

Hi, Neighbor! We'll see you at the Overlook

Neighborhood Meeting

Come meet your neighbors & find ways to make your neighborhood better for all!

### The 3rd Tuesday of Every Month

7:00-9:00 pm **@ Kaiser Town Hall** Corner of Interstate and Overlook Blvd

### On the Agenda February 19th:

- The Comprehensive Plan & You
- 'Going to the River' Update
- ♦ Coal Trains Progress Report

 Presentation: You've changed your light bulbs, insulated your attic, maybe even installed solar panels. What's next? What else can you do to make your home more energy efficient, without breaking the bank? Portland energy efficiency pioneer John Sorenson tells us about DIY Home Energy projects, including a furnace, a whole-house ventilator, thermal solar panels and refrigerator superinsulation - all that you can build (and repair!) yourself at much lower cost!

## **Movie In The Park!**



We're doing some preliminary planning now for a movie night

in Overlook Park! As part of Portland Parks & Recreation's Summer Free for All, the program can include live music and popcorn. We're looking at a late summer evening; keep your eyes peeled for more info and contact us at OKNA if you can help with planning.

# My Big Back Yard

by George Aulbach **OKNA Board Member** 

Growing up in the Overlook Neighborhood was a splendid adventure. Like Huck Finn, we went barefoot and our summer attire consisted of a pair of cutoffs and a deep PDX tan. (I dare not ask who would allow their ten year-old out barefoot all summer let alone unsupervised these days.) There were so many places to hang and explore. There was the ever-popular bluff which lent to us its outposts, forts, and various bunkers. Many hours were dedicated to playing "Cowboy and Indians" or "War" where we fought our fathers' battles from WW II. It was the place where we would go to hunt for "snipes" with the neighborhood girls by night. (Funny I never caught a "snipe".) We had complete access to most all the dense forest and homemade trails which were accessible from the west side of Overlook Park.

My grandfather had told me that what is now Overlook Park had been a garbage dump and a dairy farm. The city acquired the now 11-acre site sometime in the early 1930s. The Overlook Women's Association was a driving force in bringing resources and political support to bear toward the creation of the current park. The sloping bank on the park's north boundary, along Overlook Boulevard, was originally all conifer shrubs, not the grass that is currently there. Extra-wide stairs served as access to the basin of the park, very near today's home plate and the first baseline bleachers. If ever we lads needed a baseball we would search the conifer hedge as many a foul ball was lost to the three foot tall hedge. With the absence of the hedge, the hillside leant itself to long fast tumbles on our sides in the summer, and to the Overlook-style Olympic-class sled run during the occasional snowfalls. My memories are rich and full of the many hours spent in our 11-



acre "back yard".

There once stood an old black walnut tree along the top of the hill in the northeast corner. The behemoth offered many a soul its cool shade and a gentle breeze from the basin in the summer or shelter from the cold rain in the early fall. We used its shelter while we "crabbed" up the hill doing scrimmage drills for the Blessed Sacrament CYO football team. The walnut tree was most often a rendezvous point to meet up with our "posse". The neighborhood had a lot of black walnut trees and nearby neighbors would harvest their yields each year. The old walnut served well as the gatekeeper to the park.

Today the park lends itself as a major part of what keeps Overlook livable. Things have changed with a fence all along the west end of the property, to the jogging path around the perimeter of the site. There are other features like the playground merry-go-round and the castle-like stone shelter which remain as fixtures from our past. The shelter was a project of the WPA or CCC project and still stands as the focal point of the park. There are many spirited adventures and fond memories I captured at Overlook Park and I will keep them with me always.

All of these memories were brought to mind as the OKNA Board discussed having a first-ever movie night in the late summer at Overlook Park. What a great way to capture even more memories! Watch for details as they emerge regarding what looks to be a great family event for everyone in the area! PEACE

## **Overlook Community Warehouse Collection Drive A Success!**

By Carol D. Padden Overlook Neighbor

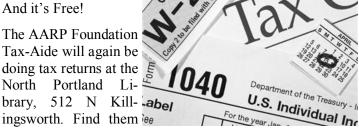
The wish to give to those in need was shown by caring neighbors on November 30th and December 1st, 2012. Donations of essential household items (cookware, utensils, towels, dishes, alarm clocks, etc.) came from Overlook neighbors helping to stock the Community Warehouse shelves for the holidays.

Neighbors both old and young re-filled three large warehouse barrels over and over again at the Shaver and Concord donation site. "The holidays are a time of giving and how best to serve our community than putting used goods to good use," said Jeanette Stoddard, as she manned one of the Satur-

# mise 200 3 3

# **Expert Tax Preparation Help**

And it's Free!





Donations Friday morning. Early signs of more contributions to come throughout Friday and Saturday!

day collection shifts.

The Community Warehouse is a non-profit furniture bank that collects and redistributes household goods to low-income families throughout Oregon and SW Washington. They help over 5,000 people a year stabilizing their lives by providing the basics that turn a house into a home. Clients include women escaping domestic violence, the elderly, people with mental and physical disabilities, refugee families, youth and adults recovering from substance abuse, and the working poor.

We thank all of you who donated to this wonderful cause this year. If you wish help turn a

house into a home, please visit www.communitywarehouse.org to view a list of items that are needed and where they can be dropped off.

A special note of appreciation to the women's group, Overlook's Girls Next Door: Julie Rawls, Jeanette Stoddard, Mary & Al O'Neal, GeorgAnn Flagg, Kathi Lauinger, Pat Hazlett, Chris Koonce, Greg Dunbar, Branch Manager, US Bank and "Santa's Donation Helper" eight-year-old Anna Snell.

there on Thursdays

from 12:00 pm (noon) to 4:30 pm.

Tax preparers will also be at Peace Lutheran Church, 2201 N Rosa Parks, on Tuesdays from 10:00 am to 2:00 pm. There is no charge and the service is for seniors and/or low to middle income people. All returns are electronically filed and both the federal and state forms will be completed. Please bring all your W-2s, 1099s etc and last year's tax return.

For other sites and times please call 1-888-227-7669

Overlook neighbor Kent Hoddick has volunteered with TaxAide for several years and encourages folks to take advantage of this assistance. All of the preparers are IRScertified and have passed three tests to prove it. Last year, Kent & four additional volunteers completed over 400 income tax returns at these two sites; in Portland overall, TaxAide completed 17,000 returns. In the state of Oregon, they completed 52,000 and nationwide, 2.1 million returns were prepared for free! TaxAide is the biggest nonprofit organization in the United States: www.aarp.org/money/taxes/aarp taxaide

# OVERLOOK 20 HOUSE



# Save Saturday, March 30<sup>th</sup> for the Easter Egg Hunt!

*Very* early on Easter Saturday the Easter Bunny will hop by Overlook House: bring your basket and discover hundreds of eggs containing treats and tiny treasures he will leave there. Find one of the shining Golden Eggs to win a special prize!

This Eggstravaganza takes place rain or shine, Saturday, March 30<sup>th</sup>, promptly at 10:30 a.m. Be sure to mark your calendar for this fun annual tradition sponsored by the Friends of Overlook House for neighborhood children.



Neighborhood kidlets head out on the hunt at 2012's Overlook House Easter Egg Event. photo thanks to Jane Finch-Howell

### December at the Overlook House

The Overlook House dressed up for the holidays this winter. A wreath on the front door, live garland in the stairway, and other decorations throughout lent to the holiday spirit.

The first weekend of the month found over thirty vendors selling their crafts at the annual bazaar. Shoppers were able to fill their Christmas lists with jewelry, accessories, aprons, scarves, hats, soaps, jams, pickles and more. All items were homemade!

Thank you to Ainsworth Gifts, Another Read Through, Exodus SPA, The Naked Sheep Knit Shop, and NoPo Paws for donations to the raffle baskets. And an especially big thank you to the neighbors who provided home baked goods for our buying and eating pleasure!

Santa enjoyed his visit with several neighbors at the Overlook House on Sunday, December 9th. He assured us he looks forward to stopping by again next year. If you missed his visit this year, know that besides a fun time there was an opportunity for having a picture taken with Santa. Hope you will join us next year!

# Dragon's Breath of Fire

QiGong Classes at Overlook House

Adult Basic & Advanced Classes Mondays: 10:00am—11:30am

Thursdays: 10:00am—11:30am

Optional evening program 6:45pm-8:00pm

Want more information? Email James Bloom directly at

dragonbreathoffire@comcast.net www.dragonsbreathoffireqigong.com

### Our Mission:

The Friends of the Overlook House protects, promotes, and administers the historical Overlook House as a community center for the benefit of the neighborhood. The Friends sponsor cultural, educational, and social activities and provide space to honor life's milestones.

### **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

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.

### YOGA

Yoga Classes at Overlook House

Mondays: 5:30pm—6:30pm Wednesdays: 5:30pm—6:30pm

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

# Fitness Instructor's Mission of Community, Health and Helping

by Brett Farrell Crohn's and Colitis Foundation of America

More and more people in North and Northeast Portland are getting into the best shape of their lives, doing half marathons and becoming part of a fun community. One person who should be thanked for this is Kate Fischer. Kate is a managing partner of Edge Fitness, located on Ainsworth and Interstate. She also offers running groups from Edge and will be returning for her fourth season as head coach of the Crohn's and Colitis Foundation's half marathon training and fundraising program, Team Challenge. She says her main intention all along has been to "create a community centered on fitness and fun."

Kate touches the lives of many that come into her gym or through the Team Challenge program by providing encouraging instruction. She gives them the know-how and

confidence to achieve a higher level of fitness, their first 5k, half marathon or marathon. She has a Master's Degree in Exercise Physiology and is also a Registered Dietician, which enables her to provide in depth teaching on nutrition. This is particular helpful for those engaged in the Team Challenge program since many participants are training while dealing with Crohn's disease or ulcerative colitis.



Crohn's and Colitis research while receiving top notch coaching from Kate. She has been with Team Chal-

lenge since the program started in Portland, a year and a half ago, and since this time, local Team Challenge participants have raised over \$250,000 for Crohn's and colitis research, education and patient support services.

"I am so impressed that people in Team Challenge are willing to give so much of their selves to the cause. Team Challenge inspires me to do more for the world, and in a small way, we are working to make this a better place, making life easier for those who are struggling and continue to spread the word. To be able to do so while running, my other passion, is awesome."

Starting March 2nd, participants will begin training for an event of their choice that

will give them the chance to run or walk through either the downtown streets of Chicago, the scenic beaches of Kona, Hawaii, or the hillside vineyards of California Wine Country. These first-rate events are set in some of the most beautiful locations in the world.

Coach Kate will hold group training sessions that include clinics on proper shoes and equipment, hydration and fueling, biomechanics, nutrition, cross-training and other relevant topics throughout the 14-20 weeks of training.

# CROHN'S & COLITIS

Kate says her drive and passion for her work at Edge and Team Challenge has been, "the coming together of amazing communities celebrating health and each other. Many of whom did not know each other before coming to Edge, despite living houses or streets apart."

Debbie Mannix knows first-hand how influential Kate can be. She met her in 2008 when joining a running and walking group that Kate led. "This was

30 lbs ago and I could not even run half a block! I am continuing my weight loss and have now run a marathon and several half marathons. I could not have accomplished any of this without the knowledge and support that Kate brings to the table. She is kind, understanding and extremely knowledgeable about nutrition and running."

She keeps herself very busy in her mission to help her community. Aside from being a managing partner and fitness instructor at Edge Fitness, she teaches fitness and nutrition classes at Concordia University, trains and competes in many local running events and somehow finds the time to give back to all those participating in the charity training program, Team Challenge.

Over the next few months, Team Challenge participants will raise critical dollars for

Overlook Views Page 2 www.OverlookNeighborhood.org If you are interested in getting involved with the Team Challenge you can contact Kate at

Kate@edgeperformancefitness.com. There are a number of Team Challenge information meetings; please email or call for dates and times: Brett Farrell, Crohn's and Colitis Foundation of America, 917-275-3902 or bfarrell@ccfa.org

### About Crohn's Disease & Ulcerative Colitis

Crohn's disease and ulcerative colitis are medically incurable illnesses that attack the digestive system. These illnesses can cause severe complications, including colon cancer in patients with long-term disease. Some 1.4 million American adults and children suffer from Crohn's disease or ulcerative colitis, with as many as 150,000 under the age of 18. Most people develop the diseases between the ages of 15 and 35.

### About the Crohn's & Colitis Foundation

The Crohn's & Colitis Foundation of America's mission is to cure Crohn's disease and ulcerative colitis, and to improve the quality of life of children and adults affected by these diseases. For more information, contact the Foundation at 800-932-2423 or visit www.ccfa.org. Join CCFA on Facebook at http://apps.facebook.com/supportccfa/and follow CCFA on Twitter at www.twitter.com/ccfa.

# **Overlook Business Speakeasy** First Meeting Kicks Off New Group

The Overlook Business Speakeasy builds a strong local business network through social interaction. We meet quarterly, in a fun and informal gathering to introduce new businesses and announce new developments in established businesses. The group is open to all businesspeople in Overlook; email us to get on the reminder mailing list: Business@OverlookNeighborhood.org

by Brent Young **OKNA** Business Relations Chair

The inaugural Speakeasy was a success and promises to be an enjoyable and useful event going forward. The conversation went from introductions and information about each others' business to interests and needs. The group is a good source for referrals, business advice, and for news that impacts us all. Our gracious host was Atomic Pizza on Killingsworth, who kicked in delicious free pizza. The next meetup is Wednesday, May 1 at 6:00pm; we'll meet in a different venue, so if you are interested in joining us please email

business@OverlookNeighborhood.org and we'll update you on the location. Hopefully several more businesspeople will attend and we'll get updates from those of us who return. The following is a list of businesses who attended:

Frank E Mabrey & Co - Providing computer consulting and network administration. Plus they can retrieve data from antiquated computer formats. Frank can provide almost any of your computing needs from setting your system up to getting into your system if you lose your password.

frank@mabrey.com 503-227-3647

Tamara B. Maher, PC - Practicing for over 20 years, Tamara is an attorney at law providing estate planning, trusts and



wills, and elder law. Her office is easily accessible and parking is available. She can even do home visits as needed. tamara@tamaramaherlaw.com 503-285-1294

Barbara Brooks, Community Member

Whelton Architecture - Aaron Whelton's firm has been established for eight vears providing commercial and residential services. He is currently engaged in the design of Firestation 21 and won the design competition for the David Campbell Memorial.

info@wheltonarchitecture.com 503-477-4471

Venture Portland - Laura Becker and her non-profit will be a resource for our business group and for the community businesses who are looking for outreach and growth opportunities. Venture Portland provides training, advice, and grants for Portland's business associations.

laura@ventureportland.org 503-477-9648

Atomic Pizza - Jenna and Bill were the generous hosts of the first Speakeasy and they provided pizza for the group. Their pizzas are tasty and their restaurant is a cozy neighborhood destination. They are about to open a second restaurant in the Hollywood neighborhood. 2150 N Killingsworth St. 503-285-5490

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

Overlook Collaborative Preschool is currently welcoming applications for next year, fall 2013! We're a Reggio-inspired preschool for children 3 to 5 years of age. To contact us a personal tour visit for www.overlookpreschool.com

Ride out the rest of the rainy season curled up with a used book - stop in K Station to visit Another Read Through for an inexpensive fun read! 1435 N Killingsworth 503-208-2729 www.anotherreadthrough.com

Do all your potential customers know about your products/services? Mail to all residents in Overlook announcing a special discount to bring them in. Direct Mailing works. No spam filter! Call Vrla Mailing Services 503-289-7158

Overlook Tree Preservation, full-service tree care and tree removal company, also offering deep root fertilization for trees & shrubs. 10% off your job February-April 2013. Call now for a free quote! Certified Arborists on staff. 503.704.8024 www.overlooktree.com

Edge has a new look & new offerings: NEW yoga & pilates classes & workshops, massage, VALENTINE'S SPECIALS & more. Check out the new signage & offerings at your community gym, corner of Interstate & Ainsworth.

The Lost & Found is a new watering hole and eatery, opening in early March. We are located at 5426 N. Gay. Free first drink for our Overlook neighbors during March and April, stop in!

Chris Lazarus - In addition to 20 years of public relations background, Chris also offers writing and editing assistance. She has a diverse background in supporting the business, industry, and travel sectors. Chris is also a resource for ethnic arts and crafts.

chrislazarus0505@gmail.com 971-687-8355

Metropolitan Design Studio+Architecture, LLC - Jeremy Miller has a diverse background of project types focusing on residential, small commercial and tenant improvements. He has practiced on the East and West coasts and has a long history of referral work.

in fo@mds-architecture.com 503.867.5615

Young Design Studio LLC, Architecture and Interiors - After working in some of the region's top architecture firms, Brent Young founded Young Design Studio. His background is in both architecture and interior design. His current work includes a wide range of project types such as residential, mixed use apartments, religious, industrial, and schools.

youngdesignstudio@gmail.com 971-222-5629

## City of Portland Comprehensive Plan Update: Upcoming Workshops in North Portland

by Aaron Whelton **OKNA Board Member** 

The Comprehensive Plan is under development by the City of Portland to help plan for future growth and this effort needs your input. The Plan will manage the growth and development of Port-



land's population, jobs and infrastructure over the course of the next 20 years. The first Comprehensive Plan was completed in 1980 and, while it has been revised periodically since, this is the first time it has been comprehensively updated.

The CP is the latest step in a city process that began with Vision PDX in 2007 and the Portland Plan which was adopted in 2012. Vision PDX engaged over 17,000 Portlanders between 2005 and 2007 to share "their concerns, hopes and goals for the future" (visionpdx.com) of the city. The Portland Plan built upon the ideas generated by Vision PDX to create three broad strategies focused on increasing equity across the city. Now, the Comprehensive Plan is being written to codify the priorities adopted in the 2012 Portland Plan.

The Comprehensive Plan is being developed in two parts to allow the general public to comment on the process through a series of Workshops held in neighborhoods in each quadrant of the city. The North Portland Workshop is scheduled for Tuesday, February 26th from 6-9pm at De La Salle North Catholic High School, 7528 N Fenwick Avenue.

More information including the dates of other workshops can be found by contacting the Bureau of Planning and Sustainability at 503.823.7700 or www.portlandoregon.gov/bps/pdxcompplan.

The Working Draft Part 1 was released for public review in January 2013. It describes a framework for the urban design of the city and describes alternative growth scenarios.

The second part of the Working Draft will be released this summer and will provide another series of workshops and opportunities for public input. The two parts of the Plan will be brought together by the end of the year and presented in Open House presentations at the beginning of next year. The Final Plan is anticipated to be complete by Fall 2014.

### **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
2009 N Humboldt St	2377	3/2.5	489900	493,511	1
3937 N Massachusetts	3092	4/2	499900	508,000	1
4064 N Court Ave	998	2/1	249900	262,000	1
3909 N Overlook Ter	2760	3/3	199500	275,000	1
5303 N Concord Ave	1764	3/2	269900	280,000	2
5836 N Delaware Ave	1740	2/1	279900	279,900	3
1904 N Skidmore St	2640	4/2	429900	437,000	3
5732 N Interstate Ave	2361	3/1.5	150000	150,000	3
4126 N Colonial Ave	1852	2/1	279000	291,000	4
5935 N Montana Ave	2006	3/1	299900	310,000	4
5215 N Concord Ave	2192	4/2.5	250000	240,000	5
2603 N Willamette Blvd	2320	2/1	179000	172,500	5
2033 N Alberta St	1471	4/1	265000	230,000	6
1914 N Sumner St	1545	2/1	265000	265,000	10
2422 N Willamette Blvd	2461	3/2	250000	275,000	10
1545 N Willamette Blvd	2479	2/1	259900	252,000	19
4945 N Denver Ave	1861	3/2.5	379900	379,900	22
5556 N Atlantic Ave	1491	2/1	228000	226,860	27
5823 N Denver Ave	1644	2/1	249900	234,000	43
1903 N Emerson St	2463	5/2	449900	410,000	52
4039 N Overlook Ter	2254	3/2.5	524900	480,000	133
3129 N Willamette Blvd	1718	2/2.5	269000	252,000	279

Handcrafted soap. Made in Overlook from oils/butters, milk, essential oils. For sensitive skin, too dry, too oily. Most are vegetarian & gluten free. Custom orders. Lotions, bath salts. Professionally made. Two Mommies Handcrafted Soap. 503-289-7158

Atomic Pizza turns 4 this March and will be celebrating with an annual fundraiser for local non-profits. Find details on our Facebook page. We're excited to announce Atomic Pizza: Hollywood opens in March with a big fundraiser too.

Financial strategies. One-on-one advice: Dave Trabucco, AAMS®, CRPC® Financial Advisor 7326 N Leavitt Portland, OR 97203 503-247-7374 Member SIPC Edward Jones. Making sense of investing.

YOU CAN PUT ANYTHING ON A BUTTON! Portland Button Works can make your custom buttons in 3 sizes and quantities from 1 to 100,001! Visit 1322 North Killingsworth to see our buttons, zines, books and more!

WE LOVE OUR NEIGHBORS! So enjoy a \$25 wellness exam for your pet (that's 50% off) at Overlook Veterinary Hospital, 2009 N Killingsworth with Dr. Rebecca Scott until 3/31/13. Call us to schedule & bring this special invitation. 503-283-0753.

We recently added a TV at the Lucky Lab Tap Room on North Killingsworth. Join us for most Blazers Games! Call, stop by or email for a schedule or request a game 503-505-9511 or luckylab4@gmail.com.

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

> In addition to the sold homes above, five condo studio units in Killingsworth Station, 1455 N Killingsworth Street, are reported sold for \$184900-\$221,000.

> > **Overlook Views Page 3** www.OverlookNeighborhood.org

# **Play Ball!**

The Interstate Kenton Little League is now reg-

istering players for Spring Baseball and Softball. Divisions available for ages 4-14.

Please go to Interstatekentonll.org for more information and to sign up! Learn more about our league, important dates, and player fees on our website, or email

interstatekentonll@gmail.com for any additional questions.

# First Graders' Enjoy 'Bridging Over' Ceremony

by Andrea Shatz Beach School Counselor

On January 14<sup>th</sup>, the Beach 1<sup>st</sup> grade classes participated in a Bridging Over Language ceremony. Beach has both a Spanish Immersion program and a community program within its walls, and the unity and understanding between these two groups provides a valuable learning opportunity.

This ceremony represented an important piece of the Spanish learning process for the Beach Immersion students. After the ceremony, the expectation is that the students would speak Spanish with one another and all teachers during their Spanish learning time (80% of their academic day). The program does this to impress the value of learning a second language, and for students to

truly think in Spanish instead of simply translating.

Each class wrote a pledge about why it is important to speak Spanish and how they are going to try their best to



follow that pledge. The English translations are as follows:

### Maestra Arredondo's Class Pledge:

I promise to speak Spanish with my teacher and my friends. I will try even though it may be difficult.

### Maestra Mahaney's Class Pledge:

I will try to speak more Spanish because it is really fun. If you want to speak more languages, you can start with Spanish.

Ms. Pauley's community 1st grade class participated by passing out King and Queen crowns and flags from Spanish-speaking countries to the Immersion students as they walked across the stage



## OREGON SCALE SQUADRON **INVITES YOU TO FLY**

Did you get a new remote control helicopter as a gift this year? Ready to take it to the next level? Or have you always been interested in flying, and now have the time to play? Come fly with us!

The Oregon Scale Squadron (OSS) welcomes visitors to watch us fly, or to be introduced to the sport of radio control flying. Remote control flying is fun, challenging and educational. We fly indoors and out (weather dependant) and the club has instructors to assist in all phases of the hobby. OSS volunteers can bring an edu-



cational program to local

schools too; contact us about a date.

Planes, helis and other flying designs are welcome as are all pilots of all ages; we range from 'knee high to a grasshopper' to original Lindy Hoppers and we all love flying.

Join us on Sundays at 6:00pm at the Holy Cross Church gym (5227 N Bowdoin St). Please contact your Overlook neighbor Dick with questions: 503-313-4511.

# Jefferson Middle College Has Much to Offer

by Julie Ann Rogers Jefferson High 1974; Jefferson Site Council

Jefferson High School, Middle College for Advanced Studies has a rich history with many families in the Overlook neighborhood. Distinguished Jeffersonians, also known as The Democrats, who count our neighborhood as the turf of their youth include Jack Faust, Terry Baker, Dorothy Flegel, Dr. Bob Gill among many, many others. In this tradition, have you ever wondered what Jefferson High School Middle College for Advanced Studies has to offer the next leaders of tomorrow who live in Overlook?

First, a bit of history behind the Middle College.

The middle college model - combining high school and college coursework - began in 1974 in New York, a partnership between the New York City Board of Education and La Guardia Community College. The combination of rigor, high expectations and on-the-ground college experience has proven effective in preparing young people to continue in college. During the High School Redesign process of 2010,

> community leaders came together with the Portland Public School Board and Superintendent Carole Smith to initiate a Middle College Program for the students in the Jefferson Cluster. Students in the Jefferson cluster are now assigned to Roosevelt, Grant or Madison as their traditional comprehensive high school. Jefferson High School, MCAS, now a focus school, requires a student to apply and be accepted. But in recognition of the importance of the Jefferson tradition to our community and assure our students had a high school program with a walking or biking dis-

tance, students who live in what is now called the traditional Jefferson Cluster are guaranteed spots in the admission process. Overlook students will never be shut out of our neighborhood school. During negotiations with the school district, community activ-

ists secured the program to be given stable leadership and ample time to become established and flourish. Margaret Calvert has taken the helm at Jefferson Jefferson High School MCAS is reaping a combined benefit of not only excellent leadership but also of having the longest tenured Principal in a long, long time.

So that is the history. What does the new Jefferson High School MCAS offer our new generation of lead ers? At Jefferson, every freshman student has a teaching team assigned to core academics, giving additional insight to student strengths and opportunities for greater challenge. When a student is academically ready they can begin to earn college level credit as early as their Sophomore year. Did I mention this is FREE.

Students take their college courses right across the street at Portland Community College Cascade Cam-

pus. By the way, Dr. Howard Cherry, who built his home and raised all his children in Overlook, was instrumental in the creation of PCC Cascade. The city will be breaking ground soon to make the walking connection between the Jefferson Campus and PCC Cascade on Killingworth user-friendly. Students can pursue coursework that prepares them for a four-year degree as academically rigorous as PCC Cascade offers.

If your student isn't sure about college, they can get a jump start on job-related training in fields from medical assisting to firefighting. Students can also choose from on-site offerings like the Health Science/Biotechnology program (which includes upper level math and science courses), Digital Media/ Video Production and my two favorites, the Jefferson Dance Program (travel the world with the Jefferson Dancers) and Art. I mention again, this is FREE.

A high school experience is not just hitting the books. Jefferson High School MCAS continues the proud tradition of an athletic program that has graduated such sports luminaries as Honorable Emery Barnes (football, Green Bay), Bill Eggers (golf, PGA) Carolyn Goodno Elder (archery three-time world champion), Don Johnson (baseball), Mel Renfro (football, NFL Hall of Fame) Thomas Gardner (basketball, NBA) and of course the most recent graduate Terrence Mashia Jones (NBA, Houston Rockets). And as mentioned, Terry Baker, the only Heisman Trophy winner from the state of Oregon.

Those of us who graduated from Jefferson have a saying: "Demo for Life." It is a community that your student will carry with them for the rest of their life. Jefferson High School's multi-cultural experience is the backbone of her strength and the wisdom she imparts to every graduate.

But all the work isn't done yet. We continue to lobby for a Spanish Immersion program within the Middle

"We're building bridges for students as they make the transition from middle school to high school and high school to college. With the help of our partners, Self Enhancement Inc. and Portland Community College, we travel with them every step of the way."

Margaret Calvert, Principal Jefferson High School – Middle College for Advanced Studies

are hooked.

College Program. We are committed to continue support for all the students who wish to go to college, even if they have fallen short in their middle grade school work. We expect parents to be involved. This isn't much of a problem, one dance concert or thrilling girls basketball game and most parents



The community students received a little Spanish education on their own; they proudly said felicidades (congratulations) to each student when they received their crown. Their participation was important to the process, so that they too understand the value of speaking more than one language. What a fabulous bridge to build!

Come see what it is like to be part of the Blue and Gold. Part of the Jefferson tradition in the Overlook neighborhood. Support Portland Schools in their promise of quality, equitable education of our future leaders.

Become a Jefferson Democrat: School of Champions, School of Pride, School of Scholars.

Annual Celebration Dessert & Auction Meet The Aspíre Project

by Erin Fried **Overlook Community Member** 

Get to know The Aspire Project and our work in the community. The Aspire Project, a local non-profit 501(c)3 outreach arts organization, is planning our annual Celebration and Fundraising event 4:00pm, March 17, 2013 at the Interstate Firehouse Cultural Center/ Ethos.

The Aspire Project provides dance and poetry classes to underserved students

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in afterschool programs at Portland area schools and teaches classes on a sliding scale in our North Portland studio. All costumes are provided free of charge for all performances and scholarships are awarded as needed. (see www.theaspireproject.org for more info)

Our annual event celebrates our achievements of the past year and projects our goals for the coming year. A student performance and a complimentary dessert and beverage will highlight our afternoon. A silent auction will be open for bidding throughout the event; proceeds are dedicated to fulfilling our mission to continue to provide quality dance programs to students who would normally not have such an opportunity. Every child should get the chance to dance and to experience the arts!

To make reservations for our Celebration Dessert, or to ask questions about any of our programs, please call us at 503-505-0382 or email at contact.us@theaspireproject.org.

# Sustainable Overlook

### No longer ONeST, now Sustainable Overlook!

We've changed our name!! At December's meeting, we took the step of changing our name from the Overlook Neighborhood Sustainability Team — ONeST for short — to **Sustainable Overlook**. We think the new name is clearer... ONeST was easy to say, but didn't make sense unless you knew what it stood for, and what it stood for was toooooo long! We think Sustainable Overlook is much better!! When you see our yellow signs with our QR Code (that weird square bar code thingy) and our facebook tag on them, visit our places online to learn how you can get involved! We have some GREAT events and workshops in the coming months. We announce our meetings and events in the Weekly OKNA Email blast, so join that list!

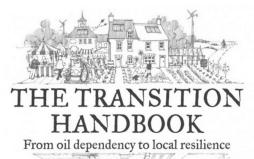
If you're interested in participating in any of the activities listed here, or if you have any comments you'd like to share, please send us an e-mail at Sustainable@OverlookNeighborhood.org. Best Wishes in 2013!

# **Intersection Repair**



Neighbors paint the street, join them! Photo thanks to Greg Raisman

by Leslee Lewis, Josh Cabot, Alice Busch, & Mulysa Melco Sustainable Overlook Members



We're continuing our Transition efforts, which follow the international movement to find ways to create a lower-

energy future for our community that focuses on localization and sustainability.

We began the year by watching the film "In Transition 2.0" at the Overlook House. It was great – with lots of inspiring stories from around the globe. And we've formed a reading group for *The Transition Companion*. We'd love to have you join us! We have a number of books that we are providing to reading group participants for free. This book, which can be previewed at transitionculture.org, offers real world examples of how neighborhoods and communities around the world have begun to take charge of their futures, making their places more resilient and socially connected.

## ... More? Longer? Taller?!!

It's the time of year to begin thinking about the **Re-Painting of the Big Intersection**! To all of the roughly 200 neighbors (!!) who had such a stellar time at last year's 'Intersection Repair' (the term used by City Repair, whose Village Building Convergence the project was a part of), we can't wait to get back out there with brushes and paint... it was such a great day!

Have you checked the intersection out lately? It looks terrific, 8 months later. We're planning to have a Re-Paint as part of this year's VBC. But, walking around the neighborhood, there are other features that are crying out to be 'repaired'!

Envision the Going Street Pedestrian Bridge in multicolor! This cool bridge is an amazing structure, but unfortunately takes the brunt of a LOT of tagging. Imagine the vertical walls – the outside ones as far as we can paint safely, and the inside ones the entire length! – covered with beautiful colors and designs that make tagging less attractive, and reflect the ideas and dreams of all the neighbors – of all ages! – who



use the bridge and those live close by. Talk about making it 'Our Place'! In fact, we're just finding out if it is even possible to 'repair' the bridge. If not, what about the parts of Concord Ave. that lead right to the bridge? What about the 'cul de sac' at the west end of Skidmore Terrace by

Yard Sale/Free Share News It's coming — Stay tuned! Email us to get involved:

Sustainable@OverlookNeighborhood.org

## PREPAREDNESS: BLOCK BY BLOCK!

Having Fun While Planning for Disaster Third Thursday, February 21st from 6:30-8:30 pm 2224 N Willamette, Portland OR 97217

Join us for a potluck and learn simple, easy things you can do to help protect yourself and your loved ones when disaster strikes. We will be brainstorming preparedness methods as well as having a quick disaster awareness discussion. Information to help you succeed in hosting preparedness meetings on your own block.

Feel free to check out www.PrepOregon.org.

Throughout March expect to see invitations from your neighbors who will be hosting super fun and

# the parklet? What about the circle of roadway between Kaiser West Interstate and the picnic shelter at Overlook Park? Any of these would make a terrific project! If you have a special interest in planning the Repaint or another Intersection Repair this year, please call or email Leslee (503-282-6054,

Sustainable@OverlookNeighborhood.org). We'll have a first meeting soon to get started. Come help! It's a blast!

# 'Success and Fun in the Garden'

Join us for one or more of the following events, part of our gardening series. Your planning help will be much appreciated and will make the events all the more useful. Give us a call!

### **Plant and Seed Exchange**

Third Thursday, **March 21st**, from 6:30-8:30 pm Location TBA – watch the Weekly OKNA Email for details!

Have extra seeds? Plants that have outgrown their allotted space? Or are you just starting out with nothing to share? This is the gardening event for you! Seasoned gardeners with a wealth of information (and extra plants and seeds) are eager to encourage the greening of our community. Expect conversations about how to successfully plan your year-round bounty, leave with seeds and plants, or

### **Pest Control & Companion Planting**

Third Thursday, **June 20th**, from 6:00-8:00 pm (note 30 minute earlier start time). Begin at Mulysa's garden, 5532 N. Detroit Ave.

Creating conditions for ecological balance based in Permaculture methods (all organic)! Take a walk through two gardens (two blocks apart) and learn the EASY way to garden. Permaculture is a style of gardening that works with nature which helps save money, your back and our planet! Gardeners will explain methods being utilized in their yards to manage pests, compost, nearly eliminate weeds, and bring beauty and bounty to the neighborhood. All levels of gardeners welcome, no need to RSVP.

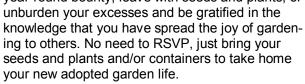
interactive disaster preparedness potlucks, brunches, workshops and more! Let us know if you'd like to host one yourself.

### Earth Day is Coming! Get Tomatoes for Trash!

Join Sustainable Overlook and OKNA in a cleanup of our neighborhood and earn some tomato starts!

Saturday, April 20th—Earth Day! 10:00 am meetup at Pittman Addition HydroPark at the north end of the Going Street Pedestrian Bridge.

We'll be cleaning up a street or two and the early birds will get tomato starts for our efforts! Let's claim – and clean – our piece of this beautiful planet!



### **Fall Garden Planning**

Third Thursday, **August 15th**, 6:00 – 8:00 pm (note 30 minute earlier start time). Class at 5532 N. Detroit Ave. 97217

Ours is the perfect climate for year-round gardening, but harvesting delicious greens and root crops all through the cold months requires planning ahead! Learn tips for selecting seeds and starts, getting the timing right and strategies for helping them thrive. Class is held in the garden and will include permaculture perspectives and information about perennial edibles for winter and early spring harvest.

### **Food Preservation**

Third Thursday, **September 19th**, 6:30 – 8:30pm Location TBA – watch the Weekly OKNA Email for details!

Closer to the date we will send out a list of items to be preserved – but pickling green tomatoes is a definite! **RSVP required** as class size is limited. Please RSVP by visiting http://foodpreservation.doattend.com

**Email:** Sustainable@OverlookNeighborhood.org **Webpage:** sites.google.com/site/overlooksustainability **Facebook:** http://tinyurl.com/SustainableOverlook

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Overlook Memories of... Madrona Hill Park

by Tamara Maher OKNA Board Member

Some of our neighbors in North Portland have lived in this charming neighborhood much of their lives. The changes they have seen are fun to recount, and even more fun to hear about. Alan Cranna, Chair of the Overlook Neighborhood Association, and an active member of the Association and the neighborhood for many, many years, provides a glimpse into some of our favorite places in the section of Overlook that lies north of Going Avenue, nestled against the bluff that overlooks Greeley and Swan Island.

Alan came to North Portland from St. Johns in 1951 when he was only six years old. At the time, his family, consisting of three children, mother, father and his maternal grandmother, had outgrown its two bedroom Department of Defense housing. His grandmother insisted that the family move to a larger home. His mother and grandmother located a suitable place, and informed his father of their find. So the family purchased and moved into the home on N. Wygant, near Madrona Hill Park, where Alan still lives today. The original home was built in the late 1890's by a farmer, and the entire surrounding area was farmed by the original resident. Sometime later, approximately 1914, the front of the home was added, forming a church, which continued in that location for about a decade.

By the time Alan's family moved into the home, the farming area had given way

to residential neighborhood, with plenty of what we now call "in-fill". Although it was a lovely respite, the park had been much larger before World War II and



about North Portland history, appearing in the Overlook Views.

## Volunteer Call: Tree Lovers Please Apply

by Dave Schleiger President UPBD & Overlook Resident

All of the new trees in the area sure are great..

Over the past ten years the North Portland Business Association has mulched all of the newly planted trees from Kenton to Pier Park. The last 3 years I have partnered with Darrell Grenz (Darrell Grenz Farmers Agency) and last year we mulched 468 street trees.

The reason I mention this is because the area from Kenton to Pier Park has the highest success grow rate of anywhere in the city. The Friends of Trees attributes this to the mulching donated by the NPBA.



I have lived in the Overlook area for 23 years and would like to help bring that success to my home and yours. What I would like to do is to find a person that can be our point for Overlook. Then we would like to find a group of neighbors that received a tree this year or in the past. Then get everyone together to pay it forward and help mulch the new trees of Overlook.

It takes teams or 2-3 people, a truck or a big bike trailer. A shovel and a couple of cat litter or 5 gal-

# Coal Trains A'Coming?

by Jasmine Zimmer-Stucky Columbia Riverkeeper

The Overlook neighborhood is one of 30 Portland neighborhoods that border potential coal train routes. 46 neighborhood associations, including Overlook's, have spoken up about coal export. Neighborhoods passed resolutions asking for thorough reviews of all coal export proposals in the Northwest (currently there are five) or outrightly opposing coal export. The resolutions were mailed to Governor Kitzhaber, the critical decision maker in the future of coal export in Oregon.

The resolutions passed by neighborhood associations influenced the Sept. 19<sup>th</sup>, 2012 City of Portland resolution opposing coal trains and a similar resolution passed on Sept. 20<sup>th</sup> by Metro.

Ambre Energy's Morrow Pacific coal export project is the farthest along in the permitting process. In 2013 two state agencies will have the opportunity to approve, deny, or continue their study of this rail-to-barge plan. These state agencies – Department of State Lands and the Department of Environmental Quality (DEQ) – should listen to the concerns of neighborhoods that would be impacted by coal exports.

This spring, DEQ is likely to host a second round of public hearings on Ambre Energy's proposal. The first Portland hearing

### Join us! Friends of Patton Square Park

stretched out farther than the current bluff, past the border of present-day N.

sic in the summer. And the children enjoyed regular diversions at Madrona

Hill Park. During the 1920's and 1930's the Park was known as Kissing

youthful diversions. It also had a lovely view of the Willamette River and

Swan Island below. Today, standing in Madrona Hill Park, the view of the

really WAS an island. . . at one time. During World War II, when the ship-

yards were humming with the fastest build-up of military ships in modern

history, the channel that separated Swan Island from the rest of Overlook

was filled so that the pontoon boat that carried workers to the island would

no longer be a barrier to progress and the speedy and necessary construction

work taking place on the Island. Kaiser, which operated shipyards in Swan

Island, reduced the size of Madrona Hill Park to fill the channel. Before the

channel was filled, the Park bluff stretched further to the west, beyond the

area where N. Greeley now carries a snaking stream of rush hour traffic up

the hill past Adidas. In fact, much of the topography of Overlook has been

altered by man during its history. Stay tuned for another occasional piece

Corner, as it had plenty of sheltered areas for the privacy of perennial

river and West Hills beyond is obscured by the foliage, even in winter.

In my conversation with Alan I was surprised to learn that Swan Island

Greeley. Before Alan's time the park was a large, comfortable gathering place, with picnic tables, a gazebo, and various entertainment, such as mu-



We're dedicated to taking care of Overlook's little gem of a park. Come to our next meeting on **March 13** at 5:30. Write for location information: greenacres@OverlookNeighborhood.org.

## Bluff Restoration Continues

by Ruth Oclander Friends of Overlook Bluff

The Oregon White Oak tree sitting majestically on the bluff in a meadow on Overlook Terrace is part of a family of remnant oak and madrone trees that once stretched from Canada to California. You will notice these solitary oaks in open space as you drive west on 26 to the coast or along the Sandy River heading southeast past Estacada. An emergence of understanding of their importance to Oregon's ecology marks a cultural shift. Even

ODOT has begun to plant Oregon White Oaks in the green space of on and off ramps along I-5. (They will be easier to notice in the spring when leaves return).

Friends of Overlook Bluff is also part of a larger family of groups working to protect remnant oak and madrone habitat. Once we began our work to protect, restore and connect the ecology of the bluff in our neighborhood we became aware of this network, from Friends of Baltimore Woods to Intertwine. The January issue of Portland Monthly even featured an article about the connectivity of our mission (page 44).

lon buckets.

We are working on donated mulch from the city that would only be good for trees or bushes, nothing that bears fruit, and finding an ongoing funding source.

It takes us about 4 hours per hundred trees mulched by a team; the more that pay it forward the better it is. My hope is every year will be better and accomplishes more.

I can be contacted by email dave@copypilot.com

Dave and his family own and staff Copy Pilot, 4784 N. Lombard, Overlook Views' preferred mom & poppy ship n' copy joint. Dave is also president and organizer of the newly formed University Park Business Association. If you'd like to support this project to mulch young trees in Overlook, please get in touch with him soon; he will appreciate your enthusiasm! You can also reach Dave at the shop: 503-283-7767. on the proposal was on Dec. 6<sup>th</sup>, 2012. It

drew over 800 people, the majority opposed to coal export as reported by The Oregonian and other news outlets. Opportunities for the public to weigh in on a second Ambre Energy coal export proposal in Longview, WA are likely to occur in 2013.

Kinder-Morgan's coal export project in St. Helens and the proposal in Coos Bay have been relatively silent. Columbia Riverkeeper and other organizations are monitoring them closely.

To stay informed, subscribe to email alerts at www.ColumbiaRiverkeeper.org and www.PowerPastCoal.org.

Like OKNA! www.facebook.com/OKNAinPDX



We begin 2013 by moving from a (native) grassroots group to an official non-profit organization with a Board of Directors. Our plans for the year include a spring planting of bare root stock along the escarpment, a grant to create a nursery for native oak meadow plants on Overlook Terrace and talks and documentaries to continue to expand community involvement. If you want to get involved contact us at

friendsofoverlookbluff@gmail.com or find out about upcoming events at www.overlookbluff.org.

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# Live Safe

Public Safety & Crime Prevention



## Crime Prevention Coordinator Joins City

Greetings Overlook residents! My name is Sara Hussein and I am the new Crime Prevention Coordinator for Overlook Neighborhood! I am very excited to be here and look forward to working with you. I can be reached at 503-823-4098 or sara.hussein@portlandoregon.gov.

### **Crime Prevention Update**

### **Car Prowl Prevention**

A constant crime issue for the Overlook area is continual car break-ins (aka car prowls). According to the Portland Police Bureau's Neighborhood Crime Statistics, car prowls in Overlook increased from 2011 to 2012 by 12%. Car prowls are crimes of opportunity. An offender makes a split second decision to break into a vehicle based on the perception that there are items of value in that vehicle. The best way to protect yourself against car prowls is to never leave anything in your car, whether it's something valuable like a laptop or something seemingly insignificant like loose change. This simple step can really help prevent this too common crime. If your car is broken into, report the crime to police. If you observe the crime happening, call 9-1-1. If not, call the nonemergency number, 503-823-3333, to report the incident. Make your reports online at www.portlandonline.com/police/cor/

## Neighborhood Watch and Foot Patrol

The City's Crime Prevention Program offers many training opportunities for the community, including neighborhood watch and foot patrol trainings. Neighborhood watch is a program designed to increase the safety and sense of community in neighborhoods by organizing and involving residents in a united crime prevention effort. Neighborhood watches collaborate with the Crime Prevention Program, police, parks security, businesses, and other organizations to create neighborhoods less vulnerable to crime. A neighborhood watch is often formed when neighbors notice a problem in the neighborhood, such as a suspected drug house. Additionally, neighborhood watches are a good way to promote communication and relationships with your neighbors!

A Foot Patrol is a trained group of volunteers organized to increase the safety and livability of their neighborhood. They walk their neighborhood streets, parks, or schools to deter crime and report incidents and problems, rather than sit back and hope that someone else will take care of any crime or livability problems. Foot Patrol members are actively and directly involved in solving those problems in a community-based, nonconfrontational manner. Foot Patrols collaborate with the City's Crime Prevention Coordinators, police, neighborhood coalitions and associations, schools, parks personnel, and area businesses to help make sure that neighborhood problems receive a prompt and effective response. A Foot Patrol is a great way to meet like-minded people, contribute to your community, and get some exercise too!

# **Overlook's New Public Safety Partners**



Sara Hussein works for the City of Portland's Office of Neighborhood Involvement (ONI).



Meets on the fourth Wednesday of each month to solve your crime problems. Meet at the Historic Kenton Fire-

house, 2209 N Schofield from 7:00 pm—9:00 pm. Free Pizza!

### 0 L T The Overlook Livability Team

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.

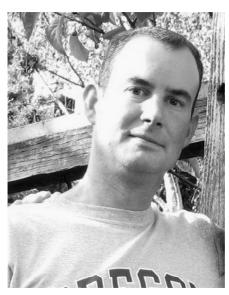




## New Team Captain for Overlook Livability Team

I'd like to introduce myself, my name is Lelio Montagnoli and I have taken the reins of the Overlook Livability Team from the capable and dedicated David Chott. With the new year, I will try to do my best as the next ring-leader of the OLT. I'm looking forward to keeping up the momentum, and I will strive to reach out to our wonderful community to attract new volunteers and engage our current members.

A little bit about the OLT. OLT was conceived, organized and started by former and much missed Overlook resident Mark Wells (who was at the time employed by the City of Portland, Office of Neighborhood Involvement). Mark's tireless commitment to our community was the inspiration for me to get involved in helping make Overlook the Neighborhood with a Heart. Basically what we do is meet once a month on the first Sunday of each month (at DiPrima Dolci Ital-



Lelio Montagnoli now leads the OLT on its monthly clean-up rounds, making sure volunteers have the materials they need to remove graffiti and more.

ian Bakery & Café, 1936 North Killingsworth St at 9am) on the corner of Denver and Killingsworth. We then fan out in groups to focus on specific areas that need attention from our citizen volunteers. This may include graffiti abatement (although this is far less of a problem than it has been in the past due to the diligence of the OLT over the past 3 years), trash removal, reporting neighborhood concerns such as potholes, neglected properties, etc. No matter what part of Overlook you reside in, we have projects that need your help!

More than just the service to the community is the interactions and relationships that are built by being involved where you live. The old mantra of Think Globally, Act Locally is a good way to think about this. When I first moved to Overlook in June of 1999, my neighbors came right over as I was moving in and invited me to a BBQ in their backyard that night. That was a great first impression of the neighborhood I was new to, and to this day I still cherish the neighbors I have developed relationships with on our little corner of Gay Ave and Sumner St, and the Overlook neighborhood as a whole.

I'd like to extend a warm welcome to any new residents who have recently moved to our little slice of Americana, or those who may have lived here for years but were unaware of the opportunities to get involved, do good and have some fun. Young and old alike are welcome to join the Overlook Livability Team, we look forward to an opportunity to engage those who have been longtime members, and I ask with all sincerity that if you have some time, please come join us and see what we are all about and see what you can do to make Overlook an even better place to live!

Some of you may already belong to a neighborhood watch or foot patrol. If your group needs a refresher or if you are interested in creating a neighborhood watch or foot patrol in your area, please contact me directly and I will work with you on forming your watch or foot patrol!

### Can

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

### **Disaster Preparedness**

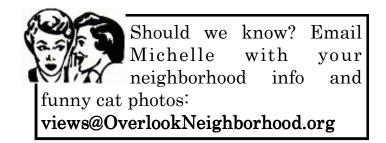
Building Community & Strengthening Readiness Among Neighbors

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

Please feel free to contact us at: graffiti@overlookneighborhood.org facebook.com/OKNAinPDX (Overlook Neighborhood PDX) facebook.com/OverlookVillage.

I look forward to seeing our returning volunteers, and I'm looking forward to seeing some new faces as well!



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# February 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11 Overlook House •Qi Gong •Yoga	12	13 Overlook House •Yoga	14	15	16
17 Comprehensive Plan Meeting this week; see Page 3.	18 Overlook House •Qi Gong •Yoga	<sup>19</sup> OKNA General Meeting 7-9pm Kaiser Town Hall	20 Overlook House ∙Yoga	21 Preparedness Block by Block! Potluck, see Page 5.	22	23 Play Ball! It's time to sign up for Little League. See Page 4.
24 Go flying indoors tonight; details on Page 4.	25	26	27 Overlook House •Yoga PSAC meeting Kenton Firehouse	28 Overlook House •Qi Gong	March 1	March 2

# March 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3</b> Livability Team Meeting Day See Page 7	4 Overlook House ●Qi Gong ●Yoga	<sup>5</sup> OKNA Board Meeting 7-9pm Overlook House	6 Overlook House •Yoga NET Team Meeting (Page 7)	7 Overlook House •Qi Gong	8	9
10 Go flying indoors tonight; details on Page 4.	11 Overlook House •Qi Gong •Yoga	12 Tax-Aide Free Tax Prep Help. See Page 1.	13 Friends of Patton Square Park meet- ing: See Page 6.	14 Overlook House •Qi Gong	15 Play Ball! It's time to sign up for Little League. See Page 4.	16
17 Aspire Project Celebration De- sert & Auction, see Page 4.	18 Overlook House •Qi Gong •Yoga	<sup>19</sup> OKNA General Meeting 7-9pm Kaiser Town Hall	20 Overlook House •Yoga	21 Plant & Seed Ex- change 6:30pm. See Page 5 for details.	22	23 Send your items for The Weekly OKNA Email to our 'info' address.
24	25 Overlook House •Qi Gong •Yoga	<b>26</b> Comprehensive Plan Workship Shape Your City! See Page 3.	27 PSAC meeting Kenton Firehouse 7-9pm Overlook House •Yoga	28 Tax-Aide Free Tax Prep Help. See Page 1. Overlook House •Qi Gong	29	<b>30</b> Overlook House Easter Egg Hunt! Get there early; starts at 10:30.

# April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 31	1 Overlook House •Qi Gong •Yoga	2 OKNA Board Meeting 7-9pm	3 Overlook House •Yoga NET Team Meeting (Page 7)	4 Overlook House •Qi Gong	5 Contact the Beach School PTA to find out about Saturday Spring Campus Clean Ups.	6
7 Overlook Livability Team Cleanup See Page 7	8 Overlook House •Qi Gong •Yoga	9 Tax-Aide Free Tax Prep Help. See Page 1.	10 Overlook House •Yoga	11	12	13
14 Have you 'liked' us on Facebook yet? OKNAinPDX	15 Overlook House •Qi Gong •Yoga	<sup>16</sup> OKNA General Meeting 7-9pm Kaiser Town Hall	17	18 Overlook House •Qi Gong	<b>19</b> A Movie in Over- look Park! Help us plan one see Page 1.	20 OKNA Clean Up Day! Tomatoes for Trash see Page 5 & meet us at 10am
21	22 Overlook House •Qi Gong •Yoga	23 New to Overlook? Don't miss the OKNA webpage & Facebook.	24 Overlook House •Yoga PSAC meeting Kenton Firehouse	25 Tax-Aide Free Tax Prep Help. See Page 1. Overlook House	26	27
	29 Overlook House •Qi Gong •Yoga	30	May 1 Overlook Business Speakeasy meet- ing. RSVP details on Page 3.	May 2 Overlook House •Qi Gong	May 3	May 4 It's a good week- end to clean the basement Yard Sale/Free Share is coming!

## 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 Sara Hussein: 503.823.4098

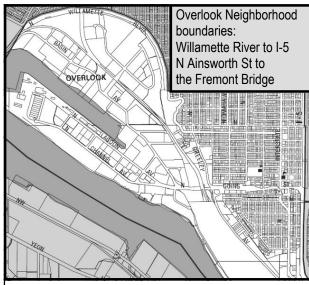
Police Non-emergency: Report it! 503.823.3333

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 timesensitive 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

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### 2012-2013 OKNA Board Members:

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