail you a reminder the week before too.

Neighborhood Help Offered

Free food boxes and access to the community clothes closet are offered weekly at Christ Memorial Church, 1552 N Killingsworth Street. Drop in on Wednesdays from 1:00pm—3:00pm or if you have any questions, call 503-972-2122 or email christ.memorial.pdx@gmail.com



**SUNSHINE CENTER
MONTESORI THEMED
PRESCHOOL**

Christ Memorial Church's Sunshine Center preschool, also located at 1542 N Killingsworth, is preparing to expand to include care for ages 6 weeks to 6 years old starting in January. They currently have space available for ages 18 months to age 6. Once expanded, expect classes based on age: 0-2, 3-4, 5-6. If you have any questions feel free to contact us at 503-282-9460 or email info@sunshinecenterpdx.com or visit our website www.sunshinecenterpdx.com

New to Overlook?
Welcome to the neighborhood!
Drive yourself over to the OKNA



website
OverlookNeighborhood.org and
find all the resources you need to

feel right at home! Join our Weekly Email list and 'like' us on Facebook @ OKNA-inPDX to stay up-to-date with the news.



Discover One Of North Portland's Timeless Treasures

OVERLOOK HOUSE



Dragon's Breath of Fire
QiGong Classes at Overlook House

Mondays: 10:00am—11:30am
Thursdays: 10:00am—11:30am

Want more information? Email James Bloom directly at dragonbreathoffire@comcast.net

YOGA

Yoga Classes at Overlook House
Mondays: 5:30pm—6:30pm
Wednesdays: 5:30pm—6:30pm

Want more information? Email Ruth Oclander directly at ruth.oclander@gmail.com

Donate to the O House

The Overlook House web page www.historicoverlookhouse.org has added a "DONATE" button which accepts all major credit cards. Once you decide to make a donation to further our community activities or as a gift in honor of someone, PayPal helps you make a tax deductible donation to the Overlook House.

Overlook House depends on donations to complete its mission of serving as a community center to benefit the neighborhood.



by Carol Cushman
Friends of Overlook House Board

The Overlook House Holiday Craft Bazaar is a combination neighborhood event and fund raiser. It started as a general bazaar, but has been developed through the years to focus on home made items. Many of our vendors are also residents who live in Overlook or adjoining neighborhoods, but also include those who come from throughout the Portland region. Old favorites will return with holiday decorations, soaps, spices, jewelry, knitted scarves, aprons, cards and more. New vendors will bring pickles, woven scarves, backpacks, paintings, fabric art, and new variations of past items.

In addition to the items brought by vendors, the dining room is filled with the aromas of home baked goods. Neighbors donate items for that part of the sale. There will also be raffle baskets with a combination of items that have been donated by local businesses and purchased

A Scary Good Time!

by Jane Finch-Howell
Friends of Overlook House Board

A fog machine added to the spooky fun as close to fifty Overlook children enjoyed games, prizes, crafts, dancing and snacks at the annual Overlook House Halloween Party October 31st. Cool costumes abounded, with young superheroes, princesses, pirates and skeletons dancing to the Monster Mash under the flashing disco lights.

Sincere thanks to Michelle Hylland for master planning the event, and to volunteers Mary Ellen Baldauff, Esther Brock, Carol Cushman, Greg duFour, Jane Finch-Howell, Chuck Huffman, Sally LeBaron, Ruth Mahin, Justin McCullough, Kathy Murphy Brooke O'Shaughnessy, Dawn Myrah and Marsha Parks for making it all happen. Additional thanks to Atomic Pizza for discounts, and to donors Linnton Feed and Seed for hay bales!



items (such as a fresh greens wreath). Chances on the baskets are just \$1, or six chances for \$5.

Why the fund raising activities in conjunction with the bazaar? The moneys earned all go into the budget to help pay for House activities directed toward children. Example? Drop by the following Sunday to visit with Santa.

The Overlook House is a City property, but budget constraints caused the City to discontinue funding. The Friends of the Overlook House have worked to keep it open and available to the community for meetings and provide classes and events. Come visit the House for the first time if you have not seen it and come back for the meetings, classes and events.



HO! HO! HO!

Santa will be making his annual visit to the children of our community at the Overlook House. Have your child's photo taken for free with Santa and enjoy the FUN activities!

Sunday, December 9
11:00 am to 1:00 pm
The Overlook House
3839 Melrose Drive

Donations gladly accepted!

Overlook House Programs

If you have ideas for classes or events, please let Jessica know; she would love to hear from you:

503-823-3188

coordinator@historicoverlookhouse.org

www.facebook.com/historicoverlookhouse

Also check www.historicoverlookhouse.org for current event details.

Open House Nights

Stop by any Tuesday evening from 5:30-7pm to view the house for the first time, check details for your event, or simply wander around the wonderful gardens. Please email or call ahead so we know to expect you.

Business in Overlook

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

Come on in to Overlook's very own used bookshop - **Another Read Through** - now open at K Station. Many thousands of inexpensive adult and kid books to choose from! www.anotherreadthrough.com

Blooming Moon Wellness Spa, 1920 N. Killingsworth. Offering Massage, Facials, Waxing & Non-Toxic Manicures / Pedicures & Spa Packages. Holiday Open House: 12/8, 4p-6p. 10% Off Gift Certificates, Jewelry and Libations! (Available on-line!) www.bloomingmoonspa.com 971-279-2757

DiPrima Dolci Italian holiday specialties (Panettone, and more) all made at our Killingsworth Street Trattoria. Get some home cooking, Italian style, right in the neighborhood. Dec. 8: Feast of the 7 Fish! www.DiPrimaDolci.com 503-283-5936.

Overlook Chiropractic Clinic now offering therapeutic massage services. Mention this ad and receive 25% off your first massage! We accept most insurances. Specializing in auto accident and workplace injuries with no out of pocket expense to you. 503-719-7742

Looking for a Financial Advisor? **Dave Trabucco**, AAMS®, CRPC® Financial Advisor 7326 N Leavitt Portland, OR 97203 503-247-7374 Member SIPC Edward Jones. Making sense of investing.

Young Design Studio is a full service architecture and interior design firm dedicated to providing clients with thoughtful, creative designs for their residential and commercial projects. Contact Brent Young at 971-222-5629 or youngdesignstudio@gmail.com.

Serving Overlook and North Portland for over 10 years! **North Portland Acupuncture** offers Acupuncture and Chinese Medicine. 1905 N. Killingsworth, just east of Denver. 503-517-2020. Monday - Friday 9:00am - 6:00pm and Saturday 9:00am - 1:00pm.

KStation Condos are 65% SOLD - Stop By Before It's Too Late. Killingsworth/Interstate or call Ben Andrews 503-290-4191.

Give the Gift of Reading

by Jim Heiman
Overlook Neighbor

SMART (Start Making A Reader Today) is a nonprofit book and reading program that envisions an Oregon where every child can read and is empowered to succeed. SMART partners with hundreds of schools statewide to deliver literacy support to PreK-3 children. Teachers recommend students for participation in the program which complements the school's curriculum.

Local SMART Site Coordinators recruit and train community volunteers to read one hour, once a week from October to May with two children.

INTO EDEN Skincare offering seasonal specials; "Cherry Cobbler Body Treatment" \$75, Pumpkin Peel Treatment \$65. Treat your loved ones for the holidays, during December only, purchase \$100 worth of services for \$75! www.intoedenskincare.com 503-752-3508

A comfy, cozy and welcoming consignment shop in historic Kenton. 8128 N Denver Ave. Open Wed-Sat 10-6 and Sundays 1-5. Follow us on Facebook at **Give and Take Resale** for specials and pictures of new merchandise! 503-954-2221 www.giveandtakesale.com

Happy Holidays from **NoPo Paws**! Mention this ad for 20% off any one regularly priced item through December 31st. 'Tis the season for pampering our pets! NoPo Paws, 2148 N Killingsworth, 503-477-8381

Sabi & Friends Vintage, 8402 N.Lombard, St. Johns 503.719.6176 Like us on FB to view pictures weekly of our latest treasures. www.sabiandfriends.com Mention "Overlook" and receive 20% off of your purchase of \$20 or more!

Enjoy your winter rejuvenation at **Exodus Spa**: Sauna/60 minute massage \$20 off, Spa Mani or Pedi \$10 off, Haircuts \$5 off & Biosonic Facials \$15 off. Call or book online for appointments. www.exodusspa.com 503.288.3110 4211 N. Interstate Ave.

Arciform's Handyman - Prepare your home for the holidays with a quick bathroom makeover, fresh paint in the dining room, or a new mantel to hang your stockings on! Contact us today: re-store@arciform.com or 503.493.7344.

Versatile Wood Products is your source for exceptional handcrafted sash, doors & cabinetry. We have been in SE Portland for 30 years, but are now excited to call North Portland home. Call us today: 503.238.6403

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



SMART volunteers are paired with the same two children throughout the program year allowing for a consistent, one-on-one caring relationship that gives children the extra attention, self-confidence and necessary skills to succeed in school and beyond. Participating children also receive new books each month to keep and read with their families.

Since 1992, thousands of SMART volunteers have been inspiring little readers. To make a difference at Beach Elementary and your community, call SMART at 971-634-1609 or visit www.getsmartoregon.org to complete the SMART volunteer application online.

Speakeasy: New Opportunity for Overlook Business Networking

by Brent Young
OKNA Business Relations Chair

Business owners are invited to the newly instituted **Overlook Business Speakeasy**. We will be gathering on a quarterly basis with the intent to build a strong local business network through social interaction. These meetings will be informal and fun, but will have an agenda focused on introducing new businesses and announcing new developments in established businesses. In addition to meeting other local companies and providing a platform to represent your company, attendees will get news about their businesses mentioned in the quarterly Overlook Views. The meetings will be held in a local eating/drinking establishment and there is no charge except for the food/drink you order. We are hoping to get a grant to fund some food/drinks for each meeting.



The first meeting will be at Atomic Pizza, 2150 N Killingsworth St. on **January 16, 2013 at 6:00 pm**. The date is out there so mark your calendars.

RSVP to Business@OverlookNeighborhood.org if you are at all interested so that we can estimate the group size. Please invite all local businesses people that you are in touch with whether a work-from-home business, storefront or office, the Overlook Business Speakeasy is open to everyone with a business in Overlook!

Real Estate Recap

Here is a round up of recent real estate sales completed in the past few months in the Overlook neighborhood.

Thanks to neighbor **Dawn Barry-Griffin** of Portlandia Properties (503-381-7035) for sourcing this information for you!



Address	SF	Bed/Bath	List Price	Sold Price	Days on Market
1617 N Skidmore St	960	3/1.1	249900	269900	1
3913 N Longview Ave	2224	3/1.1	249950	296000	1
1455 N Killingsworth St	1136	2/2	299900	299900	1
3705 N Longview Ave	2742	3/1.1	359950	350000	1
2006 N Blandena St	2240	3/1	350000	361500	1
4135 N Court Ave	2078	3/2	369900	364900	1
5825 N Omaha St	2031	2/1	266500	272279	3
1593 N Skidmore St	1960	2/1	269000	271500	4
5633 N Montana Ave	1773	3/1.1	319900	318000	4
2505 N Willamette Blvd	1985	3/1	239900	234000	5
5336 N Maryland Ave	1742	2/1	219950	226500	7
5115 N Concord Ave	1640	2/1	264900	270000	8
2334 N Sumner St	1728	3/2	320000	321600	8
2101 N Emerson St	1456	3/2	299900	290000	10
6017 N Burrage St	2594	3/2	419900	413000	10
5505 N Minnesota Ave	2600	4/2	269900	273500	11
4125 N Overlook Blvd	2660	4/2	349900	325000	15
5926 N Boston St	2188	3/1.1	335000	330000	16
3749 N Melrose Ave	4085	5/3.1	399900	390988	16
1315 N Alberta St	2050	3/1	199,950	175000	21
3903 N Longview Ave	2632	3/2	499994	485000	34
5517 N Minnesota Ave	2154	3/2	300000	283000	40
4105 N Concord Ave	1901	3/2	419950	409950	49
5313 N Montana Ave	1632	3/2	269000	255000	56
3959 N Overlook Blvd	3428	3/1	499000	482000	110
3915 N Colonial Ave	2995	4/3	430000	409950	128

In addition to the sold homes above, one each 1-, 2- & 3-bedroom condo units at Daybreak Cohousing, 2525 N Killingsworth Street, are reported sold for \$135,000 - \$219900. Additionally, 6 condo studio units in Killingsworth Station, 1455 N Killingsworth Street, are reported sold for \$174900-\$226,900.



Packing Peanuts: It's getting to that time of year when they have a use, holiday shipping! You can generally recycle Styrofoam peanuts with a shipper; we have at least one with Overlook owners!

Trillium

Public Charter School

by April Door-Jorgenson
Trillium Parent Volunteer

Trillium Charter School is hosting its First Annual **Arts & Crafts Spectacular** December 1-2, 2012 at Trillium Charter School, 5420 N. Interstate Ave. This is a juried community art fair which means that submissions are open to the public and hand-picked by the organizing committee so as to ensure the most diverse, unique, and high quality selection of arts and crafts our event can offer. The sale promotes the work of talented artists from the greater Portland metro area as well as the Trillium Charter School community; and with everything from handmade paper, glass work, hand carved magic wands and much more, it is sure to be an event to remember!

Each participating artisan will be donating 30% of their proceeds from this show. These funds will in turn be used to purchase supplies, sponsor valuable programs, and fund program grants at Trillium Charter School.

Trillium Charter School Arts and Crafts Spectacular

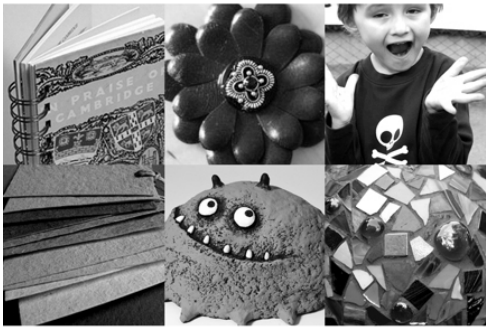
Saturday, December 1, 10am – 6pm

Sunday, December 2, 10am – 4pm

at Trillium Charter School, 5420 N. Interstate Ave.
Admission is free.

The school is conveniently located next to the Killingsworth MAX station, the Interstate Firehouse and Bus line 72. Parking is behind the school on Maryland Ave.

Arts & Crafts Spectacular



TRILLIUM CHARTER SCHOOL

The Tempest @ Trillium

Trillium Middle and High school students, together with Portland Playhouse, are thrilled to present a public performance of *The Tempest*, on November 16th. The performance will be at 7:30 in the school's multipurpose room, and runs about 90 minutes. It's open to families, friends and neighbors of all ages on a sliding scale (we suggest \$5-15.)

New Playground Design

We've also completed a redesign of the school's playground, and are excited to begin the bidding



Rendering of the Trillium playground design.

process for engineers, contractors, and equipment suppliers. The school community has been an active part of the design process, but we want to know what our neighbors

think! You can check out some pictures of the proposal at our school's website (www.trilliumcharterschool.org), drop by a Playground Committee meeting (The 4th Monday of the month, 6pm at the Lucky Lab) or get involved by contacting EmilyS@trilliumcharterschool.org

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www.OverlookNeighborhood.org

Warm Thoughts of Summers Still to Come

Bethel Youth Drop-In Center Open Year 'Round

by Mary Klein
Bethel Neighborhood Youth Drop-In Center Board

One of the highlights of our summer program has always been our weekly swim outings at Peninsula Park Pool. This year, because of a generous grant from the Nike Employee Grant Fund of the Oregon Community Foundation, all children also benefitted from a 2 week session of swim lessons. Forty-nine children participated in swim lessons and were provided with new swimsuits, towels and swim bags.

In addition to swimming, children spent mornings in focused workshops choosing from puppetry, theatre, papercrafting, drumming, drawing, photography, tunnel and bridge construction, basketball skills, cooking and nutrition, and indoor and outdoor games. Afternoons were for play swims, park trips (including the travelling rock wall), library enrichment programs and workshop field trips including OMSI Planetarium, the MAX tunnel display at the zoo station, a local garden, the Portland Art Museum, Portland City Grill (to look down from a tall skyscraper), the Pioneer Square Farmer's Market, Sand in the City, Oaks Park and a mass transit tour that included, bus, MAX, street car and the tram down from OHSU.

Children were also provided breakfast, a hot lunch

and an afternoon snack. About 80% of the food was provided by the Oregon Food Bank, with an additional 15% donated by program families and church members. Only 5% of food was purchased directly.

This summer 55 children were enrolled from 42 families. Statistics provided by 38 families indicate that 27% identified as African American and 20% as other minorities including Asian, Pacific Islander, Hispanic and Native American. 46% of families earned under \$30,000/year and 20% earned under \$10,000/year. In addition 37% of families reported incomes over \$50,000/year showing the appeal of the program to families that have the resources to choose other programs. Families support the program with a sliding scale fee from full scholarship to \$70/week.

In addition to the summer program, the Center offers after school programs during the school year.

Grants and donations fund 90% of operating costs. In addition to our normal fundraising for operation of the Center we are working to replace our aging mini-vans with 15-passenger vans that will increase our capacity to pick up children from school and to more efficiently transport groups during the summer program, saving us funds otherwise used for bus rental. We appreciate all donations of time, talent and money.

Bethel Neighborhood Youth Drop-In Center, 5658 N. Denver Ave., has provided a safe place for neighborhood kids to play and learn for over 15 years. They are a non-religious organization that welcomes all elementary aged children for summer and after-school hours. If you are interested in the program, please contact them at ydic@bethelpdx.org or visit www.bethelpdx.org/about/ydic

Beach School Boundary Changes

by Paul Anthony
Chair, Humboldt Neighborhood Association

Portland Public Schools is continuing its process of changing the boundaries and enrollment of the neighborhood schools that feed to Jefferson High School.

Potential scenarios include sending programs to different schools, redirecting portions of the neighborhood to another school, or closing a school, with proposals announced in late November. **There will be opportunities for the community to comment through December**, and a School Board vote is expected in late January or February.

The District's two meetings with Beach parents and Overlook neighbors on October 10th and 16th were extremely positive displays of public support for Beach,



its students, faculty, and staff, and its place in the community. Attendance at both meetings was far greater than District expectations.

If you would still like to make your opinion count, you should email your concerns to: Judy Brennan at the district office (jbrennan@pps.net), with copies to Aaron Smirl (president@beachpta.org) and Paul Anthony (paul@shannonpratt.com). You can also follow the rebalancing process on the facebook page: N/NE PPS Enrollment Balancing discussion group.

Watch The Weekly OKNA Email for further announcements.
Subscribe to the list: www.OverlookNeighborhood.org

Beach School Student Writing

Students from Stephanie Macdonald's 4th/5th grade class were asked to write a personal narrative about a secret place where they had a special experience. Enjoy!

Blackberries by Pablo R

There's an empty beach, pieces of driftwood stranded, waves lap against the shore. A barrier of blackberries encroaches on the beautiful sea. I walk over to it. I spy a stained bag at the edge of the bush; I pick it up. A clear glass marble drops into the wet sand. I look inside; there are a dozen or so marbles, gleaming in the sun. I wonder what other wonders are hidden in the branches of thorns.

Behind a wall of driftwood, blackberries embrace old rusty doors. Through the doors are stone steps, crackling with age, weaving through the jungle of thorns. Beetles scuttle over the wet moss below our feet. A spider makes a home out of a carved stone statue. Then we arrive at a room.

Crackling floors and ceilings crumble as we wander to the middle of the room. There are doors, tons of doors. Some lead to dark tunnels that lead to wondrous rooms dripping with sea water. Some lead to dining table rotting and magnificent chandeliers.

Some tunnels lead to hidden gardens and patios filled with life. There are green sword ferns hiding among the invasive brambles Crickets chirp happily while a seagull sits on the top of a wall watching my every move. A cat drops down and purrs. It scares the seagull and sprints across the patio. It's a magical place.

We decide to play hide and go seek. My cousin seeks first. I go and hide as he counts Small creeks weave through the ground trickling down muddy paths. I follow one and come to a little cavern. It's extremely dark with only tiny gaps where the sun peeks through the tangled

blackberries. The air is wet and musty. There are slabs of stone jutting up from the ground. Something creeps across the wet sand. I slowly approach the cave. I hear someone's footsteps so I quickly duck behind a statue of an elephant. AJ, my cousin, comes in. He's a seeker. I climb a slab of granite as he looks behind the stone elephant, my previous hiding place. I see a small hole in the rock. I slide inside. AJ glances over at the hole and walks out. I'm safe. After a while they give up and I come out. There's only one problem. We can't find my brother.

We call him. We're all shouting. "Pumi!" I call. No response. I'm staring to worry. "We give up!" I yell.

"Come out!" says my other cousin, Reif. We split up. I head for the right. I hear his voice. I start to run. My feet splash as I run. I almost run into him. He's playing with some children's toys he found in the sand. There's a bucket and shovel.

"Did you hear us call?" I ask. I lean down and rest my hands on my knees.

"No." He responds, not looking up from his work.

"Let's go find the others, okay?"

"Fine." We get up and walk around until we find the others.

We walk down the winding path and through the dusty doors, out of the fort, out into the sun. It was hard to leave. I still remember this place. It's so memorable because it's full of wonders, because as many times as you go there, there will always be something new, it's always changing. This is my secret place.



Edible Garden Tour

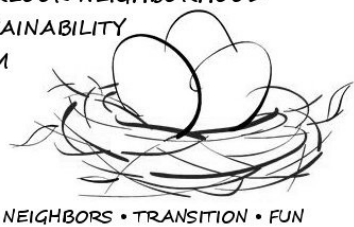
by Josh Cabot
ONeST Member

This year's Overlook Edible Garden Tour gathered neighbors together on Saturday, September 15 to cover a circuit of outstanding home gardens from the outer curves of Willamette Blvd. to the secluded southern triangle near Overlook Park. The diversity of approaches from garden to garden offered a myriad of verdant inspirations, including scores of ingenious raised beds, back yard greenhouses and hothouses, fruit tree stands, bee hives, nifty reclaimed rainwater systems and mobile chicken coops. The tour also included a special stop at Daybreak Cohousing along N. Killingsworth to see their flourishing garden in its third year.

Neighbor Pat Collins showed her garden at the start of the tour and had this to say: "It was so much fun to see neighbors who are interested in growing food in their gardens! I intended to just show my garden and then be on my way, but decided to join the tour and see what other folks were doing. Wow! The variety in the gardens was amazing - our



O•NEST
OVERLOOK NEIGHBORHOOD
SUSTAINABILITY
TEAM



The purpose of O•NeST is to support neighbors in implementing projects for our community that enhance livability through sustainable action and know-your-neighbor.

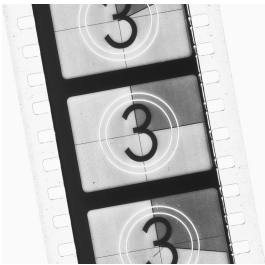
Join us for a great film:
Transition 2.0!

by Leslee Lewis
ONeST Chair

What if the best responses to peak oil, climate change and the economic downturn didn't come from government, but from you and me and the people around us? And what if those responses felt more like a party than a protest?!

Join us in looking at how communities across the world are answering these questions, making their neighborhoods more resilient, and having a terrific time! The film explores projects launched by Transition Initiatives (www.transitionculture.org) from around the globe, neighbors who have found that tackling these issues together is great fun, and gives them more control in their lives – growing their own food, planting nut trees, learning new skills (darning! canning! shoe repair!), launching their own local currencies, investing in local energy generation, and many more projects.

Join ONeST for our screening and conversation!
Thursday, January 10, 6:30pm
Overlook House, 3839 N. Melrose Ave.



Email: ONeST@overlookneighborhood.org Webpage: sites.google.com/site/overlooksustainability
Facebook: www.facebook.com/pages/ONest/215745721771268 Join our email list & watch our website!
We welcome new members and are actively seeking people to collaborate on upcoming projects. Join us!

Brought to you by the neighbors who sponsored this year's Yard Sale/Free Share, Edible Garden Tour, and Intersection Repair!

A Pesticide-Free Neighborhood is Safer For All — Take the Healthy Lawn and Garden Pledge!

by Mulya Melco
Overlook Neighbor

Walking around our neighborhood has been my main form of exercise in pregnancy and in the ten months since my baby was born. Fresh air, sunshine (sometimes), and admiring so many pretty gardens and vegetable plots has preserved my sanity. It's natural to feel protective during this time and my long-held global environmental concerns were starting to take focus on my immediate surroundings.

With pregnancy and a newborn, I was especially concerned about chemical exposure. During our walks I began to notice the brown spots on lawns left by herbicides, lawns that look golf-course perfect, and pellets of fertilizer or herbicide on the sidewalk. Sometimes I saw chemical application notices or even bottles of chemicals lying around.

The chemicals in commercially available pesticides and lawn maintenance products have been shown to increase risk of asthma, childhood brain cancers, ADHD, autism spectrum disorders, immune problems and cognitive impairment. Children (and pets) are especially vulnerable because of their lifestyle – close to the ground, putting everything in their mouth – and they absorb a higher concentration of toxins than adults at critical periods of brain development and growth.

On top of all my new mother worries this was almost too much to handle.

I started dreaming about our neighborhood becoming pesticide free. Kids and pets could play in the park, touch leaves and smell flowers without increasing their risk of asthma, learning disabilities or cancer. Families would have fewer fertility problems and less chance of having a baby born with birth defects or developmental problems. We would be protecting wildlife and our watershed.

Then I heard about a program sponsored by Metro at a booth at the farmer's market. It gives homeowners natural gardening resources when they pledge to reduce or eliminate chemicals on their property. I signed up and got a free yard sign (the ladybug, shown above).

Metro's program emphasizes pest prevention through good gardening practices. For example, choose the right plants for the location and start them off right with compost-rich soil and mulch. Create conditions where pests will be controlled by natural balance by providing habitat for birds and beneficial insects. Finally, when weeds or pests get the upper



hand-control them by hand weeding, squashing, or other non-toxic methods. Get advice from the extension service or www.GrowSmartGrowSafe.org

One pesticide-free garden, or a scattering isn't enough. We all breathe the same air and drink the same water and though I wish I could build a protective bubble for my child, the truth is we are all connected. Let's work together to make our neighborhood safer. The Metro pledge program is a great place to start.

There are many natural gardening resources available: books, websites, classes, consultants, landscape designers, and even your neighbors! If you see a little sign with red ladybug in a neighbor's yard, I'm sure the gardener responsible would love to share tips for pesticide-free gardening. And to see more yards using natural gardening methods come on ONeST's garden tour next year. In planning your garden for next spring.. take the pledge! www.oregonmetro.gov

For more information about children and the effects of pesticide exposure, visit: www.epa.gov/pesticides/factsheets/kidpesticide.htm or www.panna.org/children

More Beach School Student Writing: continued from Page 4

Down the Drain by Payton F

There is a place, not two miles from my house, located in a patch of dead grass. A prickly bush stands nearby guarding it; most simply avoid this unsuspected position. It's barely paces away from a heavily guarded business headquarters. Day after day, grass encloses this generic city addition. Although it looks normal overall, there is something special about it.

Over at a neighboring park, Jack and I slouched on a bench, racking our minds for something to do. Out of the blue, Jack turned to me, exclaimed something so fast I wasn't sure it was English. Then he sprinted over to his mom, Julie, and removed his camera from her bag. Next he glanced at a nearby grate, waved me over and darted over to it, barking, "Come on, Payton!" I pursued. When I arrived, Jack explained his plan to have the coolest video on YouTube of all time. I silently agreed, even though I wasn't convinced it was going to succeed. Jack pulled up some string out of his pocket, tied it to his camera, started a video and then we tag-teamed to lower it down. When we reached the appropriate height, the camera just lingered for about a dozen seconds,

then all of a sudden the sound of metal hitting concrete filled the air. The string had snapped, making the camera fall.

"Your mom and dad are gonna be sooooo mad" I muttered. Jack just stared at all his hopes of having a five-star video sitting in the sewer. Then he started howling stuff like "Dang it!" and "Arrg!" After about two minutes of this, he snatched a long, sturdy stick and started beating the grate. Eventually, the vibrations made their way to the camera. I acquired an idea to help Jack and his fame. I scrambled over to Jack's sister, Kate, and my sister, River. I borrowed (stole) their magnet-attached-to-a-plastic-handle and scurried back to Jack. I was convinced it was just what we needed. Using a very flexible stick, we slowly, carefully lowered our one and only hope down. I suppose we were expecting the camera to hang onto the magnet, but as soon as it didn't work I realized it was preposterous. It was time for our last resort.

Our final idea was to somehow pry the grate off the opening to the sewer. Peeling the grass off the edge of the grate, we noted the metal grate wasn't connected to



the thin concrete border; it just might be possible. Using all our force, we shifted the metal grate so someone our size could enter. I was about to penetrate the grate's only line of defense when Jack shoved me out of the way and forced me to help him down. Rolling my eyes, I allowed him to grab my arm and descend the sewer wall like a ninja, even though the floor was only about five feet down. He reached down, checked to make sure his camera worked, then I helped him out. He started to playback the video.

Reviewing the video, I announced "That is amazingly cool," Jack nodded in agreement. We dashed over to Julie and show her the video and told her the story. When we went home, we showed the video to Eric, Jack's dad. Even though I didn't actually enter the sewer, if was one of the coolest, scariest most amazing experiences of my life. The next time I was at Jack's house we returned to the park where it all started and I got my crack at the sewer. That happened a few other times, yet only five or so people know about this removable city grate.

Going, Going, Gone

by Cynthia Sulaski
OKNA Board Member

Seeing it for the first time, sitting eerily apart from the other homes on Skidmore Court, I felt like I had happened upon the remains of an archaeological dig. Only a concrete fragment was left of the home, garage and yard at the end of the last street in the part of Overlook located south of Going Street (and the northernmost end of Mock's Crest/Skidmore Bluffs Park).

Looking at those bleak remnants of the house brought up many questions for me. Who had lived there since it was built? What was it like to live on the SE corner of Going and Greeley? Why had the house been removed? Where did the owners go? Why did the foundation remain? It was fun to speculate and make up the answers to my questions. But I never did learn many of the "who, what, why and when" particulars of the house's past.

Skateboarders installed their own half pipes on the old retaining wall.
Photo by Kurt Armstrong

so much for the many. City staff (Portland Parks and Recreation, Portland Bureau of Transportation and Office of Neighborhood Involvement) finally decided that the concrete foundation, ramp and retaining wall had to go.

Early on the morning of October 2, PP&R and PBOT workers tore up and disposed of the concrete and leveled the dirt to the edge of the bluff. So far, there are no plans for the site. However, if you have any ideas, write me and I'll pass them on to our area PP&R manager (greenacres@OverlookNeighborhood.org).

Within the last few years, such a neglected space was prone to vandalism, graffiti and unauthorized construction of guerrilla skateboard ramps. Fun for a few, but not



The newly-leveled lot now slopes off gently, improving security with improved sightlines.
Photo by Cynthia Sulaski

Order Trees Now for Tree Planting Party!

by Anneliese Sitterly
Overlook Tree Planting Coordinator

Hi Overlook neighbors, Need a tree? Our annual Friends of Trees neighborhood tree planting event is planned for **Saturday, January 26th**. This means that if you are interested in planting a tree in your yard or planting strip, now is the time to sign up on the Friends of Trees website (www.friendsoftrees.org) and pick out your new tree(s). Please be sure to place your tree orders no later than January 7th! The sooner you sign up for your trees, the greater the online tree selection will be – so get on it!

Why plant trees? As one of Overlook's new Friends of Trees volunteers, I'm here to remind you of all the reasons why we should continue to plant more trees in our neighborhood. In addition to fall color, improved air quality, and carbon sequestration, here are a few more reasons to plant trees that most people don't think about:

- (1) **Added property value** – Houses on tree-lined streets command prices that are up to 20% higher than houses in neighborhoods without trees;
- (2) **Energy efficiency** – If your home has significant southern or southwestern exposure, plant a tree in that location to help keep your house cooler in the summers;
- (3) **Stormwater retention** – The leaves of a mature tree intercept an average of 760 gallons of rainfall a year, preventing it from entering the stormwater system and contributing to sewer overflows; and
- (4) **Safety** – Street trees reduce traffic speeds and create more pleasant walking environments. This means that more people will walk around our streets, talk to one another as they pass by, and increase surveillance of our homes, parks, schools, and businesses.

What will it cost? Planting through the Friends of Trees program is the most affordable way to add trees (and value) to your home. Trees are offered at a very reasonable rate of \$50 per tree and additional discounts are available if necessary. What makes the tree planting so affordable? You and your neighbors! When you order a tree from Friends of Trees, we ask that you help to plant it. Most of what makes our neighborhood tree planting event so great (in addition to the trees) is that you and



Tree planting isn't as hard as it sounds; kids welcome!
Photo from Overlook Views

your neighbors take time out of your busy schedules and work hand in hand to make our neighborhood a safer and more attractive place to live.

Have all the trees you need? Help out anyway! There are lots of small jobs that need to happen to make our planting day a success. These tasks range from planting trees to driving trucks, making food (chips and dip, brownies, etc.), and working at the registration table. Volun-

Successful Party at Patton Square Park

by Cynthia Sulaski
OKNA Board Member

Men in kilts, girls trying out plié ballet steps, kids triumphantly ringing one of the bells placed 15 feet high up the climbing wall – those were a "few of my favorite things" at the October 6th Patton Square Park celebration.

The party was the first event sponsored by the Friends of Patton Square Park. The fun, laughter and active participation by the 100 or so kids and adults in attendance confirmed to us that our efforts were successful. Aprende con Amigos, Ethos, the Overlook Neighborhood Association, Portland Parks and Recreation, REACH, and Trillium Charter School all pitched in to organize the event and to provide entertainment and activities. We enjoyed a rock and roll band from an Ethos class, the River City Pipe Band and a dance workshop given by The Aspire Project. Stacey Alonso from Aprende con Amigos was busy for hours painting lots of small cheeks. About 40 kids took the challenge and scaled PP&R's climbing wall. Kids also made crafts and played 3-on-3 basketball and chess. Many adults and kids benefited from the bike maintenance skills of a teacher from Trillium Charter School. Representatives from OKNA, Friends of Trees, Ethos and Trillium Charter School staffed tables to answer questions about their organizations. And we enjoyed food prepared by Sylvia and Aby's Tamales, Ruby Jewel Ice Cream and Eddie's Pizza.



Good times at the Patton Square Park party.
Photo by George Aulbach

Feedback from participants was universally positive. A neighbor who lives around the block from the park said that he had "an all-around good time" at the party and enjoyed meeting the Executive Director of Trillium Charter School. Several people living across from the park were surprised that different neighborhood groups came together to give them such a fun experience for free. A neighbor was quoted as saying that it was "great to see so many people in action and to learn more about neighborhood organizations."

Friends of Patton Square Park want to thank Prescott Apartments LLC for its generous donation to defray expenses. We also thank Eddie's Pizza for donating those yummy pizza treats. I want to acknowledge the volunteers



Ballet workshop led by The Aspire Project; interactive for all!
Photo by Cynthia Sulaski

who helped set up and clean up the park, especially Joan Burleigh, Jim Heiman, Michelle Thompson, Kieran Connolly, Emily Saxton and Reba Sparrow.

Our next Friends meeting will be held on Thursday, November 15, from 5:30-6:30 at Aprende Con Amigos (5206 N. Interstate).

You're invited to join us to discuss our future plans and actions—and maybe a party next year. Write me at greenacres@OverlookNeighborhood.org if you have questions.

teering for this event is a great way to get outdoors, get rained on (probably), and eat some free food. Why should you really volunteer? Helping out with planting day provides a chance to meet your neighbors that are working hard to improve the livability and walkability of Overlook neighborhood and improve our safety and sense of place.

Have questions? Feel free to contact me, Anneliese Sitterly, at anneliesesitterly@gmail.com with any questions regarding tree selection or how to get involved. We hope that you'll join us for planting day!



Surf to OverlookNeighborhood.org & sign up for The Weekly OKNA Email, find local resources or hit us up on Facebook: OKNAinPDX

Volunteers Show Commitment to Preserving and Restoring Overlook Bluff

by Chrys Smith and Ruth Oclander
Overlook Neighbors

On a beautiful sunny day in early October, Friends of Overlook Bluff (FOOB) welcomed 18 volunteers to its first work party, one focused on clearing invasive species like English ivy, Himalayan blackberries, and wild clematis from the steep slope below the bluff. Removing fast- growing weeds provides smaller native plants that support oaks and madrone woodlands time to establish.



A morning training session by BES revegetation specialist Jim Schiller. Photo by Ruth Oclander

Those volunteers included Adelle Harris, a fourth-generation Overlook resident and her teenage daughter Zariah Fuller. “I have visited the bluff since I was a kid,” said Harris. “I think the preservation and restoration of this land is very important and this was a wonderful opportunity to get involved! I am also working on a degree in Environmental Science and Biology and thought this would be a great chance to gain knowledge and experience in the area of restoration. The weather cooperated perfectly and we had a great group of volunteers that were eager to work!”

Among those eager to work were Toby Kubler and Deanna Carlson, who had just moved to Portland in September. As Toby explained it, while riding their bikes they were attracted by the open land with the solitary oak on Overlook Terrace (sometimes called the “Benson property”) and stopped to take a look. A sign in the FOOB kiosk advertising the joint FOOB/ SOLVE work party got their attention and they were soon hard at work. Toby has since signed on as an intern and is looking forward to helping expand FOOB’s educational and outreach components. “The experience we had working on the bluff was terrific – getting down in the woods, seeing what’s there and the potential of the area, and working with a wonderful group of friendly, committed people.”

The invasive species-removal project, funded by SOLVE, overseen by Jim Schiller of the city’s Bureau of Environmental Services (BES), and coordinated by Deb Omei, a neighbor from North Overlook, cleared nearly two acres of the escarpment behind the residences in the 3900-4000 blocks of Overlook Terrace in four hours. SOLVE (www.solve.org), an organization that “brings together proud Oregonians (native and newly-transplanted) to improve the environment and to build a legacy of stewardship” recruited volunteers and provided a grant for tools and supplies.

When asked why she had volunteered to coordinate the project, Omei said she had been “inspired by FOOB’s vision of nature trails on the Benson property and along the bluff, a vision of trails that would connect Overlook to St. Johns and ultimately allow access across the river to Forest Park.” More immediately, she continued, “We have to maintain what we have left, to protect it for the future. The oak savannah on Overlook Terrace is a



Surveying the slope of invasive species to be removed. Photo by Ruth Oclander

very special place – it’s important to do what we can to preserve it and to restore the bluff.”

Schiller, a BES revegetation specialist, volunteered his time to oversee the project and teach volunteers what to look for, how to be safe on the slope, and what plants to tear out. Since 2007 Schiller has supervised the bluff-clearing work that has been done under the auspices of FEMA. He noted that this work party was the first he has known about that included volunteers.

Projects like the one in October and the planting of bare-root native species scheduled for next spring give volunteers a chance to get involved and demonstrate community support for FOOB’s goals of preserving the oak savannah at the south end of Overlook Terrace, restoring the bluff, and helping connect green spaces along the east side of the Willamette from Overlook to St. Johns. As Schiller reminded workers in October, restoration is a long-term challenge and there will always be a need for more volunteers and for the community’s support.

Thanks are due to the landowners who cooperated with the cleanup and to DiPrima Dolci Trattoria & Italian Bakery for donating coffee and Dave Wacker Sanitation for picking up the yard debris and trash. Thank you!

In addition to the Friends mentioned above, Christina Terry, Chrys Smith, Corey Omei, Glen Brunton, Janet Straw, Ken Ives, LaVeta Gilmore Jones, Nicholas Lee, Penny Lobdell, and Therese Benson made up the rest of the crew.



Hauling garbage up from the escarpment. Photo by Ruth Oclander

According to Ruth Oclander, the project organizer, community involvement is well received by the groups that are being asked to fund the purchase of the oak savannah. Efforts to find funding are widespread and seem promising. Among potential funders are Metro’s Nature in the Neighborhood grant program, Portland Parks and Recreation, East Multnomah Soil and Water Conservation District, and the Portland Bureau of Environmental Services. City commissioners Amanda Fritz, Dan Saltzman, and Nick Fish have expressed an interest in the project, as has mayoral candidate Charlie Hales.

The bluff-clearing project followed a very successful block party held on Overlook Terrace in September. Deborah Kalapsa, one of the party’s organizers, said, “We had a wonderful turnout of folks from the immediate neighborhood as well as friends from other areas who came to celebrate the Heritage oak tree and its surroundings. It was a great party and a reminder of how special this location and the community supporting it are.”

Friends of Overlook Bluff was founded in spring 2012. Letters of support have come from Xerces Society (www.xerces.org), Audubon Society of Portland (www.audubonportland.org), and the Overlook Neighborhood Association.

To learn more about FOOB and keep up on FOOB activities, visit www.overlookbluff.org and , add your name to the mailing list, and ‘like’ **Friends of Overlook Bluff** on Facebook.

Live Safe

Public Safety & Crime Prevention

Overlook Crime Prevention Coordinator

Celeste Carey
celeste.carey@portlandoregon.gov
503-823-4764

P S A C

The North Portland Public Safety Action Committee (PSAC)

Meets on the fourth Wednesday of each month to solve your crime problems.
Meet at the Historic Kenton Firehouse, 2209 N Schofield from 7:00 pm—9:00 pm. Free Pizza!

O L T

The Overlook Livability Team (OLT)

Meets monthly for regular graffiti and trash clean up. This diverse group gathers at 9:00 am on the first Sunday of the month (unless it falls on a holiday weekend, when meetings move to the second Sunday). We’re always looking for new volunteers; email graffiti@OverlookNeighborhood.org for more info.

Overlook Foot Patrol

The Overlook Foot Patrol

patrols Beach School and the surrounding neighborhood. Commitments range from a one hour walk with neighbors per week, on up. This citizen-formed group is non-confrontational and reports problem activity. New walkers are always welcome and new areas developed; contact OKNA to get connected.

Disaster Preparedness for Overlook 101

Building Community & Strengthening Readiness Among Neighbors

New Disaster Preparedness programs are being offered for small groups, typically the folks living on your block, that can plan and prepare together for increased resiliency and success. Suitable for newcomers or those with some training, this is a great way to make sure your family is ready.

For more information or to schedule a free city-designed training for your neighbors, contact: **Gayle Vrla** at 503.289.7158 or vrla@comcast.net

Overlook Neighborhood Emergency Team

Gilah Tenenbaum, NET Team Leader
503-281-2980 or seabird24@yahoo.com
Join the NET Team 24 email list for training and meeting dates.
Portland NET:
www.facebook.com/PortlandNET

Walk Safely in the Dark

Last year, a neighborhood walking group started with a simple request: Who wants to meet daily at 5pm to walk now that afternoons are getting dark? The answer turned out to be “several of us!” A group now calling themselves the Overlook Streetwalkers connected via email and have continued to walk throughout the year. Their story started with post in The Weekly OKNA Email and yours can too, but the city also offers a way to hook up.

Ped Pals is a walking buddy program for 55+ year old Portland residents. Ped Pals provides motivation and encouragement to keep seniors walking all year long. Just fill out a short form, and when a potential Ped Pal is identified, you’ll be contacted to meet at a public space along with Senior Strolls staff. No confidential information is given out, and we can help with route planning. Contact Donna Green at donna.green@portlandoregon.gov or 503-823-6114.

However, you might be surprised at how many people who already live right by you are looking for a walking buddy. One idea that worked well for the Overlook Streetwalkers is a commitment to meet at a given place at a specific time every day. Those who can make it show up, and no hard feelings if you miss a day or more. It’s a real joy to look out at 5 o’clock and see the group meeting up.. reach out, you never know who you might meet!

OVERLOOK ESSENTIALS

November 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12 Overlook House •Qi Gong •Yoga	13 Rock n' Roll Camp for Girls @ Ethos/IFCC. See Page 1.	14 Overlook House •Yoga	15 Friends of Patton Square Park meet:ing 5:30pm—Aprende Con Amigos	16 The Tempest at Trillium 7:30p See Page 4.	17
18	19 Overlook House •Qi Gong •Yoga	20 OKNA General Meeting 7-9pm Kaiser Town Hall	21 Overlook House •Yoga	22 Overlook House •Qi Gong	23	24
25	26 Trillium Playground Committee meeting 6p. See Page 4	27	28 Overlook House •Yoga PSAC meeting Kenton Firehouse	29 Overlook House •Qi Gong	30 Trillium Arts & Crafts Spectacular is this weekend See Page 4	December 1 Overlook House Holiday Craft Bazaar 9a-5p See Page 2

December 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Livability Team Meeting Day See Page 7	3 Overlook House •Qi Gong •Yoga	4 OKNA Board Meeting 7-9pm Overlook House	5 Overlook House •Yoga NET Team Meeting (Page 7)	6 Overlook House •Qi Gong	7 Beach School boundary changes underway. See Page 4.	8 Adopt a Neighbor! Make a holiday bright. See Page 1.
9 Santa visits the Overlook House! 11a-1p. See Page 2.	10 Overlook House •Qi Gong •Yoga	11 OKNA Holiday Potluck Dinner at Daybreak. Page 1	12 Overlook House •Yoga	13 Overlook House •Qi Gong	14 Consider a gift of food, join the Donation Network! See Page 2.	15
16 Know of a family in need of food or clothing? See Page 2 for food pantry details.	17 Overlook House •Qi Gong •Yoga	18	19 Overlook House •Yoga	20 Overlook House •Qi Gong	21	22 Send your items for The Weekly OKNA Email to our 'info' address.
23	24 Overlook House •Qi Gong •Yoga	25	26 PSAC meeting Kenton Firehouse 7-9pm Overlook House •Yoga	27 Overlook House •Qi Gong	28	29

January 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 30	December 31 Overlook House •Qi Gong •Yoga	1 OKNA Board Meeting TBD	2 Overlook House •Yoga NET Team Meeting (Page 7)	3 Overlook House •Qi Gong	4	5 Help plan the OKNA August "Picnic", what shall we do this year? See Page 1.
6 Overlook Livability Team Cleanup See Page 7	7 Overlook House •Qi Gong •Yoga	8	9 Overlook House •Yoga	10 ONeST Film Screening: Transition 2.0 6:30p See Page 5	11 It's not too late to Start Making a Reader Today! See Page 3.	12
13 Have you 'liked' us on Facebook yet? OKNAinPDX	14 Overlook House •Qi Gong •Yoga	15 OKNA General Meeting 7-9pm Kaiser Town Hall	16 NEW GROUP Overlook Business Speakeasy 6pm. See Page 3!	17 Overlook House •Qi Gong	18	19 You bet we're thinking about the yard Sale/Free Share already. Are you? See Page 5
20	21 Overlook House •Qi Gong •Yoga	22 New to Overlook? Don't miss the OKNA webpage & Facebook.	23 Overlook House •Yoga PSAC meeting Kenton Firehouse	24 Overlook House •Qi Gong	25	26 Overlook Tree Planting Event! Meet in the Kaiser parking lot.
27	28 Overlook House •Qi Gong •Yoga	29	30 Overlook House •Yoga	31 Overlook House •Qi Gong	February 1	February 2 Groundhog Day! Less Winter, more Spring, please!

Where to go? Who to call?

OKNA Board Meetings
1st Tuesday Monthly 7- 9pm
Overlook House
3839 N Melrose Drive

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

Crime Prevention Coordinator
Celeste Carey: 503.823.4764

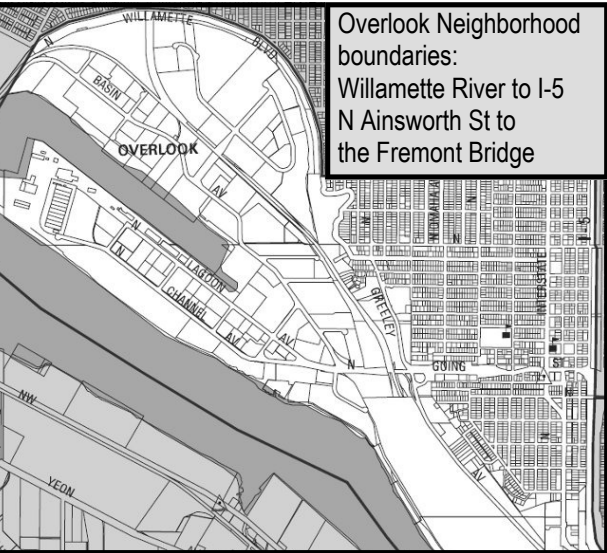
Police Non-emergency: Report it!
503.823.3333

North Precinct Neighborhood Response
Officer: 503.823.5700

Graffiti Hotline, 503.823.4824
email graffiti@OverlookNeighborhood.org

Abandoned Auto 24hr Hotline
503.823.7309

Metro Recycling Information
503.234.3000
www.metro-region.org



Stay Connected!

To receive **The Weekly OKNA Email** for more time-sensitive items, visit **www.OverlookNeighborhood.org**, enter your email address in the Yahoo! box and join our mailing list. Submit your short item to info@OverlookNeighborhood.org with 'Post to List' in the subject line. All submissions subject to review and edit.

Can't wait? "Like" us on **Facebook**: OKNAinPDX and share your thoughts immediately. Business neighbors: your commercial postings are welcome.

Overlook Neighborhood Association
2209 N. Schofield Street
Portland OR 97217
info@OverlookNeighborhood.org

Chair@OverlookNeighborhood.org reaches the Board Chair, or you may leave a message at North Portland Neighborhood Services: 503.823.4524

Newsletter: Michelle Thompson
views@OverlookNeighborhood.org

2012-2013 OKNA Board Members:
Aaron Whelton, Alan Cranna, Alan DeLaTorre, Brent Young, Cynthia Sulaski, George Aulbach, George Spaulding, Jenna Forzley, Kent Hoddick, Kevin Campbell, Larisa Jeffreys, Leslee Lewis, Michelle Thompson, Rebecca Hill, Tammy Maher

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