



Overlook Views

Spring 2017

Overlook Neighborhood Association, Portland, Oregon
overlookneighborhood.org

This OKNA resolution was adopted on Feb. 7, 2017:

The Overlook Neighborhood Association welcomes refugees, immigrants, people of any color or ethnicity, people of any religious belief, and people of any sexual orientation or gender identity. In short, we are a welcoming place for all. We will not tolerate hateful rhetoric that scapegoats these communities or that threatens our neighbors. We will not remain idle when any member of our community is targeted by bigotry. We are stronger together as a neighborhood and city.

3rd Annual Overlook Sustainability Summit: Putting Preparedness Into Action

by Mitch Bixby, Josh Cabot, Leslee Lewis and Michelle Thompson

Is your household ready for a natural disaster? Are any of us? Take heart, it's all a spectrum and we can all do more! Join your neighbors for a half-day summit covering many of the elements of getting ready for A Big One, whether earthquake, volcano or ice storm.

Keynote speaker Steve Eberlein of the American Red Cross knows about the value of preparing; a trained geologist, he saw first hand what Sri Lanka faced after the earthquake and tsunami in 2008 and shares the important parts with us: the big bump before the shake, why you should drop-cover-hold-on and the value of simple bucket latrines are a start. But a more important lesson he brought home? **Making a kit is great... Making a friend is crucial.** Do both at the Overlook Preparedness Summit! Meeting your neighbors and making connections is the most fulfilling outcome of our annual summits.

Prepare Out Loud is the name of the Red Cross initiative Steve will introduce to us, and it is a shift in thinking, creating a culture of preparedness. Many people in the Pacific Northwest have already quietly started gathering supplies like food and water and creating family emergency plans. Now is the time for all of us to join the preparedness movement, not quietly, but out loud.

To Prepare Out Loud means taking simple steps to prepare yourself and your family for a disaster and sharing how you're preparing with others. It's simple: Prepare then Share. Prepare Out Loud.

The Preparedness Summit is much more than a lecture though! Spend time during and after lunch at these small group table discussions & presentations and choose one thing to get better at this year.

Topics include:

Go Bag Station: Bring your go bag or your prep list and huddle with others to compare notes, make improvements or see a go bag in action!

Pet Preparedness: Dove Lewis Animal Hospital will share ideas on prepping for your pet, including food, medications, containment and reuniting in case of separation.

Sanitation with Phlush: With just two buckets, you can 'go' a long time without a traditional toilet, but there are a couple of tricks to success. This is a simple project that the kids will love! Free buckets available!

Neighborhood Emergency Team (NET):

Did you know there are teams of citizens who have trained to prepare for disasters, and to help all of us? Learn about your Overlook NET and what they will manage when an emergency hits. Apartment dwellers, you're part of the plan too; come learn from the Pearl District NET about the ways you can plan and participate.

You'll have plenty of time to explore these topics during and after our working lunch break; reserve your lunch from Atomic Pizza (just \$7 per person) when you make your RSVP for the Summit.

After lunch, get ready for more hands-on activity when we join the Overlook NET for a 'walk around' at the Beach School field, one of the neighborhood staging areas and a main gathering spot after an emergency. This short exercise is a practice assessment of a staging area, so we'll have a 'treasure hunt', looking for places to shelter people and to set up a medical triage area. We'll demonstrate stringing up a tarp into a shelter and calling our results back to HQ on the radio.

If you are a HAM radio operator or enthusiast, we'd love for you to join in and become part of our communications network. If you have walkie talkies at home, bring them and your questions and let's talk about how you can plug into the network.

This sort of 'real life' exercise will improve our responses in a genuine emergency and can be part of our emotional preparation, which is also important. Calm, cool, collected and prepared; that is what will make Overlook more ready to deal with whatever comes our way.

Find all of the schedule details and make your RSVP today at sustainableoverlook.org/summit-2017. redcross.org/prepareoutloud and we'll see you at the Summit!



3rd Annual Overlook Sustainability Summit:

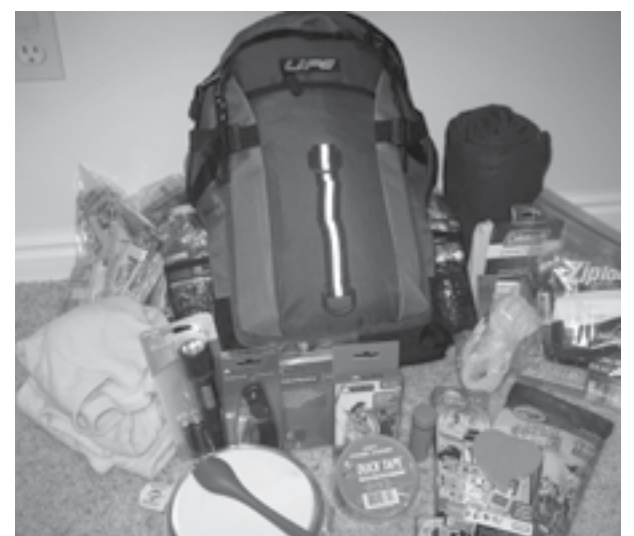
Putting Preparedness Into Action

Saturday, February 25, 2017

9:45am – 2:00pm
Beach Elementary School,
1710 N Humboldt Street

Show Us Your Go Bag!

Your emergency supplies are at the heart of your preparedness plan, and starting or expanding your kit is a concrete way to feel more in control. Sustainable Overlook's Leslee will have her go-kit on display in its wagon, ready to be pulled along vs carried. Bring your bag and show off what works for you, or get advice on how to make it better. Is your kit ready to grow to include sleeping bags, camp stoves or water treatment? The Red Cross will have excellent kit-building tips for us as well!



Big Changes for Overlook

by Mike Shea

The coming year will see a construction frenzy along Interstate Ave between Skidmore and Killingsworth. The area along this part of Interstate and between Interstate and I-5 has been zoned for high-density development for about 25 years. But only now, when Portland is the cool place everybody wants to move to, is this area finally being developed.

Over 600 apartments and condominiums are currently in preliminary planning, design or permitting right now. This doesn't even count projects already under construction such as the apartments near Patton & Maryland, Killingsworth & Greeley or Interstate & Overlook Boulevard.

The neighborhood association is required to be advised by developers of upcoming projects, and can request presentations from the developers. Presentations have been made at several of our general meetings and the discussions seem to have been beneficial for both neighbors and developers. Here is a list of coming projects that we have been advised of so far. The numbers are keyed to locations on the map.



- 5429 N Minnesota- 3 stories, 6 units
- Interstate between Emerson & Willamette- currently the site of Taco Time and a veterinary clinic - 5 stories, 140 units with studios, one and two bedroom units, underground parking, ground floor retail
- 1525 N Webster- 4 stories, 29 units with studios, one and two bedroom units
- Interstate between Alberta and Webster (west side)- currently the site of the closed Naturalia café, a house and an upholstery shop - 5 stories, 50 to 60 units, no retail but some onsite parking
- Interstate between Alberta and Webster- (east side)- currently the site of an empty burned out building and a convenience store. This site is owned by the Portland Housing Bureau and they will be requesting proposals soon from developers to develop entry level condominiums for people with lower incomes. The site's zoning will allow up to 7 stories and about 160 units but it remains to be seen if any developers will be interested and how many units they might propose.
- 5014 N Maryland- 3 stories, 12 one bedroom units
- 4806 N Maryland- 3 stories, 6 condominium units
- 4635 N Montana- 3 stories, 4 townhouses
- 4525 N Montana- 4 stories, 29 units
- 1325- 1329 N Skidmore- 3 stories, 24 units
- Skidmore & Maryland- Overlook Restaurant site – 6 stories, 158 units with ground floor retail, on grade parking.
- Prescott, west of Denver- a developer who has owned the property for 20 years is trying to develop 12 lots for single family homes by extending Prescott to the west. The lots would be between Prescott and Going St. with access from Prescott.

New Entrance to Overlook Park

Overlook Park became easier to access for visitors as a result of the new adjacent development, Overlook Park Apartments. Everett Custom Homes, the building's developer, agreed to construct a spur from the sidewalk at Interstate Avenue (next to the new building's driveway) to the park's inner path and to pay for a new park sign at that entrance. The sign will be installed in March.



Get ready for Easter fun at Overlook House

It's still cold and blustery outside, but spring will be here before you know it. That means the annual Friends of Overlook House Easter Egg Hunt also is around the corner in just a couple of months. Mark your calendar for Saturday, April 15 at 10:30 AM sharp and you'll discover over 2000 treat-filled eggs and toys spread on the back lawns of Overlook House. We're hoping for a beautiful day, but the Easter Egg Hunt will be held rain or shine! Will you be one of the lucky ones who finds one of the coveted Golden Eggs for a special prize? This popular annual event is sponsored by the Friends of Overlook House for younger neighborhood children (about five years and under.) Grab your raincoat and your basket and we'll see you there in April!



HippityHop...

What:
Annual Eggsstravaganza
Easter Egg Hunt

When:
Saturday, April 15 at
10:30 AM sharp

Where:
Overlook House,
3839 North Melrose Drive

Who:
Overlook children
5 years and under



Overlook Prepares!

a special edition guide to help ready ourselves ahead of the unexpected



So much to do...!

By Mitch Bixby, Overlook NET Lead

Since July, there has been a lot more talk about disaster preparedness and nearly all of it starts with these words. "There is SO much to do."

I am heartened, though, not discouraged, by the conversations I have had, whether it was with a business owner ("You know, we were just talking about this...") or a board member ("I didn't sleep the night after the OPB program!") or a new neighbor on the block. I often hear notes, or actual confessions, of panic. This is a completely normal early response. It's also not that productive. It is important to acknowledge the worry, and then to move on to the next thing. The reality is, we can't prepare for every contingency. And why would we want to? Do we really need 12 chain-saws on every block? Is it essential for each homeowner to cram a MASH unit into their garage? Is it critical that every renter store a 55-gallon barrel of water in the middle of the kitchen?

I propose that it is not. I propose that, in the event of major disaster, we will rely on each other. Yes, yes, I've heard from the folks who have prepared their doomsday bunkers. They are welcome to it. It is a terrifying place, though, and I'd rather rely on my neighbors. As it happens, that IS our natural response. Rebecca Solnit's book, 'A Disaster Made in Hell' examines this idea in the aftermath of every major disaster of the last century. Sorry to spoil the ending, but her main thesis is that looting is a myth. We will, by and large, support each other. There is evidence from many places and many times, from the 1906 quake in San Francisco to Katrina to Superstorm Sandy. Despite what the news tells us, we are inclined to assist.

And we start now. By getting to know our neighbors. By increasing our own resilience. Why wait until disaster strikes to appreciate and enjoy the people around us? Why wait to lighten our footprint? Many of the activities listed in this insert not only prepare us for a disaster, they improve our ability to rely on ourselves and those around us. The big secret in emergency management is that proper disaster preparation creates great neighborhoods today.

Go tell everyone.

Mitch Bixby
Overlook NET Team Lead

Keeping in Touch

By Overlook's Neighborhood Emergency Team and Sustainable Overlook

If the big one happens and you are separated from your loved ones, how do you communicate? Phones, texting and email will likely all be down or overloaded and power will certainly be out. Satellite phones MAY be an option but are very expensive and still subject to overloaded circuits. In most disasters, radio is often the only option.

For us regular citizens, there are two radio options: FRS/GMRS and amateur (ham) radios.

FRS/GMRS (Family Radio Service/General Mobile Radio Service) are those small, handheld radios sold in two-packs at Costco. They tend to sell for less than \$80, and have a range of 1-2 miles (despite the claims!) in the city. These radios should have 22 channels. Some claim more but these are just variations on the first 22. Channels 1-14 are license free: anyone can use them. A GMRS license gives you: higher power on Channels 1-7 and exclusive access to Channels 15-22; 8-14 are always low power. The GMRS license has no exam but does require a \$65 fee to the FCC for a 5 year license. The license applies to everyone in your family. So, if it is likely that your loved ones will be less than 2 miles away, FRS/GMRS radios may be a good solution.

Some notes: have your family pick a channel in advance (but not #1; that's emergency-only; Overlook NET uses #5). Keep the radios charged with spare batteries handy. Take time to practice using them and checking their actual range. Also know that lots of people use these radios so be patient with possible interference.
(...continued on page 4)



What is NET?

For some time, the City of Portland's Bureau of Emergency Management (PBEM) has encouraged neighborhoods to form teams and make independent plans for disasters. PBEM calls them Neighborhood Emergency Teams or NETs. In most other parts of the world (Beaverton, for example), these teams are called CERTs (Community Emergency Response Teams), but the training each receives is comparable. NETs operate with the assumption that professional first responders will be unable to arrive quickly, perhaps not for days. NET/CERT members, while trained in some basic search and rescue techniques, will likely be called to perform a range of tasks, from triage to neighborhood surveys to building assessments.

NET's most important role, though, will likely be communications. Whether through short-distance 2-way radios, ham radios, or just networks of runners, NET expects to be the bridge between Overlook and the city's emergency managers and possibly beyond. As much as almost anything else, our ability to communicate effectively, both with each other and with the city, will have a substantial impact on our transition to a post-quake Portland. Whether you're NET trained or not, we definitely welcome your participation and input now. We will need everyone, able-bodied or otherwise, and everyone will have a role to play.



What is Sustainable Overlook?

For the past 5 years, a group of neighbors interested in preserving and improving the ecology, economy and equity of Overlook have come together to organize events that further these goals while giving us the opportunity to socially connect and have fun along the way. Formerly known as the Overlook Neighborhood Sustainability Team, Sustainable Overlook is a committee within the Overlook Neighborhood Association (OKNA). You might recognize Sustainable Overlook through its annual Garden Tour or Yard Sale & Free Share events, or perhaps its multitude of workshops that have taught food preservation, fruit tree pruning, and rain garden creation to name a few. Sustainable Overlook started a project called Pesticide Free Overlook, which aims to educate fellow neighbors and businesses on the range of effective strategies for dealing with pests and weeds in our yards and gardens, so that we can make a healthier shared environment for our children, pets, wildlife, and watershed.

One other big component we've been focused on is how we can build our neighborhood's resilience, which is the ability to adapt and rebound in the face of adversity. To that end, Sustainable Overlook has joined in with Overlook NET so that we can unite as a neighborhood around preparedness.

We'd love your help with any of these efforts. Visit www.sustainableoverlook.org or e-mail us at sustainable@overlookneighborhood.org

(...continued from the previous page)

every kind of disaster. A wide variety of frequencies and power levels lets hams connect nearly anywhere, even internationally. And ham radio has become much more accessible, due to relaxed requirements and lower prices. Entry level licenses require passing a 35 question exam and basic handheld radios run \$50-70 with accessories. People interested in emergency communications like the portability and flexibility of handheld ham radios.

All Portland NETs (Neighborhood Emergency Teams) use FRS/GMRS radios. If you have one, you can call us on channel 5 on the way to our monthly team meetings.

BEFORE

We’ve split up our ideas and preparation tips into three levels of commitment – easy, more complicated and involved. Easy things can be added to a grocery or daily to-do list. More complicated things require a little more planning and saving. And finally, even more involved things may mean hiring a professional, or committing to a substantial and involved DIY project. The topics vary from supplies (such as tools, foods, etc.), to information, retrofits, and things we can do before, during and immediately after the event.

EASY - Right away!

- Right now, go dig up a pair of sturdy boots and sturdy gloves and put them under your bed! Don't forget socks for the boots (unless you sleep with socks on!

- Now identify an out-of-state single point-of-contact. Start dialing your friends and relatives on the other side of the Cascades. See who is willing to be your family's out-of-state emergency contact. When you find someone willing, immediately send their contact information - with an explanation! - to your extended family. Having a single point-of-contact minimizes calls on a damaged telecom network.

Since communications may be severely restricted, emergency agencies are asking people to try to avoid placing voice calls, and to try to text and email instead since text files require less data to be transmitted.

- Every week, when you're shopping for food, add a 2-liter bottle of water and one shelf-stable food item to your shopping list. Stash the water and food around your house: putting it all in one place is a risk.

- Strap your water heater to the wall. Any hardware store will sell a water heater strap kit for about \$20. Congrats: you've just saved 50 gallons of drinking water from sloshing onto your basement floor (and possibly prevented a gas line feeding your water heater from snapping open and leaking)

- Get extra flashlights and batteries the next time you're at the hardware store. Put them under your beds with your boots and gloves.

- Store extra of critical items and distribute them with your food and water.

- Sign up for the Overlook Neighborhood Association Friday E-Blast for updates on neighborhood preparedness. Visit the main page at www.overlookneighborhood.org to sign up.

- Think about what the more vulnerable people in your family (or close by neighbors) might need in an emergency and think about how you might be able to help them.

MODERATE - Over the next few weeks:

- Start assembling your 'bug out' or 'go' bag – that's the bag or backpack or 5-gallon bucket that you will grab when it's time to leave. Information about what that bag should contain is widely available - check the resources listed on page ??.
- Make sure you include copies of important papers and any other essential items such as critical prescriptions.

- Make a 'bug-out' bag for work and/or for your car.

- At the hardware store, get the gear to attach your bookcases and picture frames to the walls.

- Think about how your family may be spread across the city, possibly on different sides of a river. Develop a plan for picking up each other or having friends/family pick up members of your family that are particularly far away on a typical work/school day. If you have small children, practice having this friend or other family member pick them up so that it becomes more normal for everyone.

- Consider getting a wind-up radio, or get a

battery operated radio and extra batteries. Information is power!

- Be prepared to camp in your yard – tent, cook-stove, sleeping bags etc.

- Put together your four bucket human waste system by going to the www.PHLUSH.org website (PHLUSH stands for Public Hygeiene Lets Us Stay Human). Free 5-gallon buckets are available at Metro's paint facility on Swan Island.

- Stockpile extra camp stove fuel

- Stockpile extra pet food and water

- Fill in all the gaps in your preparedness supplies. Try to add one missing item per month

INVOLVED – but even more useful:

- Bolt your house to its foundation – see details for the upcoming Home Seismic Retrofit Workshop on Page 3. Come out and learn more about the process, whether doing it yourself or hiring a qualified company to do the work.

- Join the Overlook Neighborhood Emergency Team (NET): OverlookPrepares@gmail.com

- Take a relevant training: CPR, First Aid, Incident Command Structure (ICS), Search and Rescue, Ham Radio, etc.

- Run the Map Your Neighborhood program on your block. See Page 5 here for details on that.

- Get a solar phone and battery charger.

No matter your level of preparation, there are some things we should all remember to do WHEN an earthquake event occurs:

DURING

- When you feel the ground shake and roll, remember this – DC HOT! It stands for Duck, Cover, and Hold On Tight. Get (duck) under something that's stable and sturdy. Cover your head (with hands or pillows or cushions). And hold on tight to what you're under so it doesn't walk away from you in the shaking!

IMMEDIATELY AFTER

- Do not go outside until the shaking seems to have stopped!

- Prepare yourself for aftershocks, which could happen as often as every 15 minutes for hours or even days after a major earthquake.

- When you think it's safe to come out, check on all family members and pets, and quickly assess whether it's safe to stay in your house. Research into the 2010 Christchurch earthquake in New Zealand has shown that many injuries were sustained by remaining in unsafe structures well after the initial earthquake.

- If you can, post the OK/HELP sign included in Map Your Neighborhood materials. Put it in your front window, so your neighbors or any emergency responders can quickly determine if you need help or not.

WHEN YOU CAN

- In the event of the Big One if you should decide to shelter in place, it's best to eat your refrigerated food first and cook any raw meats right away to help preserve them for an additional few days. Your shelf stable food should be conserved as much as possible. Recovery of utilities could take days or even weeks, depending upon the magnitude.

- Connect with your neighbors to see how everyone is doing, who needs help and what they need. The Map Your Neighborhood materials offer simple steps neighbors can take to help each other. If your block seems to be in pretty good shape, decide whether you want to lend a hand at your nearest NET staging area with your neighbors. Refer to the map printed on Page 5 to identify which staging area is most appropriate for you.

Our Overlook NET Team has really stepped up its own preparation activities and we're seeing greater turnouts at the monthly meetings. While we're striving for a swift deployment of these staging areas immediately following an event, it's going to take as many able-bodied neighbors as possible to get things set up and stabilized. It will be days or weeks before outside support arrives, so we'll need to rely on each other.

Go Bag

What on earth should I keep in my go-bag?

When the time comes to run out the door, you'll want your bag packed first. The very first thing to do is: take stock at home! You'll be surprised how much you already have sitting around the house. Throw it in a cheap, used backpack, put it somewhere you think will be easy to get to (near a door or window), and you're well on your way.

Everyone's bag will look a little different, but here are some starter ideas for things you might want to include:

- Copies of important papers
- Cash
- Critical medications
- Prescription Eyeglasses (an old spare pair?)
- Gloves
- Socks & Undies
- Food for the dog or cat
- Food for a few days for you and your family
- Water bottle (periodically refilled is even better!)
- Utility knife, especially with can opener
- Basic first aid kit
- Flashlight/headlamp
- Taking it to the next level, you also might include:
 - Water filter and/or iodine tablets
 - Camping gear: tent, sleeping bag, groundcloth
 - Raingear
 - 2-way radios
 - Emergency radio
 - Towel



- Duct tape
- Batteries
- Soap/toilet paper
- Garbage bag(s)

Pullover/warm socks/hat

The list can go on, but thinking of it as a camping expedition helps focus on critical pieces. This bag can get large fast as you might expect (see the photo above) but it could also be your best immediate resource for the unexpected. Think carefully about where you should place it in your home, possibly near your bedroom. Keeping smaller versions of Bug-out/Go-bags with a vehicle you own or stored at your place of employment is something else to consider too, especially given that you might not be home when an earthquake or other emergency occurs. In tandem with all of this, don't forget to put a pair of your shoes (hiking boots are ideal) under or near your bed so that you can quickly start moving without injury to feet which can be significant when you factor in all of the debris you might have to escape from.

Overlook Neighborhood Emergency Team Potential Staging Areas following a Disaster Event



Map Your Neighborhood (MYN)

Multnomah County and the City of Portland would like us to take part in a simple disaster readiness program called Map Your Neighborhood. It's easy and fun to do with your neighbors – either at a house or block party. It includes the nine steps to take immediately after a disaster, a block/neighborhood contact list along with a skills and equipment inventory, and a block/neighborhood map which might show gas meter locations. Together you publish this plan into a packet for your block's use only. Simple and very helpful to build unity as a block or building. For more information, visit www.preporegon.org

Overlook NET 2015/2016 Schedule

This year, we've begun to have two kinds of meeting: the sit-down kind [even-numbered months] and the more active kind [odd-numbered months]. Sit-down meeting are always the 2nd Monday at Lucky Lab on Killingsworth from 6:30-8:30pm. The rest are a bit more variable. In all cases, no prior experience is necessary.

Thursday 3/23/1

6:30-7:30pm

Overlook Park staging area walkaround

Monday 4/10/17

6:30-8:30pm

Lucky Lab on Killingsworth

Wednesday 5/17/17

6:30-7:30pm

Beach Elementary staging area walkaround

Monday 6/12/17

6:30-8p

Lucky Lab on Killingsworth

2017 Preparedness Summit

**3rd Annual Sustainability Summit
Resilience: Prepare, Connect, Adapt**
Saturday, February 25, 2017

Following up on this year's first summit held at Beach School in February, Sustainable Overlook is organizing another summit for the new year. 2017's summit will focus on resilience and is an open invitation for neighbors to come together and discuss how we can prepare our homes for the unexpected, connect more closely as neighbors to serve as mutual safety nets, and flexibly adapt to changing conditions using specific plans that are being collectively-developed by NET.

Mark your calendars now and check out www.sustainableoverlook.org in the new year for details regarding location and agenda.

Preparing for the Unexpected: Rainwater Harvesting

By Danny Kapsch

Portland averages around 37” of rain each year, mostly coming in the late fall, winter and spring. Ever consider catching some of that rain and saving it for later use? Rain barrels can be a great way to harvest some of Portland’s bounty for summer irrigation or use during an emergency situation. In fact, because most of Portland’s drizzle comes during the months when we don’t need it for watering veggies and flower pots, capturing rainwater for use in an emergency situation could even be your primary reason for installing a rain barrel in the Pacific Northwest.

Unfortunately, it’s often difficult to capture enough water to make a dent in irrigation during the dry summer months. It can definitely help in kicking off the growing season, but past that first week or so, you will likely be dragging out the garden hose. If you are considering a rain barrel for irrigation purposes, consider installing more than one 55 gallon barrel. A series of rain barrels or a larger cistern can do the trick--especially given a summer shower or two to recharge the system. In an emergency situation however, even one barrel could make a huge impact by providing a source of water to get you through.

Given that 1,000 square feet of roof will generate over 22,000 gallons of water in a typical rain year (in Portland), the overflow is the most crucial element of a catchment system. In other words, your barrels or cistern is bound to fill, most likely in the first rain event of the year. After that, its

overflowing until the natural spigot known as Mother Nature turns off. So as a stand alone stormwater management tool, it just is not that effective. This is why it is critical to design your system with an adequate overflow.

The typical garden hose overflow can be prone to clogging or freezing during the winter, and is usually only 1/2” in diameter at most. Depending on the area of roof that is flowing to a barrel, this could prove to be inadequate in a heavy rain event. The overflow should be sized at at least 2” in diameter and directed to flow back into the downspout stand pipe or another safe disposal location, such as a rain garden, where it can soak back into the ground. If you do decide to pipe your overflow back to the ground, be careful to direct it away from your home’s foundation!



There are several common pitfalls to avoid when installing a rain barrel system. Starting out right and taking your time with installation and fittings will pay off in the long run. Since rain barrels are typically installed in-line with an existing downspout, it lives right next to the foundation of your home. Any clogs or leaky connections can cause stormwater to drain into a basement window well or into a crawl space, certainly areas

we don’t want water. Setting your rain barrel or cistern on a sound, level surface and strapping it in place will help prevent any unforeseen safety issues, and increase the likelihood that, in the event of an emergency such as an earthquake, you will still have your emergency water supply to tap into.

Water in a rain barrel or cistern can get stagnant or grow algae over the summer months, so a periodic flushing will be required. This is the perfect excuse to drain your barrel on your garden. Refilling the barrel with water you would have used on the garden will ensure it is ready to go in case of emergency.

Keep in mind that filtering, boiling or other purification will be needed, so have a plan of attack on how to make your rainwater truly potable.

Rainwater harvesting systems are active assemblies that need regular maintenance. Be sure you are checking your system for debris, clogs and leaks throughout the year. The City of Portland has a great Rain Barrel How to Guide that I would encourage you to read. It is a step by step guide that goes into significantly greater depth and delves into the fine nuances of rain barrel installation and maintenance. Rain barrels are just the tip of the iceberg, perhaps a rain garden is also in your future?

For more information on stormwater management including the rain barrel guide, visit the technical assistance page of the Clean River Rewards website at <http://www.portlandoregon.gov/bes/article/390681>.

Happy harvesting!

Suggested Resources

Books

A Paradise Built In Hell, Rebecca Solnit

Full Rip g.o, Sandi Doughton

The Unthinkable, Amanda Ripley

Articles

The New Yorker article, The Really Big One; <http://www.newyorker.com/magazine/2015/07/20/the-really-big-one>

The New Yorker followup article, How To Stay Safe When The Big One Comes; <http://www.newyorker.com/tech/elements/how-to-stay-safe-when-the-big-one-comes>

Websites

Portland Bureau of Emergency Management: <https://www.portlandoregon.gov/pbem/46475?>

Red Cross: <http://www.redcross.org/prepare>

Ready: <http://www.ready.gov/are-you-ready-guide>

Prep Oregon: http://www.preporegon.org/MYN_overview

Sixth Annual Overlook



A Light Exists in Spring

Not present on the year
At any other period.
When March is scarcely here

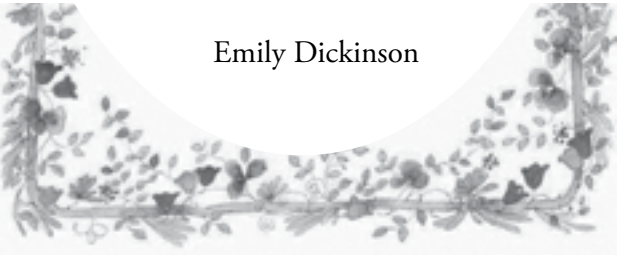
A color stands abroad
On solitary hills
That science cannot overtake,
But human naturefeels.

It waits upon the lawn;
It shows the furthest tree
Upon the furthest slope we know;
It almost speaks to me.

Then, as horizons step,
Or noons report away,
Without the formula of sound,
It passes, and we stay:

A quality of loss
Affecting our content,
As trade had suddenly encroached
Upon a sacrament.

Emily Dickinson



By Michelle Thompson

Keep the Sustainable Overlook Yard Sale & Free Share in mind when you’re doing your spring cleaning this year! This exciting annual event is scheduled for July 22 & 23, 2017 and you’ll want to be a part of it. With over 50 homes participating each year, this is a wonderful way to get to know your neighbors whether you’re selling or buying, giving away or picking up.

If you’re new to the event, here’s how it works. We have a big neighborhood-wide sale on Saturday, with the intention of never bringing those items back into our homes. Let’s move them on to someone who will use them! On Sunday, any-

thing left over can be left out for the Free Share portion of the weekend. We’ll promote the sale and make a map (you can be included or not) and you enjoy a cleaned out home after!

Top Tip! You don’t have to price your items; crank up the community to 11 and just set your things out. Taking offers will make the transactions interesting and neighborly and setting up your sale will be that much easier.

Join the Sustainable Overlook email list, follow them on Facebook or hit their website for more information:

Sustainable@OverlookNeighborhood.org
www.sustainableoverlook.org
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Real Estate Recap

Address	Sq Ft	Beds/Baths	List Price	Sold Price	Days on the Market
4138 N Montana Ave	837	2 / 1	\$325,000	\$325,000	59
4040 N Montana Ave #5	837	2 / 1	\$324,500	\$329,500	61
3930 N Montana Ave #3	914	2 / 1	\$326,526	\$329,526	4
3963 N Montana Ave #2	915	2 / 1	\$349,526	\$345,000	28
4104 N Longview Ave	2496	3 / 1	\$485,000	\$400,000	48
1579 N Skidmore St	1232	2 / 2	\$399,900	\$400,000	21
5235 N Concord Ave	2962	3 / 1	\$399,900	\$407,000	5
5626 N Montana Ave	2620	3 / 1	\$469,500	\$410,000	156
5745 N Commercial Ave	2356	4 / 1	\$399,000	\$410,000	6
5239 N Emerson Dr	1794	2 / 2	\$449,000	\$439,000	161
4225 N Concord Ave	1056	3 / 2	\$469,000	\$440,000	21
2034 N Killingsworth St	2152	3 / 1	\$495,000	\$445,000	51
4419 N Albina Ave	1833	4 / 2	\$485,000	\$445,000	5
2836 N Killingsworth St	2221	4 /1	\$400,000	\$450,000	4
2999 N Willamette Blvd	3076	3 / 1.1	\$700,000	\$700,000	0
4106 N Castle Ave	2233	2 / 2	\$449,900	\$465,000	2
4027 N Concord Ave	2364	2 / 1	\$489,000	\$482,500	12
2861 N Emerson Ct	2480	3 / 2	\$489,900	\$485,000	29
5636 N Maryland Ave	1998	3 / 2	\$469,000	\$500,000	9
3816 N Michigan Ave	2842	4 / 2	\$550,000	\$516,000	12
2037 N Skidmore Ct	2826	3 / 1.1	\$525,000	\$520,000	52
2313 N Sumner St	2275	3 / 2	\$499,900	\$525,000	3
5825 N Concord Ave	2332	4 / 2	\$599,900	\$537,000	52
3823 N Interstate Ave	2948	4 / 3	\$560,000	\$540,000	17
4222 N Montana Ave	1902	3 / 2.1	\$574,900	\$541,150	24
4043 N Vancouver Ave	3122	4 / 2.1	\$549,000	\$572,000	11
2220 N Alberta St	2840	4 / 2.1	\$624,900	\$655,000	126
4074 N Concord Ave	2403	4 / 2.1	\$649,000	\$657,500	5
3804 N Colonial Ave	3172	3 / 2	\$679,000	\$667,500	116
3966 N Overlook Ter	2678	5 / 3	\$695,000	\$695,000	97
2906 N Willamette Blvd	3051	3 / 1.1	\$749,000	\$715,000	32
5610 N Greeley Ave	3600	8 / 4	\$1,200,000	\$1,110,000	127
2525 N Killingsworth St #203	640	1 / 1	\$229,000	\$229,000	8

Comparing 2016 to 2015 through December, the average sale price rose 11.4% from \$354,500 to \$395,000. In the same comparison, the median sale price rose 12.7% from \$308,000 to \$347,000.



Short-haul “trucking”, the cargo bike option

By Mitch Bixby

There’s nothing really encouraging about post-earthquake footage of Japan or Chile. It’s a lot of broken stuff: buildings, bridges, roads. And when you start looking into ‘why,’ the answers often lead back to ‘liquefaction.’ Liquefaction is the process where loose soils, often filled areas or former wetlands, shake enough to re-orient themselves and settle. Any bag of chips or jar of nuts does the same thing. We all know this expression: “contents may settle during shipping.” Liquefaction is essentially a gigantic box of cereal being shaken.

Unfortunately, liquefaction will cause many areas in Portland to settle in unexpected ways, leading to the cracked roads and leaning buildings we see in the Japan & Chile photos. In addition, structures along rivers are frequently built on fill, and often former wetlands. Liquefaction is of special concern along NW St. Helens Road, where 90% of Oregon’s gasoline lives in tanks on the former Guilds Lake and associated wetlands. If Linnton’s tank farm fails, and our roads are also feeling poorly, we may need to find other ways to get around.

Enter: the cargo bike, our reaction to liquefaction.

As both a response to the potential changes and desire to increase community self-reliance, the Disaster Relief Trials (DRT) began in 2012. Based this past fall at Portland State, the DRT asked its participants to use their cargo bikes to complete a series of errands: get water, transport

fragile cargo, deliver a message to the west side (via Tilikum Bridge). For portions of the course, bikes are expected to carry about 100 pounds of cargo.

This DRT course gets riders, and the rest of us, to think about new landscapes, both physical and social. The physical challenges on the course included an off-road portion, a water hazard, and a three-foot wall waiting to be cleared by bike, rider and cargo.

There are also the social changes to consider. All kinds of urgent delivery will have to be made by cargo bike. Food, water, medicine and message delivery are all targets of the DRT. Likely cargo bikes will be useful in moving rubble and debris. It doesn’t require much of a leap to imagine cargo bikes as buses or ambulances, and we might think of them as an immediate solution as we continue to cope with climate change. Lessons learned in preparedness circles often can have effects right now.

So, grab your helmet, and take some satisfaction in getting traction.

C’mon, don’t you feel better already.....?



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Katie Guinn is an artist and apparel designer. She specializes in bespoke garments and commissioned portraits. She creates hand painted textiles and original prints for the eclectic artistic dressers of the world. www.katieguinn.com infokatieguinn@gmail.com @katie_guinn_studio

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Interstate Dental Clinic - 5835 N Interstate Ave 503-285-5307 Drwardinterstatedental.com

Investments for Developing Communities - lisa@idcempowers.org - 971-400-2181 - idcempowers.org. Lisa Whitridge's non-profit provides education assistance and enrichment to local under served school children.

Chris Lazarus Associates LLC - 503-867-1370 - chris@chrislazarus.com. Chris Lazarus is a writer, publicist, photographer and marketing consultant.

Tamara Maher – 503-285-1294 - www.tamaramaherlaw.com - tamara@tamaramaherlaw.com

Metropolitan Design Studio – 503-867-5615 - www.mds-architecture.com – jeremy@mds-architecture.com.

Emily Ordas - PDX Urban Real Estate - 503-267-4946 - www.emilyordas.com

Sirena Pictures – dreamscopepix@hotmail.com - 503-890-9304.

United Advantage NW FCU – 1430 N Killingsworth St – uanw.org as a local credit union that recently become open to the public.

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Rick Willworth, new owner since sept. 1 of Hobbies Unlimited. Parts such as R/C Planes, cars, 4x4's, dirt racers, boats, quadcopter drones. 4503 N. Interstate, 503-287-4090.

Note from the OKNA Chair

Chris Trejbal

When Portland experienced a historic snowstorm in January, the Overlook Neighborhood was Ground Zero for some of the worst accumulation in the city. In our backyard, it topped 13 inches. Like the rest of the city, my family hunkered down, unable to drive on unpassable streets.

But we could walk. We bundled up and headed out into the cold where I saw the Overlook spirit on display. Our love of community and shared experience was clear at Overlook Park where kids were sledding while adults watched, cross-country skied and snowshoed. Our willingness to help each other showed up every time someone shoveled a neighbor's sidewalk or checked in on an vulnerable neighbor who might need a little extra help.

Portland might have shut down during the storm, but Overlook, the neighborhood with a heart, thrived.

* * * * *

Be sure to check out OKNA Land Use Chair Mike Shea's update on development projects along N Interstate Avenue in this issue. Plenty of construction is coming up, and OKNA is your best source for learning about it. If you can, please join us at upcoming general meetings (6:30 p.m. on the third Tuesday of the month at the Kaiser Town Hall). Developers of Interstate projects visit our meetings to answer your questions.

Also in this issue, we are excited about the return of the listing of recent home sales in the neighborhood. It's one of the most popular features in the Overlook Views. Thank you to Sandy Moore of Overlook's Bellmoore Realty for stepping up to collect all of the data each quarter.

* * * * *



Yoga Classes At Overlook House

Hatha yoga classes are offered at the Overlook House on Mondays & Wednesdays from 5:30 - 6:30pm. Beginner to experienced, all are welcome. Outdoor classes when weather permits! Want more information? Email instructor Ruth Oclander directly at ruth.oclander@gmail.com.

Overlook Views is published 4 times per year by the Overlook Neighborhood Association (OKNA). This paper is 40% post-consumer waste content. Please recycle!



As you might have read in our weekly neighborhood email update, the Hazelnut Grove homeless camp in Overlook has experienced some leadership transitions. Residents of the camp continue to add new structures to the public site without any city oversight or on-site service providers. A representative of the camp will attend the OKNA general meeting on Feb.21 at Kaiser Town Hall at

6:30pm. We will update the neighborhood and answer questions.

Shortly after Mayor Ted Wheeler took office, I had a good conversation with Nathan Howard, his senior policy advisor.

We discussed the current lack of communication about Hazelnut Grove and how to move forward. He said that relocating the camp was not likely in the short term, but the mayor's office is willing to revive discussions with the neighborhood and the homeless camp to develop a temporary permit.

I shared our previous attempt at a temporary permit with Howard and a staff member from Commissioner Chloe Eudaly's office. We'll let you know via the weekly update if things change.

Candidate Wheeler met with Overlook residents a year ago to talk about Hazelnut Grove. He agreed that it was not a suitable site for a camp and that the neighborhood needed to be an engaged partner. We remain hopeful that those were more than empty campaign promises.

If you'd like to subscribe to our weekly update, send an email to info@overlookneighborhood.org.



This issue was produced thanks to the financial support of our business neighbor Daimler Trucks North America. Thank you!

2016-2017 Board Members

Chris Trejbal (Chair), Alan Cranna (Vice-Chair), Mitch Bixby, Kent Hoddick (Secretary), Leslee Lewis, Tamara Maher (Treasurer), Mike Shea, George Spaulding, Cynthia Sulaski. Noelle Smith **Layout design & editing** -Merideth Boe