

Southwest Neighborhoods, Inc., 7688 SW Capitol Hwy, Portland, OR 97219 • Phone 503-823-4592 • E-mail [ginny@swni.org](mailto:ginny@swni.org) • website: [swni.org](http://swni.org)

## Aging in Place Forum

by Payal Razdan, Outreach Coordinator

**Monday, September 14th  
Multnomah Center  
6:30 - 8:30 pm**

*Have you ever pondered... the safety of your mother or father living at home alone...losing your independence once you decide to stop driving...where to get help for health issues like diabetes, high blood pressure or dementia...how to meet new people with similar interest as you. If any of these questions have crossed your mind or you just want more information about living independently during your golden years, please plan to attend the SW Aging in Place Forum.*



*Guy Gerber stays active by volunteering at Neighborhood Senior Center Rummage Sale and at Loaves & Fishes*

As a follow-up to the Southwest Hills Residential League Aging in Place Forum, Southwest Neighborhoods, Inc. (SWNI) has organized a resource fair to provide seniors, their caregivers and children with additional information and resources on topics related to aging in Southwest Portland. The purpose of this forum is to engage seniors, family and caregivers on what is important to them and to provide a general range of resources.

This forum will cover 5 main topics: transportation, housing, nutrition, health care and safety. This event will be comprised of two portions. The first half of the event will be a panel discussion composed of Lynn Schemmer-Valleau, Stay At Home America; Alan DeLaTorre, PSU Institute on Aging; David Hanson, Multnomah County Aging and Disability Services; Cora Potter, Ride Connection; Officer Deanna Wesson, Portland Police; and our moderator will be Joyce DeMonnin, AARP.

Speakers will be given time to present information for seniors to consider from their perspective. The panel will then respond to questions about specific concerns on aging in place and living independently as a senior.

The second portion of the forum consists of a resource fair comprised of several nonprofit organizations and local agencies that serve the aging population. Each organization will be given a table on which they can present information related to the work they do and services they provide. Seniors and other guests will also have the opportunity to sit down at these tables and talk with representatives.

Some organizations will also include activity-based demonstrations. The service organizations that will be available during the breakout information sessions include: Stay at Home American, Loaves and Fishes, SW Crime Prevention, Neighborhood House, Elders in Action, Office of Neighborhood Involvement Disability Program, Ride Connection, Family Caregivers, In Your Home, Store to Door and Immigration and Refugee Community Organization.

Contact Payal Razdan, 503-823-4592 or [payal@swni.org](mailto:payal@swni.org) for more information.

## SWNI hosts landslide forum on Tuesday, September 29th

by Leonard Gard, Program Manager



*October 2008 slide at SW Burlingame Place*

Southwest Neighborhoods, Inc. (SWNI) Land Use Committee is pleased to host a landslide forum from 7 to 9 pm on **Tuesday, September 29. The forum will be in the Multnomah**

**Center, auditorium, 7688 SW Capitol Hwy.**

Last October, the SW Hills Residential League (SWHRL) held an excellent landslide forum that turned out to be time-

ly. Less than a week before the SWHRL forum, a major slide occurred on SW Burlingame Place, demolishing one house, and damaging others.

*continued on page 2*

**Are you thinking of a project you would like to start in your neighborhood?**

**Neighborhood Small Grant applications are due Monday, November 2, 2 pm**

The City of Portland, Office of Neighborhood Involvement and Southwest Neighborhoods (SWNI) announce the fourth year of the Neighborhood Small Grants Program with \$20,723 available to Southwest neighborhood and community-based organizations. Grants ranging from \$200 to \$2,000 are awarded on a competitive basis through SWNI.

For a grant application, stop by the SWNI office at 7688 SW Capitol Hwy. Room 4, or visit [www.portlandonline.com/oni](http://www.portlandonline.com/oni) and click on *Neighborhood Small Grants Program*.

### Goal of Neighborhood Small Grants Program

Our goal is to provide neighborhood and community organizations an opportunity to build community, attract new and diverse members and sustain those already involved.

### Selection Criteria and Other Requirements

A minimum set of criteria for selection and other eligibility requirements have been established.

Project proposals must address one or more of the following guidelines in to qualify for consideration:

- Projects that build capacity in neighborhood associations and communities within the SWNI boundaries.

- Projects that build capacity in community-based organizations working with underrepresented populations.

- Projects that show partnerships between neighborhood associations and community-based organizations.

- Projects that show partnerships between neighborhood associations and under-represented organizations and communities.

There will be an **orientation and training to help you get started on your grant on Wednesday, October 7, 6 pm, Multnomah Center, 7688 SW Capitol Hwy.**

For more information, contact the SWNI office at 7688 SW Capitol Hwy, email [payal@swni.org](mailto:payal@swni.org), 503-823-4592.

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**Saturday, September 19, 9 am  
Oregon Zoo Max Station's Aucoin Plaza**

by Don Baack, SW Trails chair

Join us as we celebrate the inauguration of 4T (tram-trolley-train-trail), Portland's most spectacular loop. After refreshments and some brief speeches, you will have an opportunity to head out with the group and explore the trail loop.

### 4T History

As the tram was nearing completion, our son Eric, (who grew up in Portland and is now a biology professor at Luther College in Decorah, Iowa) and I were discussing how to make a greater

public asset out of the huge expenditure for the tram.

Eric came up with the idea of a loop that would include several of our Portland transportation modes: tram, trolley (Portland Streetcar) train (MAX) combined in a loop with a 4-mile pedestrian trail. He predicted that if the trail loop was properly signed and advertised, it would be listed in every tour book mentioning Portland around the world.

We were excited about the idea and began searching for the appropriate name. We came up with the "4T" (tram, trolley, train and trail).

Shortly thereafter, the idea was presented to city council during a discussion of the final steps in the tram project.

Although the city council liked the idea, when Bruce Murray of the Friends of Marquam and I had discussions with the commissioners' offices, they were unsure how to fund the estimated \$45,000 project.

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## Bridlemile Green Streets project starting

by Leonard Gard, Program Manager

Engineering work for two stormwater management projects, collectively called Bridlemile Green Streets, has recently begun.

Over the years, we've reported in this paper about the City of Portland's efforts to improve the health of watersheds in our southwest neighborhoods. State and federal law and the city's own policies require the city to work to improve watershed health.

Here's part of the problem: stormwater picks up pollutants from impervious surfaces like streets and driveways and carries it to streams. That's bad for fish and other stream creatures. Water running off impervious surfaces also flows to streams fast during and after a rainstorm, triggering erosion. The curb extension facilities are good because they both cleanse stormwater and slow its entry into nearby streams.

To improve watershed health, Environmental Services (BES) developed the Fanno and Tryon Creeks Watershed Management Plan in 2005. In 2008, BES finished the follow-up Fanno/Tryon Pre-design Report. The report identifies projects to implement the 2005 plan. These plans recommend a range of strategies and actions to improve watershed health. A key recommendation is to retrofit existing impervious surfaces with stormwater management facilities. These facilities, such as vegetated curb extensions, detain and treat stormwater runoff, help to protect aquatic habitat and biological communities downstream.

Now, the first projects are being constructed. Many of you have seen the new vegetated curb extension in front of Key Bank at 35th and Troy and beside the Lucky Labrador pub at 34th and Capitol Hwy. Construction of three more vegetated curb extensions in Multnomah Village are planned for fall 2009. A project, called Raindrop Walk and scheduled to be constructed in 2011, will widen

the south sidewalk on Capitol Hwy between 35th and 36th and add vegetated swales to absorb stormwater.

Although not listed in the Pre-design Report, the Bridlemile projects perform the same role in helping to improve watershed health.

In all, eight Bridlemile projects are planned: five curb extensions on the west side of SW 44th Ave, between 47th Drive and Tunnelwood St, and three curb extensions on SW Seymour St between 47th Ave and 50th Ave. All will be similar to those at Key Bank and Lucky Labrador. Construction is tentatively scheduled to take place in spring or summer of 2010.

All of the facilities will slow and treat stormwater runoff and allow water to soak into the ground below. Getting water into the ground is usually good. It slows the flow of water to streams, cleanses it before it reaches streams, and provides a reserve of water for summer time flows. Care is taken not to allow water to infiltrate near a basement or where it creates soil instability. All the facilities will have a perforated pipe at the bottom to pick up excess water and send it to a stormwater pipe that eventually leads to a stream. Each facility will also have an outlet to allow excess surface water to exit to a stormwater pipe.

Curb extension facilities, as the name implies, have to be built where there are existing curbs. Curbs help direct water to the facilities. The facilities cannot be built over water mains, and the slope of the street cannot be too steep. The facilities require maintenance. The city will take responsibility for major maintenance but hopes to partner with neighbors to do routine maintenance like removal of paper and other debris.

For more information, call me, Leonard, at 503-823-4592.

## Landslide/drainage forum

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Damage from October 2008 slide

The SWHRL forum was so successful that a number of people called for its reprise. We hope SWNI's forum will be attractive to both people who attended the earlier forum and those who did not. SWNI's forum will be similar in some respects but different in others.

Doug Morgan and Bill Burns, speakers at SWHRL's forum, will return to speak at the SWNI forum. Doug is the Site Development Section Manager at the City of Portland Bureau of Development Services. Doug will focus on relevant city regulations and things residents can look for to spot potential problems. Bill's presentation will focus on the science of water movement and how it causes slides.

Dick Springer, Executive Director of the West Multnomah Soil & Water Conservation District and a representative of the Tryon Creek Watershed Council will speak from a policy and neighborhood viewpoint. They will talk about the work of their organizations to improve the health of southwest watersheds and local programs we can all take advantage of to better manage stormwater runoff.

Ronald Fredrickson, Manager of the Consumer Advocacy Team at the Oregon Insurance Division will speak about what kind of damage is and is not covered by standard homeowners' policies and additional coverages that may be available.

You can start participating in our forum right now. One of our speakers asked that we compile a list of issues and questions that participants would like addressed. So let me know now about your thoughts, issues, and questions. Contact me, Leonard, at 503-823-4592 or [leonard@swni.org](mailto:leonard@swni.org), and I'll pass the information onto our speakers.

The forum at the time of this writing have not been worked out. But, generally, speakers in turn will present their information. Then we'll follow with a panel discussion and question/answer period. We hope to have lots of time for questions. If you have questions now about the event, call me at my number above.

## Multnomah Day 2009



## Brian's Corner



### Gratitude

by Brian Russell, Southwest Neighborhoods Chair  
barusse@hotmail.com

I am thankful.  
I am thankful for my life. To be blessed with decent health, a loving family, the resources to live in our society and a community that cares for one another is a wonderful gift indeed.

To be sure, everything in my life isn't perfect. I could stand to lose a few pounds, exercise more, and eat better. I wish I was a better parent and husband (your tips are appreciated!). Like many of you, I certainly would like to have at least one more zero at the end of my savings account balance. And I think I could do a better job of staying on top of the issues that affect Southwest Portland. In other words, I still have some work to do.

But I am grateful for what I have. I sometimes see what others have and am a bit envious of their possessions or success. "Why don't I have what they have?" However, at the end of the day, when I survey who I am and what I've become, I feel gratitude.

Many people give thanks at the dinner table or write a thank you card when they receive a gift. I would love to see more people showing their appreciation of others more often. Words of encouragement aren't given enough and I bet you could find five or ten people who support you regularly that would love your praise.

I think that no matter who you are or what your situation is, you should be able to find some part of your life where you feel gratitude too. The beauty of being in this state of mind is that it is a healthy way of taking your mind off your problems for a while. Gratitude can grow, too. As a little becomes a lot, it starts to take over, which is a very good thing. You find yourself wanting to share your blessings with others. Your mind set becomes less focused on scarcity and more focused on abundance. You attract other grateful people and it becomes contagious.

A scenario of this sort is exactly what we need in our community. Neighbors feel free to share their resources (food, money, time, talent) with each other for everyone's benefit. The prevailing attitude is one of "Who can I help?" or "How can I serve my neighbors?" Actually, I think we're moving in that direction. I see churches serving meals to the communities, people dropping off provisions to the food banks and neighbors helping neighbors. You are making a difference.

All in all, my life is good. And yours probably is to. I encourage you to focus on your assets in life, instead of your liabilities. Find ways of sharing your gratitude and your resources with others. Connect with your neighbors. And remember to say "Thank you!"

## Healthy Kids Program

On Tuesday, August 4th, 2009, Governor Ted Kulongoski signed two major health care bills into law: HB 2116, which will expand health care coverage to 80,000 children and 35,000 low-income adults, and HB 2009, a bill intended to improve health care delivery to all Oregonians. These bills, meant to work in tandem, will work to provide health care coverage to more Oregonians, while drastically revamping Oregon's health care system.

HB 2009 contains a number of health reform steps meant to reduce health care costs and increase efficiency to the system. Included in this bill will be the creation of the Oregon Health Authority, which will include all of the State's health care agencies, and the Governor appointed Oregon Health Policy Board, meant to advise the Governor on health care related policies. HB 2116, commonly known as the "Healthy Kids" bill, hopes to expand coverage to 200,000 Oregonians over the next four years through the Oregon Health Plan. As a result, 95% of all children in Oregon will be insured.

The Healthy Kids Plan is being rolled out in three phases:

**TODAY** - Children in families with income up to 185% of the Federal Poverty Level (FPL) (\$40,792.50 for a family of four) can enroll.

**BEGINNING OCTOBER 2009** - Coverage will extend to children in families up to 200% FPL (\$44,100 for a family of four).

**BEGINNING JANUARY 2010** - Children in families between 200% and 300% FPL (\$44,100 to \$66,150 for a family of four) will be able to enroll in coverage with premium assistance and children in families above 300% FPL will be able to buy into the program at full cost.

However, do not hesitate to apply. Early applications help ensure a child's enrollment into the program. If you have further questions, please call 1-877-314-5678 or visit the website at [www.oregon-healthykids.gov](http://www.oregon-healthykids.gov).

## Nominate someone you know for a 2009 Spirit of Portland Award

This year will see new categories, new venue, new date and time

If you know of an individual or group who has helped make Portland a better place to live, you may want to nominate them for a 2009 Spirit of Portland Award.

Nominations are now being accepted for one of Portland's most popular civic events. Held at city hall for many years, this year's ceremony will be held at a venue in the community and in the evening so more people can attend. It will feature new categories including awards selected by city commissioners. Exact date, time and location will be announced soon.

Celebrated since 1985, the award ceremony has been an important way for the city to recognize and celebrate those whose volunteer efforts make a positive difference in our community.

**Nominations are due in the Office of Neighborhood Involvement by 4 pm, Friday, September 18.**

Nomination forms are available at the Office of Neighborhood Involvement, 1221 SW Fourth Ave, Portland 97204, or at the SWNI office (7688 SW Capitol Hwy). They can also be downloaded from the web at <http://www.portland-online.com/oni/index.cfm?&c=29024>.

The categories are: emergency preparedness, public involvement, community policing/public safety, humanitarian, independent spirit, community harmony, large business, small business,



non-profit organization, neighborhood of the year, outstanding partnership, employee volunteer, youth volunteer. New categories this year are business association of the year and new/emerging community leader.

Also, the council created the Commissioners' Spirit of Portland Awards last year. Now each commissioner, as well as the mayor, can select individuals and groups for recognition. All council members will now be able to choose one person and one group to receive the award.

The above awards are chosen by a selection committee made up of representatives from the mayor's and city commissioner's offices, the Office of Neighborhood Involvement, the neighborhood district coalition offices, business associations, non-profit community organizations and past award winners.

Nominees will be evaluated in each of the following areas:

- Participation in outstanding projects
- Enrichment of our community and neighborhoods
- Providing a special service to the community
- Demonstration of responsiveness, creativity and civic values
- Raising cross-cultural awareness

More information about criteria and eligibility for each award can be found on the nominating forms.



*continued from page 1*

### 4-T history

Jim Thayer, president of SWHRL, joined us in presenting the idea to Fred Hansen at TriMet.

Mayor Potter decided to fund the effort using some of his discretionary funds. We received a grant for the full amount with the understanding that the effort would be managed by Don Baack and Southwest Neighborhoods, Inc.

Once we secured funding, we hired SeaReach of Sheridan, Oregon, an experienced signage consultant, to help us design the logo, wayfinding and interpretive signage, and to get the whole system installed. We will have completed the task in September 2009.

### Traveling the 4T Trail

For the ultimate Portland multimodal excursion, take your local transportation system (on an all-day ticket) to the MAX, and ride it to the Washington Park/Zoo exit. Take the elevator 260 feet to the surface and turn toward the zoo to begin the moderately strenuous walk on the trail part of the 4T. (Be sure to use the bathrooms at the zoo as there are no dependable bathrooms on the way to OHSU.) From the zoo, follow the 4T signs and hike downhill until you cross Highway 26, then proceed east to where the Marquam Trail enters the woods to the south. Hike up to SW Patton and then continue along city streets, again following the signs, to where the Marquam Trail enters Council Crest Park. Follow an asphalt trail to the top, the city's highest point, Council Crest.

Next proceed downhill, crossing Greenway to Fairmount, where you will have to decide if you want to do the one-hour-and-fifteen-minute peaceful but challenging forest trail, 2.2 miles (300 feet up and 700 down); or the 30-minute urban shortcut on city streets without sidewalks for 1.6 miles (0 feet up and 400 feet down).

Once you arrive at the OHSU campus, follow the signs along the sidewalk continuing downhill to the entrance to the tram. Those needing a bathroom can find one to the left of the door leading to the tram at the east end of the Kohler Pavilion.

Seniors reportedly get a great price on the coffee purchased at the coffee bar. There currently is no charge for riding the tram down, officially the Portland Aerial Tram, but one must buy a round-trip ticket to ride up.

The peaceful, quiet tram ride over the houses of the Lair Hill neighborhood is beautiful. On clear days, the Cascade peaks almost speak to you, and the city lies below you. When you land at Gibbs and Bond streets, you will get on the trolley (Portland Streetcar), one is usually waiting for you for your ride back to the MAX or your own bus line. You will need your all-day TriMet ticket for the trolley as fareless square does not begin until a couple of stops toward downtown.

You may want to save some time for lunch at one of the many restaurants around the library stop where you will get off the trolley.

Dogs are not allowed on the train, trolley or the tram unless they are service dogs.

Friday, September 11th @ the Multnomah Arts Center  
Free popcorn & a movie!

MULTNOMAH  
OUTDOOR CINEMA

Live Music: Mitch Iimori @ 8:00 PM

Sponsored by: O'Connors • Thinker Toys • Multnomah Neighborhood Association  
Multnomah Arts Center Association • Southwest Neighborhoods Inc. • Portland Parks & Recreation

The Southwest Neighborhood News is distributed free, published monthly, by Southwest Neighborhoods, Inc. All submissions are due by the 15th of each month.

Southwest Neighborhoods, Inc., (SWNI) is a nonprofit coalition that provides services to promote citizen participation and crime prevention in 17 Southwest Portland neighborhood associations and three business associations.

Our mission statement reads: "SWNI empowers citizen action to improve and maintain the livability of Southwest neighborhoods." Partial funding is from the City of Portland through an annual contract.

Our office is located in the Multnomah Center, 7688 SW Capitol Hwy. We are open 8:30 am to 5 pm, Monday through Friday. To reach us call 503-823-4592, email [ginny@swni.org](mailto:ginny@swni.org).

SWNI staff: Sylvia Bogert, Executive Director; Leonard Gard, Program Manager; Ginny Stromer, Operations Manager, Payal Razdan, Outreach Coordinator, and Jennifer Seamans, WRC Coordinator.

The 2008-2009 SW Neighborhoods, Inc., Board Officers are Brian Russell, President; Ken Love, 1st Vice-President; Alexander Ben Israel, 2nd Vice President; Susan Egnor, Secretary; and Tom Schaper, Treasurer.

## Back to school traffic safety

Information taken from Oregon DMV Drivers Manual ; introduction by Stefanie Adams

With Labor Day quickly approaching, it's that time of year when students are returning to school. Commuting time to work will increase due to traffic delays; on that day when you are already late, you will invariably find yourself behind a school bus or in a school zone. So, it's important to budget a little more time and remember the traffic laws pertaining to school buses and zones so that you can avoid an unfortunate accident. The information below is quoted from the DMV Oregon Driver Manual 2007-2009 except the phrases in italics.



### School Bus Traffic Safety

Oregon school buses have flashing amber and red lights near the top of the bus on the front and rear. School buses are also equipped with a stop arm that extends out from the left side of the bus near the driver's window. The stop arm will be extended when the red lights begin to flash.

School bus drivers turn on flashing amber lights to warn other traffic that the bus is about to stop on the road to load or unload children. You should get ready to stop. *Be especially watchful for children trying to cross the street when a bus approaches a stop; often a child is more focused on catching the bus than traffic safety.*

**When the red lights begin to flash, this means drivers meeting or overtaking the bus from either direction must**

**stop before reaching the bus.** You must remain stopped until the bus driver turns off the flashing red lights. The school bus stop law applies on any roadway with two or more lanes of traffic.

There is one exception to the law. If you are on a divided highway with two roads separated by an unpaved median strip or barrier, you must stop only if you are on the same side of the road as the bus. A painted median strip or a center lane used only for left turns does not create two separate roads. Where this situation exists, all lanes of traffic must stop.

### Traffic Safety in a School Zone

A school zone is a section of street or road where a reduced speed of 20 mph applies, as posted at the bottom of the school speed sign.

The following apply to school zones:

- A school zone starts with a SCHOOL SPEED sign and ends at the END SCHOOL ZONE sign or other posted speed sign, such as SPEED 30.

- Some beginning school zone signs are marked with flashing yellow lights in addition to the speed signs.
- Signs will be posted to notify you when the reduced speed applies or if the reduced speed applies when children are present.

Other school signs are pentagon-shaped warning signs. A pentagon-shaped warning sign with AHEAD means you are approaching a school or school crossing. A pentagon-shaped sign with crosswalk lines or an arrow pointing at a crosswalk means you are at a school cross-

ing. These signs are very important. Slow down. Look for children and be ready to stop.



Remember, children are often very unpredictable. The signs shown above are a bright yellow/green in color. They may also be yellow.

Be particularly alert at all times for children and pedestrians in a school zone. Follow the signs or flashing lights that warn you that you are approaching a school or a school crossing. School hours are not the only time children are present. You must obey the slower posted speed limit of 20 mph in school zones:

- At any time a yellow light on a school speed sign is flashing, indicating that children are arriving at or leaving school;
- Between the hours of 7 am and 5 pm on school days, as posted on signs in a school zone adjacent to school grounds; or,
- At any time children are present at a school crosswalk not adjacent to school grounds, which means:
  - o children are waiting at a crosswalk;
  - o children are occupying or walking within a crosswalk; or,
  - o a traffic patrol member is present to assist children at a crosswalk. Stop and yield to students who are crossing or if a traffic patrol member signals you to do so.

Police may cite you if you do not stop or yield the right of way to students who are crossing. If you are unsure of whether or not it is a school day, when entering a school zone it may be prudent to slow down to 20 mph. Signs may be posted in school zones notifying drivers that traffic fines are higher in a school zone.

## Crime Prevention and Public Safety Committee's Volunteer of the Year



Leanne Hartman accepting the award from Commissioner Fritz

The SWNI Crime Prevention and Public Safety Committee selected Leanne Hartman of Maplewood as the volunteer of the year. Since she became involved in our committee, she has jumped in with both feet. She has been a valued participant in monthly meetings, has contributed to the 2008 Community Policing Reception, and was instrumental in the success of the 2009 bike rodeo and safety fair at Bridlemile Elementary School. For the safety event, Leanne organized the bike swap,

secured the location for the event, and was key in its promotion by disseminating information to the neighboring schools. Her positive connections in the community were a bonus for our committee. Anyone who has seen Leanne in action can see that she is very organized, on task, and very thorough. We will miss her participation in the upcoming year—Maplewood residents are lucky to have her at the helm of the Neighborhood Association.

### Key Phone Numbers

Emergency police, fire, or medical help 911

Non-emergency police assistance 503-823-3333

City of Portland/Multnomah County information and referral 503-823-4000/503-823-6868 TDD

SW Crime Prevention Coordinator Stefanie Adams 503-823-3131

Neighborhood Response Team Officers Winters & Hughes 503-823-0307 & 503-823-0235

Portland Police info & referral 503-823-4636



# Fourth Annual Community Policing Reception

## SAVE THE DATE:

**WHEN:** Tuesday, October 27, 2009 @ 7 pm

**WHERE:** Multnomah Arts Center, Auditorium,  
7688 SW Capitol Highway

**JOIN US FOR SOME GOOD FOOD AND COMPANY.  
MEET THE OFFICERS WHO SERVE THE SOUTHWEST COMMUNITY  
AND DO OUTSTANDING WORK!**



Brought to you by the  
SW Neighborhoods Inc.  
Crime Prevention and  
Public Safety Committee

# Crime Prevention & Public Safety

## Don't Flush it Down! Disposing of unwanted and expired medications

by Stefanie Adams, Crime Prevention Coordinator

Disposal of prescription medicine is a problematic issue for our state and the nation. Simply dumping items in the trash poses environmental problems; additionally unused drugs can get into the wrong hands. Unfortunately there are not sustainable solutions out there. In the meantime there is a community event happening in East Portland at the end of August, which is mentioned below.

Concerned parties that are working to address this issue, including state legislators who introduced a bill in the 2009 legislature.

Proper disposal is necessary to protect water quality, reduce accidental poisoning, and prevent substance abuse. Many of the drugs flushed down the toilet are not filtered out by sewage plants and it would be cost prohibitive to develop a system that could address this. According to the Executive Summary Report prepared by the Oregon Pharmaceutical Take Back Stakeholder Group, drugs were found in 80% of the water samples taken from 139 streams in 30 states. Similarly, a 2007 study by the United States Geological Survey (USGS) of pharmaceuticals in Lower Columbia River tributaries detected 15 out of 20 pharmaceuticals that were analyzed. Additionally, the impact is thought to be responsible for altering the reproductive and endocrine systems of fish. Trash disposal also runs the risk of affecting groundwater.

The Executive Summary reveals that discarded medicine accounted for 28,734 calls

for accidental poisoning to kids under six years old. And prescription drug abuse is becoming increasingly abused substance by both adults and teens. According to the Office of National Drug Control Policy's Teens and Prescription Drugs report completed in 2007, prescription drug use is the second most abused substance, a distant second to marijuana, for kids 12 to 17; many teens believe that prescription drugs are less harmful than other substances.

It would be ideal to have a drop off place such as a local pharmacy or another agency that can accommodate disposals of unused and expired prescription drugs. However, this is complicated by the Controlled Substance Act, legislation intended to control the diversion of drugs for illicit purposes and enforced by the US Drug Enforcement Agency. Once dispensed to the consumer, unused and expired medications can only be possessed by the patient or law enforcement, and cannot be returned to a pharmacy.

Drug Take-back programs provide some flexibility to the rules as they allow law enforcement to collect and dispose of consumers' unwanted controlled substances at organized collection events, as long as they comply with Federal and state law.

Jenni Bernheisel, Crime Prevention Coordinator in SE Portland, has worked with the Portland Police Bureau's East Precinct to organize a **Drug Take Back event:**

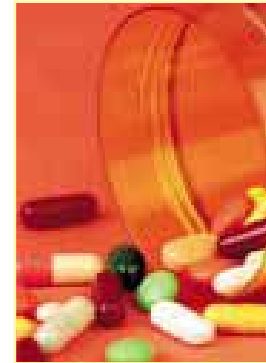
August 29th at Eastport Plaza Shopping Center from 10 am to 4 pm.

The Oregon Pharmaceutical Take Back Stakeholder Group has made some recommendations that include the establishment of a product stewardship program requiring pharmaceutical manufacturers and over the counter drug companies to develop and execute a program for effective disposal. Senate Bill 598, which was introduced in the Oregon Legislature in 2009. It would require a product stewardship program, but was "in committee upon adjournment" as of 6/29/09. This means that the bill is essentially dead. Ideally there will be forward progress in establishing a program similar to the Oregon Electronic Waste program that passed in 2007, and the Paint Product Stewardship bill that passed in 2009, allowing for safe disposal of prescription medications.

Here are some tips that are proposed by the Department of Environmental Quality (DEQ) and Smart Disposal, a public awareness campaign at [www.smarxtdisposal.net](http://www.smarxtdisposal.net) for better ways to dispose of prescription drugs:

- Do not dispose of medications down the drain or toilet.
- Do not burn household waste containing pharmaceuticals.
- When discarding medications in the trash:
  - o Pour medication into a sealable plastic bag. If the medication is solid, crush it and add water to dissolve it.
  - o Add kitty litter, sawdust, coffee grounds to the plastic bag to make it less appealing to people and pets.

- o Seal the plastic bag and place it in the trash.
- o Put waste in trash cans as close to the scheduled waste pick up as possible.
- o Place medications in a containers that mask its contents.
- Create less waste. Instead of buying large containers of medications such as aspirin, purchase quantities that you realistically expect to use by the expiration date.



Masterson of the Oregon Department of Environmental Quality for reviewing and editing this article.

Special thanks to Abby Bourdouris, Doug Drake, and Kevin

## 10 Volunteers needed to clean up graffiti on October 17th



On Saturday, October 17th at 9am-1pm, a group of Southwest community members will clean up graffiti with Marcia Dennis from the Graffiti Abatement Program and graffiti contractors. We will work on an area of Southwest Portland that has been especially affected by vandalism.

This event is a great way to get community involved and train volunteers how to clean up graffiti. The abatement program provides supplies.

**Date:** Saturday, October 17th, 9 am to 1 pm

**Location to be cleaned up:** To be determined

**Contact:** Stefanie Adams, Crime Prevention Coordinator, 503-823-3131 if you are interested in this event or graffiti removal.

## SW Portland crime statistics for June 2009

[www.portlandonline.com/police](http://www.portlandonline.com/police)

The chart below shows crime statistics for June 2009 for each neighborhood in Southwest Portland.

Comparison of the year-to-date statistics from the same

period, prior year for the top crimes for Southwest Portland:

Increases from January through June 2008 v. 2009:

Theft from Vehicle: 248 v. 269  
Larceny: 200 v. 224  
Burglary 92 v. 97  
Simple Assault: 78 v. 90  
Fraud 36 v. 66  
Aggravated Assault: 16 v. 25

Decreases from January through June 2008 v. 2009:

Vandalism: 205 v. 184  
Disorderly Conduct: 97 v. 75  
Trespass 68 v. 64  
DUII: 74 v. 46  
Vehicle Theft: 55 v. 31



	Arnold Creek	Ash-creek	Bridle-mile	Collins View	Crest-wood	Far SW	Hay-hurst	Healy Height	Hills-dale	Home-stead	Maple-wood	Markham	Mar-shall Park	Mult-nomah	S Burl-ingame	S PDX	SW Hills	W PDX Park	TOTAL
Aggravated Assault	0	0	1	0	0	0	0	0	1	0	0	0	0	0	0	0	0	1	3
Burglary	1	1	1	0	0	0	0	0	1	0	2	0	1	1	0	0	1	3	12
Larceny	0	0	1	2	0	3	2	0	4	4	2	1	0	4	0	5	1	1	30
Rape	0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0	2
Robbery	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	1
Theft From Vehicle	0	2	1	0	0	0	7	0	3	0	0	2	1	4	0	6	1	0	27
Vehicle Theft	0	0	0	0	0	0	0	0	3	0	0	0	0	0	0	0	0	2	5
Drugs	0	0	0	0	0	0	1	0	1	0	0	0	0	1	0	3	0	0	6
Embezzlement	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	1
Fraud	0	1	0	0	0	0	0	0	0	0	0	0	0	1	0	2	1	2	7
Sex Crime	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	1	2
Simple Assault	0	0	1	0	1	0	2	0	2	1	0	3	2	0	0	1	0	4	17
Stolen Property	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	1
Vandalism	2	3	1	1	0	0	1	0	4	1	0	0	1	7	1	2	2	1	27
Disorderly Conduct	0	0	3	2	2	0	0	0	3	0	1	0	0	2	0	0	0	1	14
DUII	0	0	1	0	0	0	1	0	0	0	0	0	0	1	0	4	0	2	9
Liquor Laws	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	1
Runaway	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	1
Trespass	0	0	1	0	0	1	0	0	2	0	0	0	0	3	0	0	0	2	9
Total	3	7	11	5	3	4	14	0	26	6	5	7	5	25	1	27	6	20	175

Crimes with no occurrences for the month of June 2009: Arson - Homicide - Forgery - Prostitution - Weapon - Curfew - Kidnapping - Gambling - Offense Against Family  
Current month and year-to-date totals are subject to fluctuations.

## SW Trails

Don Baack, chair, 503-246-2088



**4T Trail Inauguration Celebration**  
September 19th, 9 am  
Aucoin Plaza at the Oregon Zoo

By September 19th we will have completed the signage for the 4T trail! We are planning a grand opening celebration and hike on Saturday, September 19th. Please join us at 9 am at the Aucoin Zoo transit station. We are honored to have Commissioner Nick Fish as our special guest and we will be serving refreshments. We will then hike the Trail and ride the Tram, Trolley and Train back to the zoo. We would like to thank everyone who helped bring this project to fruition. See our website ([www.swtrails.org](http://www.swtrails.org)) for more details on the 4T trail.

### Barbur Active Transportation Demonstration Project

We have been working hard with the City of Portland and other jurisdictions to prepare a project proposal for Metro for Barbur improvements. If our proposal is accepted and funded, the first phase will help improve the mainstem of Barbur. The total proposal will cost almost \$200 million, but the first phase will be limited to \$25 million. The full proposal will include many feeder routes leading to Barbur. The first phase will provide for renovating the three Barbur bridges to make them safe for walkers and bicyclists. As it is, bicycling on Barbur is left to the most serious bikers as it is so difficult and dangerous. We have identified a list of improvements along and leading up to Barbur that would greatly improve bike and pedestrian travel. Visit [www.swtrails.org](http://www.swtrails.org) for more info.



August hikers

**Hikes:** Thank you to the super-great group that came to our August hike to check out progress on the 4T. It was a lot of fun. See page 12 for information on the September 12 hike.

**Next Trails mtg:** Thurs., September 24, 7 pm  
St. Luke's Lutheran Church library, 6835 SW 46th

## Land Use Committee

John Gibbon, 503-708-6708

Our August guest was Bill Cunningham from the Office of Planning & Sustainability. We talked about urban form, which will be an issue in the Portland Plan, a process that includes an update of our city's Comprehensive Plan. In its broadest meaning, urban form appears to include just about anything that affects urban life, including economic conditions and population growth. In a stricter sense, it refers to the physical elements of the urban landscape: places; patterns; the private realm; and the public realm of streets, parks, and squares. Patterns refer to the size and shape of blocks; the width, direction, and spacing of streets;

lot sizes and shapes; building orientation; and landscaping.

The Portland Plan was supposed to move into a period of public outreach by now, the start of a two-year process ending in a city council-approved plan. Soon we'll learn more about an updated schedule for public outreach.

The committee is hosting the September 29 SWNI Land Slide Forum. Please do attend the forum. See pages 1 and 2 of this paper for more information.

**Next meeting:**  
Tuesday, September 15, 7 pm  
Multnomah Center  
7688 SW Capitol Hwy

## Transportation Committee

Marianne Fitzgerald, 503-246-1847, [Fitzgerald.marianne@gmail.com](mailto:Fitzgerald.marianne@gmail.com)

Metro's draft Regional Transportation Plan will be available for public review and comment between noon September 15 and 5 pm October 15, 2009.

The regional transportation plan lays out policies and an investment strategy for addressing transportation problems in the Portland metro region through 2035. It strengthens the ties between land use and transportation as part of a larger planning effort Metro calls "Making the Greatest Place." Metro's draft regional transportation plan will identify more than 1,000 proposed projects to improve our regional highway, arterial, transit, freight, walking and bicycling systems, and the comment period will influence which projects are the highest priority for the limited funding that is available through gas taxes and local fees. The SWNI transportation committee will be reviewing the project list for Southwest Portland to make sure the investment proposal meets our priority needs for transportation safety and growth over the next 25 years, including much-needed sidewalk and bicycle path improvements.

Metro has scheduled several open houses and public hearings at various locations between September 21 and

October 15. The SWNI transportation committee will be developing comments at its September meeting and will testify at the October 15 hearing at the Metro Regional Center, 600 NE Grand (the open house begins at 4 pm and the public hearing begins at 5 pm). Neighborhood associations and individuals are encouraged to comment on the draft plan.

For more information about the draft regional transportation plan, public hearing schedule and how to comment by letter, email or fax, visit Metro's website at <http://www.oregonmetro.gov/index.cfm/go/by.web/id=25038>.

The transportation committee has been meeting over the past few months with the City of Portland Bureau of Transportation and Oregon Dept. of Transportation to communicate our priorities for the regional transportation plan. These include sidewalks and bike paths along Barbur Blvd., Capitol Highway and the Red Electric Trail, and other routes to help us safely access bus stops, schools and commercial areas on busy streets.

**Next meeting:**  
Tuesday, September 22, 7 pm  
Multnomah Center  
7688 SW Capitol Hwy

# Committees

## Schools Committee

Will Fuller, 503-764-5501



### Back to School

It's already a new school year, isn't it? We are working with each neighborhood association to have a booth at back-to-school events this year. For the calendar of scheduled visits, go to our website [www.swni.org/schools](http://www.swni.org/schools)

**Communications Focus**

This new year, we're focusing on building multiple forms of communication between neighborhoods and schools. We already have a newsletter, a website and school visits as regular activities. In addition, we will be recruiting neighborhood "ambassadors" to each school serving the neighborhood, sponsoring forums and events on school-related themes, building an alert-net to keep neighborhoods aware of fast-breaking school news, and other activities to be announced.

### The Cultures of SWNI Schools

Another major focus of this year is the diverse cultures in our schools. Because SWNI area residents are among the most well-educated and influential in Portland, we are in a strong position to lead the city in ensuring that our schools prepare our children to become leaders in a world where appreciation of multiple cultures is increasingly important. **School Restructuring is NOT In The News ... BUT**

Planning for high school redesign will begin this year. While actual changes are a few years off, that doesn't mean we can just lay low. Active community participation can and should be part of every phase of this major initiative which will affect all students. By the time elementary-school students are ready for high school, the new structure will be in effect.

**Contact info:** email to [schools@swni.org](mailto:schools@swni.org) or go to [www.swni.org/schools](http://www.swni.org/schools).

**Next meeting:**  
Thursday, September 17, 7 pm  
Multnomah Center, Room 3  
7688 SW Capitol Hwy (at 31st.)

## Parks Committee

Kirky Doble, 503-246-7970

Our August meeting was special. We met for the first time in Council Crest Park. It was cloudy, so we couldn't see the big Cascade peaks, but it was still beautiful. Commissioner Nick Fish was our first guest. He reported that there may be a parks bond measure on the ballot in November 2010. Whether it does depends a lot on the economy.

Nick noted his support for the Youth Conservation Corps, a work and education program at Parks & Recreation for at-risk youth. City Nature Director Astrid Drago, also a guest, is managing the YCC program. 64 young people are enrolled doing restoration and trails work.

Nick named his two priorities: 1) to double the city's community garden capacity in five years, and 2) to create more recreational opportunities for young people by upgrading the city's ballfield capacity.

Our third guest, Park Services Director Terri Davis reported that the new pay parking at Willamette Park has begun, that construction on the pump station at Willamette Park may begin in 2011, and that summer playground programs at Markham School and Pendleton Park went well. Hayhurst is getting a pocket park, owned by the Bureau of Transportation but managed by Parks & Recreation.

**Next meeting:** Thurs September 3, 7 pm  
Dickinson Park  
SW 55th between  
Alfred & Dickinson

## SWNI Board

Brian Russell, president  
503-869-1632

The board is hosting two informational forums in September.

The first forum will be Aging in Place on Monday, September 14, at 6:30 pm in the Multnomah Center auditorium. The forum will cover five topics of importance to seniors: transportation options, housing, nutrition, health care and safety. The first half of the event will be a panel discussion followed by a question-and-answer session with the audience. The second half of the event will consist of a resource fair. Guests will have an opportunity to sit down and talk with service providers.

The second forum will be Landslide and/Drainage on Tuesday, September 29, at 7 pm in the Multnomah Center Auditorium. The forum will focus on the science of water movement and how it causes slides; city regulations and things residents can look for to spot potential problems; and stormwater management.

The executive committee will meet on Wednesday, September 16th, at 4 pm to finalize the September board meeting.

**Next Meeting:**  
Wednesday, September 23, 7 pm  
Multnomah Center  
7688 SW Capitol Hwy

## Communication Committee

Wes McMullen, 503 244-2659

The next SWNI Communications Committee quarterly meeting is set for 7 pm, Tuesday, September 22 in the SWNI conference room. Those interested in developing new communications techniques and improved ways of communicating with one another within the SWNI coalition and respective neighborhoods, are urged to attend.

Development of the SWNI website into a useful, dynamic communications tool continues to be a top project for the committee. The website is already delivering useful and unique communications tools and methods for anyone in the southwest to use, according to committee chairperson, Wes McMullen.

"People who understand or work with Drupal -- the 'engine' that drives our website - would do the entire coalition a favor by becoming involved," McMullen added. "Now is the time for neighborhood associations to promote their own websites and appoint a person as webmaster for their neighborhood who can attend committee meetings and become involved with the web server subcommittee," McMullen concluded.

**Next meeting:**  
Tuesday, September 22, 7 pm  
Multnomah Center  
7688 SW Capitol Hwy

## Public Safety Committee

Nancy Hand, chair, 503-452-9483

Our next meeting will be September 3rd at 7 pm. For our September meeting, the committee will review the revised action plan as well as plan for the 4th Annual Community Policing Reception.

Our speaker last month was Director Goodwin with Portland Community College Security. He really was terrific. They are excited, as are we to partner on some items on our action plan as well.

Laurie Abraham from the District Attorney's office came as well and updated us on the budget and other items her office has been working on.

There will be a collaborative graffiti cleanup on October 17. More information to come. Our Community Policing Reception is Tuesday, October 27th. Please put it on your calendar. You don't want to miss this!

**Next Meeting:** Thurs, September 3, 7 pm  
Multnomah Center  
7688 SW Capitol Hwy

## Arnold Creek

Next Mtg: Tuesday, September 8, 7 pm  
Antioch Christian Fellowship 10558 SW 35th (lower level)  
Chair Nancy Hand, 503-452-9483, enchand@hotmail.com  
arnoldcreek.swni.org

Our next Arnold Creek Neighborhood meeting will be September 8 at 7 pm in the lower level of the Antioch Christian Fellowship Church across from Jackson Middle School.

Last month we had a very light turnout, but we had a great turnout for the National Night Out potluck! We talked at our last neighborhood meeting about maybe holding it at Stephenson School next year.

It would be more centrally located and hopefully we would see more of our neighborhoods participating. What does everyone think about that idea?

I also had a call from a concerned neighbor about the speed that cars are going on our neighborhood streets. Remember, school will be starting again. Please follow the rules and avoid getting a spendy ticket as they will be patrolling for the start of school.

See you at the next meeting!

## Ashcreek

Next Mtg: Monday, September 14, 7 pm  
Smith School, 8935 SW 52nd Ave  
Chair Jack Klinker, 503-246-7872 jklinker@ease.com

**Smith Elementary:** Riverdale will be starting classes at Smith at the end of August. Riverdale School District is opening Smith for our neighborhood meetings while they are tenants. We will be meeting there starting in September. The meeting date is the 14th, the second Monday as usual. And the meeting time is 7 pm, the usual. The address is 8935 SW 52nd Ave. The meeting room has not been determined. However, the change in venue is only temporary. We will probably be back at the Multnomah Center next summer when Riverdale moves back when their new school is completed.

**Ashcreek Sewer:** We had guests from Bureau of Environmental Services in August to talk about the next phase of the Ashcreek Sewer project and easement issues. The existing sewer, which needs repair, does not have easements. BES must obtain the easements from the various property owners before they can commence repair work.

The sewer was built before the area was annexed by the city. Work should commence in the winter or spring of 2010.

**Right-of-Way (ROW) clearance:** I hope to have guests from Bridlemile NA at our September meeting to discuss their work with ROW clearance along SW Hamilton. They have a volunteer group that goes out and clears brush from the sides of the street to provide for safer walking along Hamilton. Ashcreek has at least a couple of similar streets: Garden Home and Taylors Ferry. Maybe we can organize a similar volunteer group?

**BES has a Ditches to Swales program:** This program puts pipes in the drainage ditches and covers them with gravel. This was recently done along Garden Home from Capitol Hwy to past the stairs at 42nd. This would also help with walking along some neighborhood streets.

## Neighborhood Reports

### Bridlemile

Wednesday, September 9th, 6:30 pm  
Bridlemile School cafeteria, 4300 SW 47th  
Kathy Bambeck, 503-245-2634, kathybambeck@comcast.net  
http://bridlemile.swni.org



Bridlemile NNO Picnic 2009

On September 9, Lydia Corran of the Ride Connection, will present a video of their work. They give rides to seniors over 60 who cannot get around on their own. They also teach folks how to ride the bus, the MAX and the streetcar.

The Bridlemile Neighborhood Association is also pleased to host Southwest Autobody and Frame owners Greg and Angela Blackwell as our local business speakers in September. Their shop is located at 4200 SW B-H Highway. The neighborhood association does not endorse one business over another but we do like to give local businesses an opportunity to connect with neighbors and discuss common issues.

The city Bureau of Environmental Services plan to put swales on SW 44th between Tunnelwood and 47th Drive and on Seymour between 47th and 50th Avenues. Come to the meeting with your ideas and concerns to share with your neighbors. There are big transportation issues looming for Southwest Portland. It would

be great if Bridlemile had a larger voice in transportation planning and outcomes. Finding a person to monitor transportation is a great need for our neighborhood. Could it be you or someone you know?

Our National Night Out was big, noisy, and fun. The Tuesday Night Family group organized games that kept the kids going at full speed. Folks brought all kinds of dishes to share. We all ate well. The Portland Police Neighborhood Response Team and firefighters from Engine 5 did their annual wonderful job of connecting with our families. What an asset they are! It was great to have Representative David Wu come to talk with many of our families. There was entertainment. Neighbor Paula Shaw brought her Taiko drums and drumming partners to entertain us. Kids had an opportunity to drum on those big, impressive drums. Later in the evening, Teddy Kortenhof played the bagpipes for us. Good sounds for a summer evening at Hamilton Park.

Regular Bridlemile Creek Stewards monthly meeting, Tuesday, September 8, 7 pm, Watershed Center conference room in the SW Community Center, SW 45th & Vermont.  
Contact Greg at 503-246-2714 or Steve at 503-768-9065.

### Collins View

Next Board Mtg:  
Wednesday, September 2, 7 pm  
Riverdale High School  
9727 SW Terwilliger, Rm 201  
CVNAmail@gmail.com  
http://www.collinsview.org/

Collins View neighborhood may be getting a speed reader board on SW Terwilliger in front of Riverdale and may get one by March or April of next year. There is also interest in getting a mirror at the entrance of SW 4th Ave onto SW Boones Ferry Rd; CVNA's transportation chair will get information.

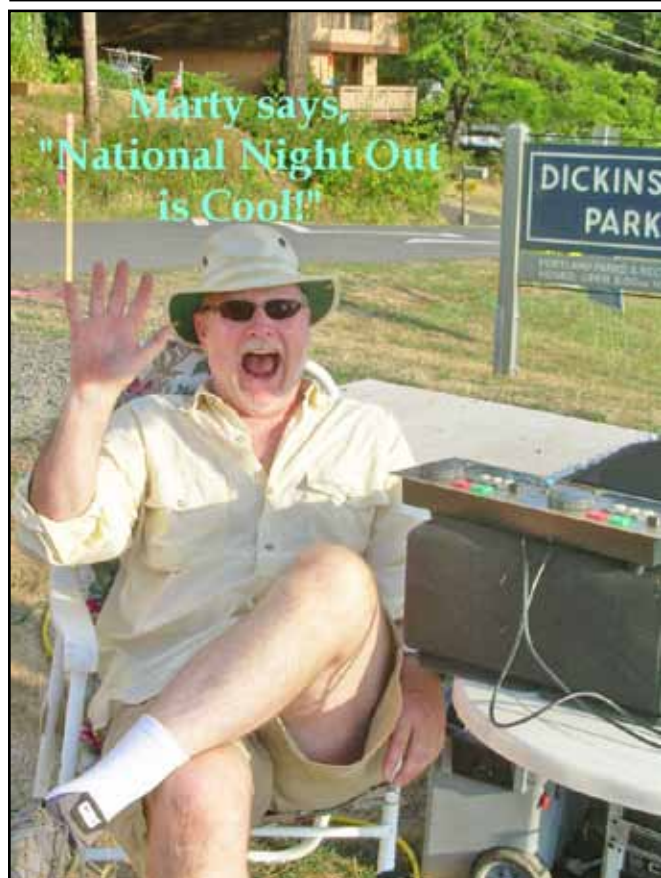
Lewis & Clark College (L&C) is working closely with TriMet on bus service to the college. Earlier, they offered to stop their private shuttle service and purchase transit passes for all students and faculty if TriMet can offer more direct service into downtown Portland. There may be an upcoming trial of increased frequency of service for the present route 39, possibly including Saturday coverage—but not extending its route.

L&C conditional use master plan (CUMP) application is available on their web site. This is a routine re-application to update and extend the current CUMP, which actually ended its 10-year effective period about 1 year ago. On July 21 L&C met with some invited Collins View residents. After that meeting L&C submitted a letter to the city to address neighbor concerns that were expressed at the meeting.

Portland's Bureau of Development Services scheduled the hearing for the L&C CUMP application for August 19. Residents are strongly encouraged to attend the meeting and/or to send written testimony prior to the meeting. The results of that hearing will be discussed at the September meeting for CVNA.

## Crestwood

Next Mtg: Wednesday, September 9, 7 pm  
West Portland United Methodist Church library, 4729 SW Taylors Ferry Rd  
Chair John Prouty, 503-246-7366, johnprouty@qwest.net, http://crestwood.swni.org



Crestwood did not have a general meeting in August (we meet every other month, on odd months).

Crestwood did celebrate National Night Out—Tuesday, August 4, from 6:30-8 pm, which proved to be a great success! Attendance was great and there was music to enjoy.

The police and canine police both showed up. The weather was perfect, and the sunset was spectacular for those who stayed late.

Another event held this month was "Movies in Dickinson Park for August - Coraline." This was also very successful with loads of activities before the event, and many attendees.

Topics for the September meeting will include:

- Review of summer events
- Grant applications
- Strategic direction and action plan review

## Grand Opening for New NCNM Clinic in South Portland



September 25, 10 am,  
3025 SW Corbett Ave.

National College of Natural Medicine (NCNM), once known as "Portland's Best Kept Secret," is retiring that longtime label as it moves quickly toward its new future. The expanding campus experienced many changes this summer as

the medical college finished renovations on its new NCNM Clinic. Located on a full-city block across from the school on Porter Street, it will become Portland's largest natural medicine clinic. Learn more at www.ncnm.edu.

NCNM recently combined its naturopathic and classical Chinese medicine clinical operations into the new health care facility, and invites its neighbors to celebrate the clinic's Grand Opening. The ceremony (including tours of the new clinic) is slated for Friday,

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# Neighborhood Reports

## Far Southwest

Next Mtg: Tuesday, September 15, 7 pm, Comfort Suites Motel SW 60th & Barbur, Chair Marcia Leslie, 503-246-9938, mmac\_les@yahoo.com



*Sons of Aloha entertained picnic attendees*

A big "ma-halo" to everyone who took part in our second "FUN" picnic last month. Over 100 people attended, one third more than last year, many in tropical shirts. One lady even wore a grass skirt! There was some concern when the power source for

the band suddenly died shortly after they began playing, but they just moved closer to their audience. Many commented later, including the band, that they like the more intimate feeling being closer, and they enjoyed the authentic island music of the "Sons of Aloha."

A very special "ma-halo" to everyone who helped organize and stage the picnic this year, including Sylvania PCC for the use of their practice field again, Sylvia Bogert and Ginny Stromer of SWNI, Gary Whitney who photographed the event, your Far Southwest Board -- April Ann Fong, Jackie Elliott and her husband Steve Beinings, Virginia Hendrickson and her friend Steve Boughton, and Chuck Radosta, and the businesses who donated prizes and coupons for our raffle -- Baba Fresh, Barbur Foods, Baristador's (ice cream and iced coffee), Baskin-Robbins in Tigard, Bi-Mart, Buster's Barbecue in Tigard, Capitol Hwy. Deli Mart, Fred Meyers in Burlingame, Fred Meyers in Tigard, the Hillsdale Farmer's Market, Kaady Car Wash, King Star

Cleaners, Malibu Raceway, McGrath's Fish House in Beaverton, Mediterranean Market on Kerr Pkwy., Newport Seafood Grill in Tigard, PBDC Cleaners, Red Lobster on Greenburg, Red Robin at Square Two, Regal Cinemas, Satisfaction Plus Nails & Tanning, SWNI (Southwest Neighborhoods, Inc.) which donated many supplies and the porta-potty, TGI-Fridays by Square Two, and the "Sons of Aloha" which really set the mood for the picnic.

Our "thank you" wouldn't be complete without acknowledging the Office of Neighborhood Involvement, Neighborhood Small Grant Program which provided the seed money to grow this project.

Thank you, too, to the folks who brought food for the Neighborhood House food

pantry, and the pair of sneakers to recycle.

At our September meeting Stephanie White from PBO will have a video on "Every Corner is a Crosswalk" and talk about pedestrian safety. Please come and bring any questions you may have about transportation safety.

## Multnomah

Next Mtg:  
Tuesday, September 8, 7 pm  
Multnomah Center  
7688 SW Capitol Hwy  
Chair Randy Bonella  
503-293-9460  
rmbonella@comcast.net



We did it! Another very successful Multnomah Days. If you didn't attend, you missed out on a fun-packed day. The weather cooperated wonderfully, 70's and quite pleasant. A far cry from last year's 100 degrees. I think that we had more people stay much later than in any of the years past.

I want to thank Elaine Saunders for her help with the volunteers for garbage and recycling, a major task that I think we dealt with better this year than in previous years. Our recycling effort didn't get to the level that we could have. So we have a bit of work to improve upon for future events. Garbage management went off with only a few minor hitches, and we now know what those are and will get them corrected for next year.

Jill from Sip'D Vine did a fantastic job with the music selection this year. Awesome bands! The next big Multnomah Village event will be Halloween for the little ones. Stay tuned for more information.

We have one more Multnomah Outdoor Cinema this year on September 11th starting at dusk which will be closer to 8 pm. We are showing *Never Ending Story* which is a great kid adventure film. Please join us for our last movie of the summer.

Our next Multnomah Neighborhood Association meeting is Tues., September 8th, 7 pm, at the Multnomah Center. We will have updates on Hillsdale Terrace, Capitol Highway and Multnomah Blvd pressure sewer line projects and more. There is ongoing discussion on Hoot Owl corner and West Portland Town Center (Capitol Hwy & Barbur Blvd). If you have interest in any of these projects and would like to participate in the discussions, please let me know and I'll get you connected.

We are still in need of a vice chair and a safety committee rep. Please let me know if you are interested in helping out your community.

Have a great last few weeks of summer and don't forget that school starts shortly and stop for the school buses and for the children. Drive slow, drive safe. If you see problems, please call 503-823-SAFE (7233).

## Hayhurst

Next Mtg: Monday, September 14, 7 pm  
Hayhurst School, 5037 SW Iowa St  
Janet Hawkins, 503-244-7703, janetchawkins@msn.com  
www.neighborhoodlink.com/portland/hayhurst

We invite all Hayhurst neighborhood residents to attend the "State of School" presentation by Principal Robin Morrison at Odyssey/Hayhurst School on Monday, September 14th, 6:30 - 7 pm. Principal Morrison's presentation takes place before our planned neighborhood association meeting. (See details below.)

Hayhurst Neighborhood Association is currently meeting on an "every-other-month" basis. Our September 2009 meeting will include the following items:

- Discussion on the new neighborhood "pocket park"
- St. Luke's Lutheran Church property development proposal

· Transportation committee report

o "Hoot Owl Corner" improvements

Our next Hayhurst Neighborhood board meeting is scheduled for Monday, September 14th, at Hayhurst School, which is located at 5037 SW Iowa Street in Portland. We'll be offering on-site childcare for parents interested in attending the meeting. Please contact Hayhurst's Chair, Janet Hawkins, janetchawkins@msn.com or 503-244-7703 to pre-register for childcare or with questions.

## Homestead

Next Mtg: Tuesday, September 1, 7 pm  
OHSU CDRC, 707 SW Gaines, 3rd floor  
Chair Susan Egnor, stegnor@comcast.net, 503-221-6981  
HomesteadNA.org



**September Meeting - Traffic Calming Follow-up Report:** Members at our June meeting questioned the results of the initial report on the effectiveness of Phase I Traffic Calming measures. The city has re-measured speeds and volumes on the affected streets. Bureau of Transportation Representatives will present the results of this follow-up survey. We also will consider what next steps might be taken. Friends of Reservoirs presentation: We will hear about proposals to cap our reservoirs and treat our drinking water—at a cost some say is completely unnecessary. Meter Revenue Advisory Committee: We expect to vote on the final version of this long-pending agreement. We will also have regular committee reports, coupons for neighborhood businesses (Papa John's Pizza, Takahashi 2 Sushi, and University Shell) (all donated as part of picnic support). Join us and pick up your coupons.

**Also in September**  
1. Julia Reimann Soccer Field Dedication at Ainsworth Elementary, our neighborhood school, September 2: Community volunteers and parents have worked to build this field in memory of the Ainsworth student killed when a plane crashed into her vacation house last summer. Contributions are being accepted at [www.juliareimann45.org](http://www.juliareimann45.org).

2. Two important information events at Multnomah Center: **Aging in Place** September 14, 6:30 pm: vital information

for seniors and their families on planning to stay independent. **Landslide Drainage Forum** September 29, 7 pm: As most of Homestead is on, just below, or just above a hill, we all need this information. See details elsewhere in this paper on both events.

**Picnic a Great Success!**

Neighbors from all over Homestead gathered in the twilight of Duniway Park's Lilac Garden on August 4 and had a very good time together. The younger picnickers especially enjoyed the TWO fire trucks, a ladder truck and a hose pumper, courtesy of the Portland Fire Bureau with explanations and tours from attending firefighters. Many thanks to all who made the event a success. We had food contributions from Burlingame Fred Meyer, Duniway Plaza's Takahashi 2 Sushi, Papa John's Pizza in Hillsdale and Slice of Heaven Pizza and the fantastic finesse of our Chef Rich Davidson. We also had great door prizes contributed by Portland Spirit, courtesy of neighbor Dan Yates; by our new neighbor University Shell, right at the corner of Terwilliger, courtesy of the new owners Mike Ray and Lance Lewallen, and by the city's Parks Bureau and Office of Neighborhood Involvement. Please support these neighborhood businesses; let them know you appreciate their support of our community. BTW: University Shell Co-owner Lance Lewallen and his brother Bruce left us with cards good for \$5 off any service: pick yours up at our next meeting!

## Hillsdale

Next Mtg: Wednesday, September 2, 7 pm  
St Barnabas Church, 2201 SW Vermont  
www.hna-pdx.com

- Agenda
- I. Opening & introductions
  - II. Approval of agenda
  - III. Approval of previous meeting minutes
  - IV. New discussions & guest speakers
    - A. Tree removal update/Himes Park (Dan Moeller, Portland Parks)
    - B. Hillsdale Terrace project update (Julie Livingston, HAP; Bill Lanning, Michael Willis and Brad Bane, Michael Willis Architects)
    - C. MicroCinema comes to Hillsdale
    - D. Ride connection
    - E. Brief update on board structure
  - V. Standing committee reports
    - A. Transportation issues
    - B. Land use notices & issues:
    - C. Hillsdale Business & Professional Association
    - D. Hillsdale Alliance
    - E. Hillsdale Foundation
      1. Update on bicycle-friendly grants, and Capitol closure celebration idea
    - F. Nonprofits
    - G. Schools
    - H. Hillsdale plan
    - I. SWNI report

- VI. Old business
- VII. New business
- VIII. Announcements upcoming topics:
  - a. NET update or training
  - b. Traffic calming on Cap. Hill Rd.
  - c. Portland water projects update

**HILLSDALE TERRACE UPDATE FROM HAP:** The federal "Notice of Funding Availability" (NOFA) was released in mid-July for the 2009 HOPE VI grant program. HAP staff have been busy reviewing the criteria under which our application will be scored and we believe we have an excellent opportunity to compete for these revitalization funds. The application will be due by mid-November and we plan on presenting the design recommendations to our HAP board at their meeting in mid-October.

We held our 2nd design workshop on Tuesday, August 18th. Your continued input is essential to the success of the application and the revitalization process.

Come join us in creating a new vision for affordable housing at Hillsdale Terrace. Please check out our website at <http://www.hapdx.org/hillsdaleterrace/>.

# Neighborhood Reports

## Maplewood



Next Mtg: Monday, September 14, 7 pm, West Hills, Friends Church, 7426 SW 52nd  
Co-Chairs Alexander Ben Israel, 503-467-9016, abenisrael@avamere.com, and Leanne Hartman, leanne.mna@gmail.com  
www.maplewood.swni.org

### Noteworthy dates for Maplewood:

September 14 – MNA general meeting, West Hills Friends Church

### Annual Maplewood Summer Picnic & Ice Cream Social



Thank you, Engine 18 for some relief from the heat

Maplewood celebrated summer all afternoon under a baking sky punctuated by the beat of bands, The Usual Suspects and DRC, and the seasonal scent of sizzling hot dogs. Kids jumped and jangled in the bouncy house, folks slurped up the wonderful fresh flavors of local gelato, visited the neighborhood booths, and tried their luck at the raffle. The most rambunctious demonstrated the art of the Cheeto toss, the best technique in coffee sack and

three-legged races, and compared baked treats in the cupcake walk. As the thermom-

eter continued to rise, a blast from the Portland Fire & Rescue team cooled off the crowd. Water balloons, sprinkler, and squirt guns couldn't compete with that!

Behind every smile that Sunday was a volunteer, staffer, or donor who made it happen. The Maplewood Neighborhood Association and Picnic Committee would like to thank the following for their essential contributions to our event.

For their generous donations

to the Maplewood Picnic Raffle: Absolute Carpet Cleaning, Allow Me to Help You, Annie Bloom's, Baker & Spice, the Byrne family, A Closer Look Studio, Faces Unlimited, Images Unlimited, Jill Gaddis, Jules of Morocco, Marco's Café, Melange at the Stafford, Northern Lights Marketing, O'Connors, OmBase Yoga, Otto & Anitas, Paloma Clothing, Rustic Breads, Seasons & Regions, Southwest Community Center, Southwest Bicycle, Southwest Neighborhoods, Inc, Switch, and Thinker Toys.

For food and materials donations: Alotto Gelato, Lamb's Garden Home Thriftway, Garden Home Starbucks, Longbottom Coffee, Raleigh Hills Fred Meyer, St. Luke's Lutheran Church, SWNI, and West Hills Friends Church.

For manning the picnic with energy and enthusiasm: Sylvia Bogert of SWNI, Heidi Sivers Boyce for her beautiful face painting, Laure Butera at SW Community Center, the wonder interns from IRCO at the bouncy house, and the crew from VanGo at Portland Parks & Rec. We also want to thank Jon from 4-H, Dawn from Girl Scouts, Susan and Patti from the Multnomah Historical Society, Brian from STAND for Children, Jen Seamans from the



Kids enjoy games at Maplewood Picnic

SW Watershed Center, Dave from Fans of Fanno Creek, Jill from Friends of April Hill Park, and Jon from St. Luke for presenting a great assortment of services, fun activities, and information to our neighbors.

Lastly, we need to celebrate all the volunteers who worked many months to pull this off. Without their persistence, tremendous artistic talent, cheer leading and organization skills, fund-raising prowess, and willingness to literally sweat it out on the day of the event, the picnic would never have gotten off the ground.

Until next summer, we'll be back to business as usual in

September. Happy Autumn!

If you are interested in having a say in how projects develop in your area or simply want to learn more about your neighborhood, we encourage you to join our monthly meetings. The Maplewood Neighborhood Association meets on the second Monday of each month. We are on hiatus in August. Our next meeting is September 14 at 7 pm, in the Community Building of the West Hills Friends Church, across the street from Maplewood School at 7426 SW 52nd Ave.

Please go to our website at [maplewood.swni.org](http://maplewood.swni.org) for more info.

## Marshall Park

Next Mtg: Thursday, September 10, 6 pm, Capitol Hill School library, 8407 SW 17th  
Chair Mike Charles, 503-244-6099, [marshallparkchair@swni.org](mailto:marshallparkchair@swni.org), [marshallpark.swni.org](http://marshallpark.swni.org)



Neighbors enjoy NNO picnic in Marshall Park

On Tuesday, August 4th, Marshall Park Neighborhood Association celebrated National Night Out with its annual picnic in the park. Over 100 neighbors gathered in the park on a lovely evening to feast on hot dogs, tofu dogs, fruit, lemonade and ice cream. Neighbors visited and caught up on local events, to the sounds of a solo violin. We also got the chance to chat with Police

Captain Kruger and two other officers who dropped by.

The kids had a great time playing in the park and getting their faces painted. And many people went home laden with prizes from the free raffle. As always, this was a fun event enjoyed by everyone who attended. See the MPNA website for pictures. Our thanks to SWNI for all their support, and kudos to the many volunteers who made this event such a success.

Our September meeting is when we try to fill the volunteer positions for the year. So if you live in Marshall Park neighborhood and you'd like to help out the association, this would be a good meeting to attend. Just come along and be part of MPNA. Thursday, Sept. 10, from 6 - 8 pm in the library room at Capitol Hill School.



## Markham

Next Mtg: Tuesday, October 13, 7 pm  
Rahmani's Care Facility, 9015 SW 19th  
Chair Trevor Robins, [Trevor@tlandislaw.com](mailto:Trevor@tlandislaw.com)  
[www.wescorhvac.com/Markham.htm](http://www.wescorhvac.com/Markham.htm)

## South Burlingame

Next Mtg: Wednesday, September 9, 7 pm  
Capitol Hill School, 8401 SW 17th  
Contact: Interim Chair, Betsy Shand, [betsy\\_shand@hotmail.com](mailto:betsy_shand@hotmail.com)

SOUTH BURLINGAME really stands out now that local artist Janice McCann stepped up to put the finishing touches on our neighborhood monument. She undertook the job of finding the right paint mixture and applying it to the basalt rock that marks the entry into South Burlingame at 6th and Terwilliger. Thank you to Janice for applying her artistic talent as the finishing touch to a previous grant project.

The neighborhood had a work party on July 25th at the Triangle at 12th and Spring Garden. This is a huge effort to reclaim control on this pretty much abandoned corner lot. We have been supported by local residents including Cecil Haggarty who so graciously offered his power tools for our use and to John Laine who provided a trailer to haul away the debris. We appreciate their generous offerings as we work with other residents of South Burlingame to beautify this site.

We established a trail for almost 200 feet along Spring Garden for pedestrians as a safe place to walk. The path was cleared of 20-year-old blackberry bushes that stood 4 feet high and weeds of over 5 feet tall. The old goat path was revealed and a new layer of sheeting was put down with a layer of mulch on top to mark the trail. We had



volunteers of every age on-site that day and some from a world away. Many thanks to Drew and Alex who stopped by to help us with their mom while on vacation from their home in Vietnam. We appreciated your efforts and your talkative manner.

Many thanks to Airsoft-review.net who provided the morning breakfast of fruit and bran muffins for our work party. Check them out on the web.

Thank you to Lynn Pearson who carefully documented this effort with photographs that she then made into a movie using Windows Movie Maker. It will be a big hit when we present our report to the grants committee for SWNI neighborhood grants and to The Hardy Plant Society grant committee.

We will have our regular monthly meetings again starting in September at Capitol Hill School on a new night. We are meeting on Wednesday nights at 7 pm.

The summer seemed to pass by too fast this year, even with the memorable heat waves. Join us on Sept. 9th in the cafeteria of the school and get involved in your neighborhood.

## South Portland



**Next Mtg:**  
Wednesday, September 2, 7 pm  
Umpqua Bank, 3606 SW Bond  
(Base of John Ross Tower)  
**Chair Ken Love, 503-245-7795,**  
TLC11@mindspring.com  
www.southportlandna.org



Ken Love  
Chair

Ahoy, everyone,



Future SPNA board member  
enjoying a concert

### NCNM invites you to clinic grand opening

The National College of Natural Medicine is opening its new clinic in our neighborhood. The grand opening is Friday, September 25th. The clinic is located at 3024 SW Corbett St. NCNM has been very responsive to the neighborhood and remodeled the building with eco-friendly materials. The clinic will have a wide range of services including naturopathic medicine and Chinese medicine.

### Heated-Out Concert

We have decided not to reschedule our concert that Parks canceled due to heat for next summer. We feel it would be too hard to get the word out this year and we can save most of the money from that concert for a concert next year.

I am so grateful to every single person who came to our concerts, picnic or movie this summer. It just goes to show you how great the people of South Portland are!

One more time, I want to thank all of the South Portland businesses that contributed to make this our most successful summer:

Bamboo Grove Hawaiian Grille, BohNel Hair Salon, Clyde Lewis, Food Front, Food Services of America, Great Northwest Bookstore, Groundspring Healing Center, Habanero Mexican Restaurant,

Helser's on Alberta, Jimmy's Smoke House, John's Landing Automotive, Lorentz Bruun Co., Macadam Bar and Grill, National College of Natural Medicine, Portland Parks & Rec., Portland Water Bureau, Quizno's, Renner's Bar & Grill, Ross Island Grocery & Cafe, Soter Vineyards, South Portland Business Association, SWNI & ONI, The Portland French School, Umpqua Bank.

A SPECIAL THANKS to the South Portland Business Association for all their terrific help and support.



Thanks to the Ross Island grub crew

### September 2nd Neighborhood Meeting

Staff from Portland Parks will meet one hour early from 6 - 7 pm to discuss updates on the South Waterfront Greenway and Caruthers Park for all who are interested. Then at 7 pm we will hold our regular board meeting.



Relaxing with friends

South Portland Neighborhood's web site is  
www.southportlandna.org  
Board and Committee meetings

Next Board Mtg: Wednesday, September 2, 7 pm, Umpqua Bank, 3606 SW Bond. (Base of John Ross Tower). Please visit our website for neighborhood updates.

Transportation: Tuesday, September 1, 6 pm, Running Outfitters, 2337 SW 6th. Contact committee chair Bill Danneman at 503-228-9868 for more info.

Land Use Committee: Monday, September 21, 7:15 pm, at Ross Island Grocery, 3338 SW Corbett. Contact: committee chair Jim Davis, 503-248-9820.

Communications/Finance/Parks Committee: Wednesday, September 16, 7 pm, at Ross Island Grocery, 3338 SW Corbett. Contact: Lee Buhler, 503-227-0160, LEB@pacifier.com

## SW Hills Residential League

**Next Meeting:**  
Wednesday, Sept. 16, 7 pm,  
Ascension Episcopal Church  
1823 SW Spring St  
**Chair Jim Thayer**  
503-220-0755  
jim@thayers.org, swhrl.org

### SWHRL's October Forum to focus on

#### Nature in the Neighborhood

The Southwest Hills Residential League's Fall Member Forum will be held at Ainsworth Elementary School on October 21st, 7-9 pm. Continuing its popular "forum" format, SWHRL will invite three speakers to present various aspects of how nature can be nurtured in the SWHRL neighborhood.

The first aspect of nature preservation will focus on the revitalization of SWHRL's "Save the Elms" program which in the past successfully treated the many elm trees in the Vista Heights area of SWHRL. An arborist will be invited to speak about the dangers facing these historic trees and how a local inoculation program funded and managed by the neighbors can be launched to save these iconic symbols of the Vista Heights area.

The second aspect of restoring health to our neighborhood ecology will be a presentation about the tremendous work that the Friends of Marquam Park, and the Three Rivers Conservancy have done to eradicate invasive plant life, especially English Ivy from our area. Robin Jensen, President of the Friends of Marquam Park has been invited to speak to this very important subject.

Finally, the forum will focus on the development of walkable trails in the neighborhood, including the new "4T Trail". Don Baack, the founder of SW Trails has been invited to present the contribution that SW Trails has made to making nature in our neighborhood more accessible. Some of this work is now threatened due to legal concerns that have not been adequately addressed by municipal authorities allowing the development and maintenance of these trails to lapse.

### Open House South Waterfront Code & Design Guide Update Project

Thursday September 3  
5 - 7 pm

Drop in at anytime!  
Development Services Building  
1900 SW 4th Ave, Rm 2500B

The South Waterfront Code & Design Guideline Update Project is proposing a series of zoning code amendments to address greenway improvements, retail uses, upcoming street plan changes, and other minor changes that have occurred in the district.

Join us at the open house to: Review proposed zoning code and design guideline amendments regarding the South Waterfront Greenway Development Plan.

Share your input on other minor zoning code amendments proposed to address retail and residential land uses in the district and the proposed amendment of the South Waterfront street plan.

For more information, contact Troy Doss, 503-823-5857, troy.doss@ci.portland.or.us.

## West Portland Park

**Next Mtg: Thursday, September 10, 7 pm**  
Markham School cafeteria, 10531 SW Capitol Highway  
**Chair Jim McLaughlin, 503-246-0601**  
jjim.mclaughlin@gmail.com  
http://swni.org/w\_portland\_park

**NNO Picnic:** West Portland Park's National Night Out was a big success, with around 45 neighbors attending. Our numbers went up again when the neighborhood teenagers at the park found out we had free hotdogs and popsicles. It was a great opportunity for the teens to find out about the neighborhood association. Thanks SWNI for providing the hotdogs and popsicles!! We enjoyed a very pleasant mid-80s afternoon and evening catching up with old friends and meeting new ones.

**What should WPPNA be doing next:** During the WPPNA board meeting held at the picnic, president Jim McLaughlin asked us to be thinking about what we

would like to see the neighborhood association doing in the next couple of years. "Us" includes you. Come to the next board meeting, Thursday, September 10, at the Markham School cafeteria, 10531 SW Capitol Highway, at 7 pm, and tell us what you would like to see us do. If you cannot attend the meeting, contact Jim McLaughlin at jjim.mclaughlin@gmail.com. The only way we can know what you are thinking is if you tell us.

Please remember to participate in the Markham Elementary School grounds cleanup on Saturday, August 29, 9 am - noon. The Jackson Middle School grounds clean up will be Saturday, September 19, 9 am - noon.

### PCC Parking Problems 2

Jim McLaughlin, president, West Portland Park Neighborhood Association

The start of the PCC Sylvania Fall 2009 semester has brought on a larger than usual number of problems relating to PCC student parking. PCC Sylvania enrollment is up 18% over last year.

With the PCC student census way up, there comes a larger number of students, and comes an increase in student parking on the neighborhood streets in Far Southwest and West Portland Park.

The rules for PCC student parking on neighborhood streets are really pretty simple. PCC students can NOT, repeat NOT, park on neighborhood streets. That is a part of the enrollment agreement between PCC and each of its students. The obligation on the part of students to not park on neighborhood streets is a contractual one with PCC and is not based upon any municipal ordinance. Any student's vehicle found parked on a neighborhood street will be tagged, according to John Garner, 503-977-4998 of PCC Sylvania's Security and Parking Department.

PCC will issue one "warning notice" to any PCC students car found parked on a neighborhood street. Thereafter, if the vehicle is ever again found parked on a neighborhood street, PCC will issue a \$25 ticket to the student who registered the vehicle with PCC Parking. Unless the fine is paid to PCC, the student does not get grades, transcripts, or the opportunity to re-enroll. PCC keeps track of the "warning notices" by license plate and keeps those records forever. So once a warning notice is issued to a student's vehicle, any second infraction will trigger a \$25 ticket to the student.

For us, the benefit of this system is that student vehicles parked on neighborhood streets will be ticketed by PCC regardless of if the vehicle is legally parked under state law or city ordinance. The mere parking on a neighborhood street is a breach of the student - PCC enrollment agreement and will result in a ticket regardless of the legality, under Portland ordinance or state law, of the way the car is parked. You don't have to wait for the student car to block the mailbox, or the driveway, or the fire hydrant to have PCC tag the car.

The negative for us regarding the PCC student parking system is that if the student's car on the neighborhood street is not registered with PCC Parking, the car is not in the "system" and there is no enforcement mechanism - the fines and withholding of grades, etc. - join to give "teeth" to the enrollment agreement between

PCC and its students. Most students do register their cars with PCC: they can't get an on-campus parking sticker to use the lots at Sylvania if the car is not registered with PCC.

For us, the bigger problem with the PCC parking enforcement system is that PCC's parking and security staff will not normally do a daily patrol of the neighborhood streets. To get PCC security and parking staff out to issue a "warning notice" or a parking ticket, you have to call PCC parking administration at 503-977-4703 and talk to "Sima" who will dispatch PCC staff to tag offending vehicles. You don't need a lot of detail as to the individual cars parked on neighborhood streets. Just describe the block where the offending vehicles are parked - e.g. "...SW Vesta between 49th and 47th..." or "...49th / Capitol between Coronado and Budington..."

The City of Portland has a separate and distinct parking enforcement system. City enforcement is predicated upon and governed by state law and city ordinance, and the city can and will ticket for parking violations involving any vehicle, whether a PCC student's vehicle or otherwise.

The city also will tag the first offense for blocking or parking too close to a fire hydrant (10 feet either side of the hydrant, Portland City Code 16.20.130(D)); for blocking access to or parking too close to a mailbox such that the Postal Service won't deliver mail (10 feet either side of a mailbox, Code Section 16.20.130(E)); for blocking or parking too close to a driveway (Code Section 16.20.130(V)), and for parking too close - within 20 feet to a corner or intersection (City Code Section 16.20.130(Q) and ORS 811.550(2), (5) and (17).

The city will also tag for cars parked facing the wrong way on a street. City Code 16.20.110 (B).

For city parking enforcement, first call 503-823-5195. You'll need the vehicle's license plate; the make, model and color of the vehicle; the address or intersection where parked, and a couple of other items on the voice mail menu. It won't hurt to cite the specific ORS provision or city code provision being violated, as listed above.

If you don't get action in a few hours, call the city's parking enforcement manager, Nolan Mackill, 503-823-6830, and the Portland Police Bureau NON-EMERGENCY line, 503-823-3333. DO NOT call the PPB emergency number.

**Programs & Services for Adults 55+**

For more information or to reserve your place in the following programs/services, call 503-244-5204 or check the senior center newsletter.

**Blood Pressure Screening**  
10 - 11 am, Second Thursday

**Stability Ball & Yoga (\$3)**  
9:10 - 10:10 am  
Tuesdays and Thursdays

**Yoga (\$3)**  
10 - 11:30 am, Fridays

**Rhythmic Exercise (\$3)**  
10:15 - 11:15 am  
Tuesdays and Thursdays

**Foot Clinic**  
Appointments available on 2nd Wednesday

**Low-Vision Support Group**  
11 am - noon  
third Tuesday

**Acupuncture (\$35-\$45)**  
Appointments available Mondays

**AARP '55 ALIVE**  
Driving safety program  
Date varies, call for info.

**Senior Law Project**  
Appointments available 2nd and 4th Tuesdays

**2009 NHSC Harvest Bazaar is coming soon**

Get ready for another fun-filled opportunity to find great handmade gift items, holiday decorations and more at the annual NHSC Harvest Bazaar on October 22nd (Thursday) and October 23rd (Friday). The bazaar will take place in the NH Senior Center lobby and is a fun event for all ages.

**Harvest Bazaar needs you**

Throughout the year the NHSC Crafting group prepares for our annual harvest bazaar. They transform donations of yarn and fabric and other crafting materials into a wonderful selection of holiday gifts for this event. As we get closer to the date of the harvest bazaar, we hope you will consider joining us in preparing for this fun and exciting event. Your support helps make this event fun for everyone in the community.

If you are interested in volunteering for the harvest bazaar it is not too late to get involved. So please give us a call at 503-244-5204 or stop by any Friday at noon and join us at the next crafting group gathering as we get ready for October.

**Multnomah Days Parade**

Thanks to everyone who participated in the senior center entry in the Multnomah Days parade. You make this event fun and exciting for us all. Special thanks to Dorothy Gage who supplied the vintage vehicle.

**NHSC Clothing Sale**

We appreciate all the support and generous donations of clothing and accessories that helped to make our clothing sale a success. Thanks also to all the volunteers for all the creative ideas and support in organizing and pulling together this first-time event.

**Living well with chronic conditions**

Starting September 24th, a free, six-session chronic pain management class called "Living Well with Chronic Conditions" will be starting at the senior center. This is an opportunity to learn practical ways to deal with pain and fatigue caused from a variety of chronic conditions as well as ways to talk with your doctor about them. If you or someone you care about has a chronic condition such as heart disease, depression, diabetes, chronic pain, anxiety, multiple sclerosis or fibromyalgia, you may find this class interesting. For more information, or to sign up, contact the instructor, Judy-Wick, 503-402-2922 or contact the senior center, 503-244-5204.

**Transportation program donations**

Many thanks to those of you who have contributed to our transportation program. Your donations help keep us on the road supporting seniors who rely on transportation services to connect with the essential resources they need. Your continued contributions will help us serve those in need and will make a tremendous difference to the lives of many in your community.

**SEPTEMBER TRIPS**

Senior membership required  
Call (503) 244-5204 x103 for info.

Reminder: Payment is required prior to registration for trips with a cost. You can secure your spot by coming to the senior center on or after the registration date. More trips may be added as space allows. Registration begins August 27 for all of the following trips.

**LUNCH OF THE MONTH:** Wed, Sept 2, 11:30 am - 2:30 pm. Cost: \$2.50. Help us start a new NHSC lunch tradition. Join us for a great lunch and great conversation, followed by a tasty dessert. We will go to the Olive Garden Italian Restaurant and Moon Struck Chocolate Café for dessert. Bring money for lunch and dessert.

**DAHLIA FARM ADVENTURE:** Tues, Sept 5, 11 am - 3 pm. Cost: \$3.50. We will see the gorgeous colors and variety of beautiful dahlias at the Swan Island dahlia farm, then stop at the Bridgeport Mall and enjoy lunch at the Paradise Café. Bring money for lunch.

**BOB'S RED MILL & CAFE:** Tues, Sept 11, 10 am - 3 pm. Cost: \$4. Visit Bob's Red Mill historic visitors' center while you shop for natural food products and have lunch at their café. Bring money for lunch and shopping.

**CANNON BEACH TRIP:** Wed, Sept 16, 9 am - 4 pm. Cost: \$15. Bring your sunscreen and money for shopping and lunch.

**PICNIC @ TRYON CREEK PARK:** Tues, Sept 22, 11:30 am - 2:30 pm. Cost: \$2. Enjoy a relaxing afternoon at the Tryon Creek Nature Center followed by a short walk and picnic lunch.

**BISHOP'S CLOSE & TILLAMOOK ICE CREAMERY:** Tues, Sept 29, 11:30 am - 2:30 pm. Cost: \$2. Enjoy a leisurely stroll through the English-style gardens of Bishop's Close, then picnic next to Lake Oswego. Top off your afternoon with a delicious dessert at the Tillamook Ice Creamery in Lake Oswego. Bring your lunch and money for dessert.

**Neighborhood House to combat unemployment using federal stimulus dollars**



Neighborhood House Action for Prosperity Case Managers: Anita Rea Davis and Peter Katon

Neighborhood House has been awarded \$103,000 of Federal American Recovery and Reinvestment Act funds to support its new Action for Prosperity employment assistance program. The program is being launched this month in partnership with Worksystems, Inc., a leading Portland non-profit workforce development organization.

The new program targets those households hardest hit by the current recession, who are at or below 200% of the Federal Poverty Level for Multnomah County (or, below \$44,100 for a family of four). It will work to remove barriers that might prevent individuals from achieving full employment. Examples of employment barriers include lack of key skills such as basic computer literacy or English-language proficiency, or poor interview skills. There are also personal impediments, such as inadequate childcare, transportation or housing, or an existing criminal record.

Neighborhood House's role in the project will focus on stabilizing households by resolving their immediate basic needs and preparing them for higher-level employment training and employment. Training will be provided by Worksystems, Inc., and other work source centers.

Neighborhood House staff will provide intensive employment-related case management, including employment counseling and training. Experienced case managers will work with participants and their families to identify both immediate and long-term needs and goals, and help them create a plan for success. In addition to employment services, participants may receive other support, such as

housing or rental assistance while they are in the program. Other help such as bus passes, small tools or equipment, or required work clothing will be available so that once participants have found employment, they can begin working immediately. The goal is to get people working within 12 months of enrollment.

Newly-hired Action for Prosperity Case Manager, Peter Katon, has had personal experience with unemployment. He says: "Unemployment is obviously difficult financially, but it can be even harder emotionally. Struggling to find a job can really take a toll on one's emotional health and sense of optimism. Receiving support in order to find and keep a job oftentimes is what is needed to further people's career development."

Eligible applicants for the program must be residents of Multnomah County, who are at least 18 years of age, legal to work in the US and have a current work history. Eligibility will also be based on income, needs, and realistic goal setting plans. Options are available for families needing longer-term assistance. Other services may be offered to those screened that are deemed ineligible for Action for Prosperity.

For more information on the Action for Prosperity Program and other Neighborhood House programs, go to [www.nhweb.org](http://www.nhweb.org).

Neighborhood House serves approximately 11,000 mostly low-income children, families and seniors each year through programs that educate children and parents, feed and house hungry and homeless families, and assist elders so they remain independent.

**Senior Studies Institute welcomes newcomers**

The Senior Studies Institute (SSI) offered through Portland Community College will hold a fall orientation on Friday, September 11, at the Lake Oswego Adult Community Center located at 505 G Ave in Lake Oswego. Coffee will be served beginning at 9 am and the meeting will start at 9:30 am. Newcomers are welcome to come and learn about SSI and the classes offered for the fall term.

"We learn from each other and we never stop learning" describes the unique program of SSI. Established in 1991, SSI has grown from one location to six sites. With more than 300 members, SSI offers more than 30 classes and 60 current-event sessions each term.

Programs for the fall term include selected topics on cel-

ebrating Oregon's 150th anniversary. Presenters will cover African-American History in Oregon, the Lewis and Clark Fair and Oregon Women Homesteaders.

Other outstanding topics offered this fall include A Year in a Turkish Village, Bridges of Portland, History of Jazz, opera season overview and solutions for global warming.

Newcomers are welcome to attend their first two classes free. Annual membership fees are \$30 which covers all classes fall, winter, spring and summer. For more information, go to the website at [www.seniorstudies.airset.com](http://www.seniorstudies.airset.com) to find a class schedule and site locations. For additional information and a membership form, call Tony at 503-228-2488.

**ESTATE PLANNING: A Will is Not Enough**

Tuesday, September 15, 1 - 2:30 pm  
Neighborhood House  
7688 SW Capitol Hwy.  
503-244-5204

Rules and regulations seem to dominate our existence and this applies to estate planning as well. How valid are your documents, how often should they be updated, and what is now required to protect you and family members? A comprehensive review of essential state and federal documents will be discussed by attorney Richard B. Schneider, co-author of *A Will Is Not Enough In Oregon*, to help you gain control.

**ESTATE PLANNING MADE EASY**

Wednesday, September 30  
6:30 - 8 pm  
Fulton Park Community Center  
68 SW Miles Street  
503-823-3180

Don't procrastinate! Receive practical advice to safeguard your assets and health care wishes during and after your lifetime. Acquire up-to-date knowledge about wills, living trusts, health care documents, issues regarding guardianship, conservators hip plus power of attorney. Explore strategies to minimize or eliminate Oregon estate taxes, avoid probate and retain complete control over to whom, how and when your estate is distributed - essential information for anyone! Questions will be taken afterwards.

Registration is requested for Course #303264 to be held in Room 1.

To register please visit <http://www.portlandparks.org/register/Activities/Activities-Details.asp?ProcessWait=N&id=4362&From=fas> or contact by phone.

**Neighborhood Tree Steward Program**

Take the lead in protecting and maintaining Portland's urban forest by becoming a Neighborhood Tree Steward. Through a series of five classes you will learn about tree biology, pruning, planting, care, regulations, and tricks of the trade to organize community involvement.

For more information or to register please visit [www.portlandonline.com/parks/trees](http://www.portlandonline.com/parks/trees) and select "Neighborhood Tree Steward Program."

## Watershed Stewards Connection

Jennifer Seamans, Watershed Center, watershed@spiritone.com or 503-823-2862

Do you get a headache from watching invasive species take over your backyard or neighborhood park? Is your favorite trail afflicted by erosion? Have you wanted to learn more about watershed restoration, but didn't know where to start?

Check out the updated WRC website at <http://wrc.swni.org>. Several new features benefit groups and individuals alike.

If you've considered starting a new volunteer group (whether stewardship or neighborhood-oriented), an in-depth how-to guide will help you cover the fundamentals. An event checklist helps volunteers put on successful stewardship events. Other pages connect homeowners with technical referrals and funding resources. Please contact the Watershed Resource Center at 503-823-2862 if you prefer to receive a paper copy of this information.

**Bridlemile Creek Stewards**  
Meeting: 2nd Tuesdays (9/8), 7pm, Watershed Resource Center. Contact: Greg Schifsky, 503-246-2714, gregschifsky@yahoo.com, or <http://bcs.swni.org>.

**Dickinson Park Stewards**  
Work parties are scheduled as needed. If you or your group are interested in volunteering, contact: Tony Hansen, tony@projectconniption.com or 503-317-3914.

**Friends of April Hill Park**  
Work parties resume in Oct/Nov. Contact: Jill Gaddis, aprilhillpark@gmail.com or <http://swni.org/aprilhillpark>.

**Friends of Marquam Nature Park**  
Work party: Last Saturdays (9/26), 9-noon, Council Crest Park. Contact: Robin Jensen, fmpnp@comcast.net, 503-799-8435, or <http://www.fmpnp.org>.

**Friends of Marshall & Maricara Park**  
Meeting: Wednesday 9/9, 6:30-8 pm, SWNI Conference Room. Contact: Margot Barnett, FriendsOM2P@gmail.com or <http://swni.org/fompp>.

**Friends of Terwilliger**  
Work party: 2nd Saturdays (9/12), 9-noon, SW Terwilliger & Hamilton St. Contact: Robin Vesey, jack-robin@spiritone.com or 503-293-1069.

**Friends of Tryon Creek State Park**  
Work party: 2nd and 4th Saturdays (9/12 and 9/26), 9-noon at Tryon Creek State Park. Contact: Amy Hoffman amy@tryonfriends.org, 503-636-4398 or <http://tryonfriends.org>.

**Friends of Vermont Creek**  
Work party: 4th Saturdays (9/26), 9 am-noon. Meetings: 4th Mondays (9/28), 6 pm, Multnomah Village Lucky Lab. Contact: Jen Seamans, watershed@spiritone.com, 503-823-2862 or <http://fovc.swni.org>.

**Friends of Woods Park**  
Work party: 4th Saturdays (9/26), 9-noon. Contact: Kevin Duff, kevin.duff@ci.portland.or.us or 503-998-9417.

**Keller Woodlands**  
Work party: 1st Saturdays (9/5), 9-noon,

Terwilliger Blvd. turnout 0.6 mi north of Chart House Restaurant. Contact: Three Rivers Land Conservancy, info@trlc.org or 503-699-9825.

**Multnomah Village Park**  
Check website: <http://multnomahvillage-park.googlepages.com>. Contact: Randy Bonella, rmbonella@comcast.net or 503-293-9460.

**North Ash Creek Neighbors**  
Contact: Tricia Knoll, 503-515-2340.

**PCC Habitat Team**  
No summer work parties. Contact: April Fong, afong@pcc.edu or event hotline: 503-244-6111 x3608.

**Shomeri Teva at Neveh Shalom**  
Work party: 3rd Sundays (9/20), 9 am, wooded area next to Congregation Neveh Shalom, near Beaverton-Hillsdale Hwy & Dosch Rd. Contact: Jordan Epstein, 503-245-6580 or yaakovm@comcast.net.

**South Portland Riverbank**  
Work party: 3rd Saturdays (9/19), 9-noon. Meet at covered picnic area at south end of

Willamette Park (Nebraska & Macadam). Contact: Marissa Dorais, marissa.dorais@bes.ci.portland.or.us or 503-823-7016.

**Stephens Creek Stewards**  
Watershed tour, Sunday 9/27, 1-4 pm. For more information, contact Jen Seamans, 503-823-2862, watershed@spiritone.com, or <http://scs.swni.org>.

**Tryon Creek Watershed Council**  
Meeting: 2nd Mondays (9/14), 6 pm, Tryon Creek Nature Center. Watershed tour: Sunday 9/20, 1-4 pm and Landscaping for Conservation Workshop: 9/27, 1-4 pm. Contact: Sean Tevlin, TCWC@tryonfriends.org, 503-636-4398 x121, or <http://tcwc.tryonfriends.org>.



**Native Plant Sale**

All proceeds benefit restoration in the Tryon Creek watershed!

The Tryon Creek Watershed Council Presents...

Support your gardening habit and the Tryon Creek Watershed Council's restoration efforts at the same time! Fall is a great time to plant. We will offer a variety of native plants such as sword fern, salal, and many others. Gardeners will answer your plant selection questions.

Contact Sean at [tcwc@tryonfriends.org](mailto:tcwc@tryonfriends.org) or 503.636.4398 Ext. 121 for questions.

**Saturday, October 3rd**  
**9:30 AM - 1:30 PM**  
**SW Community Center at Gabriel Park**  
**SW 45th and SW Vermont St.**



## September 2009

Sunday	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
		6:00p SPNA Trans Comm 7:00p Homestead NA	7:00p Hillsdale NA 7:00p S Portland NA Board 7:00p Collins View 7:00p Spring Garden Park	5:00p S Waterfront Code & Design Proj Open House 7:00p SWNI Parks Committee 7:00p SWNI Crime Prev. Comm		9:00a Keller WoodsWK Pty
6 10:00a Hillsdale Farmers Mkt	7 <b>Labor Day</b> 7:00p Mult Historical	8 7:00p Arnold Creek NA 7:00p Bridlemile Creek Stewards 7:00p Multnomah NA	9 6:30p Bridlemile NA 6:30p Marshall & Maricara Pk Mtg 7:00p Crestwood NA 7:00p S Burlingame NA	10 6:00p Marshall Park NA 7:00p W Portland Park NA	11 9:00p Neverending Story @ Mult Ctr	12 9:00a Trail Walk 9:00a Tryon Creek Wk Pty 9:00a Fr of Terwilliger Wk Pty 9:00a FR of Tryon Creek Wk Pty
13 <b>Grandparent's Day</b> 10:00a Hillsdale Farmers Mkt	14 5:30p ONI BAC 6:00p Tryon Creek WC 6:30p Aging in Place Forum 7:00p Ashcreek NA 7:00p Maplewood NA 7:00p Hayhurst NA	15 7:00p Far SW NA 7:00p SWNI Land Use	16 8:30a Hillsdale B & P 4:00p SWNI Exe Com 7:00p S Portland Comm 7:00p SWHRL	17 <b>Citizenship Day</b> 7:00p SWNI Schools	18 5:00p Spirit of Portland nomination deadline	19 9:00a 4T Inauguration 9:00a S Ptld Riverbank Wk Pty
20 9:00a Shomeri Teva Wk Pty 10:00a Hillsdale Farmers Mkt 1:00p TCWC Watershed Tour	21 9:00a Stormwater Conference 7:15p S Portland Land Use	22 <b>Autumn Begins</b> 7:00p SWNI Communications 7:00p SWNI Transportation	23 7:00p SWNI Board Meeting	24 8:30a Mul Village Business 7:00p SWNI Trails	25	26 9:00a Woods Park Wk Pty 9:00a Marquam Nature Pk Wk Pty 9:00a Fr of Vermont Wk Pty 9:00a Tryon Creek Wk Pty
27 10:00a Hillsdale Farmers Mkt 1:00p Stephens Creek Watershed Tour 1:00p Landscape for Conservation Wkshp	28 6:00p Friends of Vermont Creek	29 7:00p Land Slide Forum	30	People with disabilities who need special assistance to participate at a neighborhood meeting should call Southwest Neighborhoods, Inc. at 503-823-4592. Citizens needing a sign language interpreter should call at least 48 hours prior to the need.		

### 2009 Stormwater Conference

**September 21, 9 am - 5 pm**  
**World Trade Center**  
**121 SW Salmon St**

Topics include:

- Federal & State Water Quality Programs and Priorities
- National Research Council Report on Stormwater Management
- Legislation & Legal Developments
- National Trends in Managing Stormwater
- Low Impact Development
- Onsite Retention
- Municipal Stormwater Permit Compliance
- Industrial Permits from Different Perspectives
- Questions, Discussion & Analysis and More

Every year the Environmental Law Education Center brings together diverse environmental professionals to discuss the laws, regulations, permitting requirements, and cutting edge approaches to managing stormwater. Speakers at this year's conference will explore the recent developments and hot topics including the recently-issued National Research Council Report which recommends a complete overhaul of stormwater permitting. Several speakers will discuss and respond to this report in their presentations. There have also been a lot of developments in the litigation and settlement of stormwater permitting. A panel of the state's top experts will discuss the goal of creating an effective, efficient and protective stormwater permitting program. We will also hear big picture presentations from the region's top experts.

To register visit [http://www.elecenter.com/online-reg/2009-09-21\\_Stormwater.htm](http://www.elecenter.com/online-reg/2009-09-21_Stormwater.htm) or call 503-282-5220.

### Join the Urban Trails Walk

**Saturday, September 12, 9 am**

This is one of Don Baack's favorite walks. He will be leading the southern half of Urban Trail No. 6 which is one of our nicest segments. Starting at Wilson High School it passes thru several parks and interesting neighborhoods ending in Lake Oswego. We will return by bus. Walk 6 to 7 miles with 400 to 500 ft elevation gain. Bring money (or ticket) for bus return. If you are bringing a dog call Phyllis for arrangements. Meet behind bleachers at Wilson High School (Sunset Blvd and Capitol Hwy). For more information call Phyllis Towne at 503-223-3723