



Buyers Naomi and Jess at Artifact Creative Recycle after a shift of sorting through product that is brought in to be consigned. Photo credit Beatrice Liebrecht.

Sister Consignment Stores Create Income for the SE Community

BY BEATRICE LIEBRECHT

In the heart of SE Portland, on Division St., there are two well-loved and appreciated consignment stores: Artifact Creative Recycle and Village Merchants. These second-hand stores create incomes for their consignors, in addition to attracting many buyers to the SE area. But what exactly is consignment, and why does it play such an important role in our community?

Consignment sales are a trade agreement between the seller (consignor) who provides product to another party (the buyers) to sell. The party who sells the product on consignment receives a portion of the profits, either as a flat rate or commission. Using the flat rate, once a consignor’s product sells they receive a check with their earnings. When it comes to commission, you can use your consignment balance to purchase other products within the store. At Artifact and Village Merchants, both are options for consignors. The items

a consignor might attempt to sell will be assessed as both stores are curated in a certain way. Employees who work and are trained specifically for the “buy rooms” decide whether or not products will be accepted and sold in the stores. These items could be pieces of clothing, funky furniture, cool decorations or even collectibles.

While Artifact and Village Merchants are totally different stores and vibes, they are very closely related. Both fall under the ownership of the Meijer family, with Village Merchants opening first and Artifact second. It all started with Marcee Meijer, who began consigning at a local store when her two daughters were young girls. The owner of that local store saw the passion and potential within Meijer, and suggested they open a thrift store together. “My business partner knew the business end of things—my least favorite part—and I had a knack for what people wanted to buy. So we found a small building on 33rd Pl. and Division St. and dove in.”

Meijer knew that consignment would be a major part of their store, but that creates a need for curating as well. As Village Merchants began to grow, she eventually bought out her business partner and “Village [Merchants] became like [her] third child.”

Village Merchants opened when Meijer’s daughters were only eight and 11 years old. They grew up in the store, hanging around while their mom worked. Melanie, the youngest of the two remembers fondly, “I remember being a little kid and hanging around the funky shop ladies while my mom was working. They would tell me stories and dress me up in tutus and boas. I thought they were the coolest. And they were.” While the business had many ups and downs, such as theft and relocating to a new building, things always seemed to work out in the end.

As Meijer continued to work and grow with Village Merchants, her eldest daughter Leah found her own love for consignment and recycling of used goods. Leah stated, “With the culmination of be-

Errol Heights Park Reopens Following Major Restoration

BY MO DAMTEW

Brentwood-Darlington’s Errol Heights Park (SE 52nd Ave. and SE Tenino St.) is expected to reopen in December, transformed for the better, following a large Portland Parks & Recreation (PP&R) improvement project. A formal community grand opening celebration for the community centerpiece will occur sometime in the new year. Nearly 500 new trees, a playground and accessibility improvements highlight the revitalized, popular public space.

Errol Heights will be a combination of a neighborhood park and a city natural area. The property has been noted as a local treasure among neighbors since PP&R first acquired the land more than 50 years ago. Residents fell in love with its natural habitat, which featured appealing and picturesque amenities for the community. It contains a 16,500-sq-ft Community Garden which provides neighbors with healthy, fresh, organic produce and a satisfying, relaxing hobby.

People have enjoyed Errol Heights as a community centerpiece, a destination welcoming neighbors in bonding and joy, through the generations. That strong passion for the area has only increased as the region’s population grew.

As time passed, the need for improvements and additional accessibility became clearer and more necessary. PP&R began dialog with the community to solicit input on what sort of improvements would serve them best.

The work began in 2018 when former Portland City Commissioner Amanda Fritz and PP&R assembled a diverse Community Advisory Committee to create a list of public-supported priorities for the project to focus on. Among the many suggested ideas, the one that stood out to the 13 committee members was a need to improve access for residents with disabilities.

An ADA-accessible, elevated walkway connecting the lower and upper levels of the park is nearly complete. The 337-foot-long structure paves the way for residents to safely climb a hill, instead of a path filled with sticks and stones, to get around. Its ability to adapt to many different functions and activities at the visitors’ desire, such as birding or skateboarding, impressed the Community Advisory Committee during the project’s planning days.

“The elevated walkway is a signature feature of the park. This was a key desire for the Bureau and the public during the community engagement process,” PP&R’s Mark Ross said. To make room for the walkway, a dumpsite near the construction site was removed. Ross adds that this new pathway and connector provides greater accessibility for more people, while its design preserves the most existing trees.

To further restore the experience the community once had when spending time at Errol Heights, some of the space the dumpsite leaves behind has been used to build a meadow mimicking the pre-colonial era of the Willamette Valley’s history

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Easy Ways to Get Rid of Hazardous Waste

BY METRO

If we look around our homes, most of us will likely find some type of hazardous waste, and nobody wants to have hazardous waste sitting around. Sometimes it’s challenging to get them to a facility that can handle them safely.

If you have quite a bit of hazardous waste in your home, making a trip to one of Metro’s two household hazardous waste facilities may be your best option. But for many household hazards, there are other options. Here are a few examples that may save you a trip.

Old medications in nearly any dosage form such as pills, liquids and sprays, can be safely and legally disposed of through a statewide safe drug disposal program. Drop sites can be found using the Med Take Back Oregon search tool at medtake-backoregon.org.

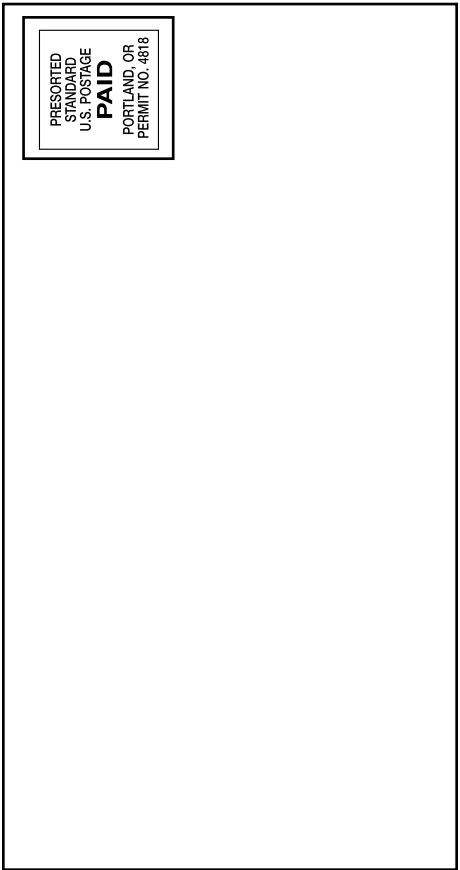
Personal medical sharps such as syringes, lancets, auto-injectors, needles, needle connectors and infusion sets can be difficult to get rid of. But there are sev-

eral sharps collection boxes in the Portland metro area. You can find the nearest one to you by visiting the Multnomah County sharps website at multco.us/syringe-disposal/sharps-collection-box-locations.

Rechargeable batteries are found in many everyday objects. They power things like toothbrushes, power tools, cameras, laptops and phones. Sometimes they can’t be removed from the devices they power. These batteries are especially dangerous if damaged and should always be taken to a recycler. The Call2Recycle program (call2recycle.org) offers free, safe drop-off at many retail businesses.

You can dispose of unwanted architectural paint and many related materials at retail locations through Oregon’s PaintCare program (paintcare.org/states/oregon). Materials must be in the original containers with legible labels.


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Representatively Speaking

By STATE REPRESENTATIVE
ROB NOSSE

In October I wrote about the fact-finding trip I was taking to Portugal. I decided to take the trip in spite of some criticism for doing it because I would get a chance to see how their decriminalization effort actually worked. As promised, I am writing about what I saw, what I learned and sharing a few thoughts about where I think Oregon could go from here, especially since I have been assigned to the Joint Legislative Committee on Addiction and Community Safety, which has been tasked with addressing some of the concerns with Ballot Measure 110.

I arrived in Portugal Friday, October 27 and my work started the next morning. A group of us met with the Vice Mayor and Police Chief for the City of Porto, Portugal’s second biggest city. It was a solid meeting. I was pleasantly surprised to learn that contrary to a lot of news articles, Portuguese officials and police leaders support their decriminalization approach, although they are dealing with some challenges due to a recent change in their law around the amount of drugs a person can possess before they are deemed to be dealing drugs.

Then we toured a drug consumption site (DSR). We call these safe injection sites here in the US. It is just like what it sounds like. I physically observed someone, up close, inject heroin into one of their veins for the first time ever. It was hard to watch, but it kept the person alive and safe. Public use is not tolerated. Using in public leads to an interaction with law enforcement and the local dissuasion commission.

The rest of our delegation arrived in Lisbon, Portugal’s biggest city, including yours truly, on Sunday. I went by train from Porto.

On Monday, we met with Dr. Joao Goulau at the Servico De Invervecaonos Comportamentos Adivitos e nas Dependencias (SICAD). This is the government agency that administers Portugal’s policies with regard to addiction. Dr. Goulau has been around this agency and this approach since it

began in 2001. We also went to a drug addiction treatment center, and we toured another drug consumption site (DSR).

On Tuesday, we met with members of Lisbon’s Commission for the Dissuasion of Drug Addiction, who explained their processes and how they fit into Portugal’s decriminalization program. Again, public consumption is not tolerated in Portugal. But if you are caught using, you aren’t really arrested. Instead, you are usually sent to a detox facility before appearing before your regional Dissuasion Commission. They operate somewhat like drug courts do in Oregon. If you use drugs or alcohol in public, you will be offered treatment. We learned that the vast majority of people accept the offer of treatment. The treatment is, unlike here, readily available without long wait times.

Wednesday was all Saints Day, a holiday in Portugal. I caught up on emails and I went around Lisbon with one of my legislative colleagues and a researcher. We talked to some drug users on the street and police officers. I learned that users do not fear police officers and that rank-and-file police officers have challenges dealing with drug dealers but their country’s approach to drug use allows them to focus on arresting drug dealers.

On Thursday, I met with Dr. Goulau again and a member of Parliament, Alexandre Quintanilha, who, like me, started serving in 2015. He was part of the group that set up the whole approach back in the late 1990s and early 2000s. Then we met with Lisbon police leaders who explained the various programs they operate, including programs to encourage young people to not get involved with drugs. It is among the primary prevention programs that they have.

On Friday, I made the long journey back to Oregon, navigating two plane trips and three airports.

I am glad I went. Seeing is believing. There is very little obvious poverty in Portugal.



Everyone can have healthcare and though they are experiencing housing challenges due to a surge in tourism and immigration, there is not the kind of tent camping like we have here in Portland. They are also lucky. They do not yet have the scourge of meth and fentanyl that we in the US are experiencing.

There was a broad consensus among every group I met with that Portugal’s decriminalization approach works for their country. The data doesn’t lie. Despite more people trying drugs in Portugal at some point in their life, Portugal is not experiencing an epidemic of addiction like we are in the US and like Portugal did in the 1990s.

If we want more success for our approach here in Oregon, based on what I saw, I think we need a lot more treatment, more housing for people in treatment and a greater police presence with more tools for police to address public use on our streets and in parks. In light of our houseless situation, we need more places for camping to occur that are sanctioned for camping as I don’t believe we will have enough shelter or enough actual housing anytime soon.

That’s it in a nutshell. The Joint Legislative Committee on Addiction and Community Safety that I am serving on is meeting in December and January before the February session so we can listen to the public and figure out what changes we need. Please reach out to me (oregonlegislature.gov/nosse) with your thoughts and ideas.



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CORRECTION

In “Uncertain Future For Vacant Lot on SE Hawthorne Blvd.” in the November issue it was incorrectly reported that, “Killian Pacific has offered to rent the lot short term until it finds a buyer or development plans change, but without working electrical and plumbing hookups, it is unclear whether any potential renter will want to invest in a short term rental.” Rather, Killian Pacific has said they would welcome any ideas or proposals for temporary use of the lot if they were supported by the Sunnyside Neighborhood Association, and they would be willing to grant temporary usage in a license agreement at no cost.

The Southeast Examiner regrets the error.

SE

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Tips to Minimize Holiday Financial Stress

BY ONPOINT COMMUNITY CREDIT UNION

The upcoming holiday season is promising to be a big one, with holiday spending expected to hit its highest level since before the pandemic. The average household plans to spend approximately \$1,652 this season, according to the financial firm Deloitte. And while inflation is slowing, even the smallest growth can impact holiday spending budgets.

To help consumers prepare for the holiday season, OnPoint Community Credit Union offers seven ideas for spreading cheer without breaking the bank. “The holidays are filled with joy and merriment, but it can also be a time of financial stress and overspending,” said Amy Reeves, Vice President and SW Washington Area Manager. “Creating a spending plan, prioritizing quality time with family and friends and encouraging community involvement can help you save money, while also creating lasting memories.”

Create a spending plan

Take time to plan your holiday spending, starting with an amount you’re comfortable spending. Determine if you’ll use savings you’ve set aside, your discretionary income or evaluate if you should buy on credit. Then, list people on your gift list, events and items you want to purchase during the holidays. Creating a plan will help lower the risk of surprise expenses.

Consider using cash

Using cash might be better than credit cards if you’re inclined to overspend. Cash is more tangible and typically lessens the chances of overspending on credit. If you use credit cards, take advantage of the cashback earnings and awards offered. Just be careful to spend only what you can afford to repay.

Make a savings pact

If your budget feels tight this holiday season, there’s a chance your loved ones are feeling pressure, too. Ask them to join you in a savings pact, capping the amount spent on gifts.

Consider a Secret Santa approach and draw names instead of buying gifts for everyone.

Quality over quantity

Skip the traditional gift-giving and consider a homemade potluck-style dinner as your gift to each other. Pick a theme, assign one dish per person and see what your family can create. You can also consider giving experiences instead of material items. The value of spending time with a loved one to go hiking or picnicking by a lake is far greater than a designer sweater or a kitchen appliance. It’s equal parts quality family time and saving money.

Give back

Instead of purchasing gifts for the adults in your family, plan a volunteer night at your local Ronald McDonald House or food pantry. Not only are you helping those in your community, but you’re creating core memories. Spending time together while helping others? It’s a win-win.

Don’t outdo yourself

The pressure to outdo yourself with holiday shopping can be stressful and budget-busting. Social media makes it even harder, with high expectations set by friends, family, acquaintances or influencers. Have no fear. Stick to your budget, be creative and remember friends and family support your budget-consciousness.

Limit spending on yourself

Surrounded by sales this holiday season, it’s easy to spend too much on yourself. While there’s nothing wrong with a little self-care, be aware of your extra spending and keep a limit on these items. Additional expenses can add up quickly, exceeding your well-intentioned budget.

We may all be more budget-conscious this year, but following these tips will ensure you and your loved ones have joy-filled celebrations. For more personalized help, visit OnPoint at onpointcu.com and find a location near you.

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Business Walkabout

Beloved Wholesale Bakery Moves to SE to Expand

By Daniel Perez-Crouse

Despite being a little “sad” leaving their initial location on N Williams St. after over six years, the Dos Hermanos Bakery has moved to SE Portland to not only expand with their rapid growth, but lay the groundwork for some future plans—all while maintaining “old-school” values and quality processes for making bread.

Dos Hermanos is a wholesale bakery started by brothers and bread experts Gabriel “Gabe” and Josue Azcorra. They previously managed Delphina’s for nearly a decade, where they baked for large chains like Trader Joe’s and Costco and opened their initial location in N Williams St. They sell to a variety of local restaurants. For example, the highly rated sandwich shop on NE Alberta St., Pasture, touts Dos Her-

manos as their main bread supplier. They also appear at most of the local farmer’s markets, so the average consumer can get their hands on sourdough loaves, rolls and baguettes—in addition to a variety of rotating pastries. They also hope to be available in stores like New Seasons soon.

“We are happy because right now we have a bigger space, we can make more bread,” said Gabriel. As their business expanded and demand increased, they needed more room—which influenced their decision to move. “In the other location, it was a big challenge every single day to make a lot of bread within that small space.”

While N Williams St. is undoubtedly full of foot traffic and a mini food Mecca, their

new location on SE Stark St. is sandwiched between breweries and adjacent to the Lil American Food Cart pod with newly famed carts like Frybaby and Makulit.

Walking through their new SE location, which appears plenty roomy, seemingly every kind of bread and roll is being freshly baked and lining their trays. And a currently unused space near the back of the bakery is where the owners see the potential for a future coffee shop. They are also tossing around the idea of returning to N Williams St. to open a little coffee shop there as well.

“This coffee shop is going to be a little different from other coffee shops,” said Gabriel. Since it’ll be in the same space as their bakery, customers will have views of the behind-the-scenes bread-making magic. “I’m excited because we are going to have pastries, bread, breakfast, sandwiches and lunch. And for sure coffee.” He says it will start with just drip coffee and hot chocolate—and maybe in the future, they’ll do espresso.

Gabriel made it clear they are extremely passionate about bread and love sharing it with as



Josue (left) and Gabriel (right) Azcorra. Photo credit Daniel Perez-Crouse.

many people as possible. “All the bread we make is old school. We mix the dough at 3 am, we shape the dough the same day around 3 pm. But we bake the next day around 5 am. The whole process is around 36 hours. That’s why people love it. People say your bread looks different—the flavor is different. Always we have cared about the flavor.” He said that, despite their expansions, they want to maintain their commitment to

quality and not fast-track the production or become too modern in their approach.

They are now located at 1005 SE Stark St. and you can place wholesale orders at doshermanosbakery.com. Additionally, you can find them at the PSU farmer’s market every weekend; check out their Instagram account @2_hermanos_bakery for more specific details on which markets they are at throughout the year.



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Hazardous Waste Disposal

from page 1

LED lamps. But many people still have the CFLs in lamps in their homes or stowed in a box. If the thought of stashing mercury in the linen closet doesn't appeal to you, you can unload CFLs at many home improvement and hardware stores. Please note that most of them do not accept long fluorescent tube lamps because of their fragility.

For many residents of our region, motor oil in small quantities can be picked up by your garbage hauling company with other recycling. Place your oil next to your bins in clear plastic bottles

or jugs one gallon or smaller. But if you live in an apartment or condo, if you have a bit more than one or two gallons, or if you can't come up with a clear jug, there are alternatives such as several O'Reily Auto Parts and AutoZone stores. Call ahead to check if your nearest store participates.

Many household electronics contain hazardous materials—think arsenic, lead, cadmium and many others. Metro's hazardous waste facilities are not equipped to handle these materials, but the Oregon Eycles (ecycleoregon.org) program provides an exten-

sive network of drop-off locations where we can drop off defunct televisions, computers, monitors and more.

Removing hazardous items creates a safer living environment and greater peace of mind. If you have questions about handling these items or other hazardous materials from your home, visit the Ask Metro webpage or call Metro's Recycling Information Center at 503.234.3000.

This article was originally posted on the Metro website, or-egonmetro.gov.

Consignment Stores

from page 1

ing my mother's child, working in Village Merchants for over 10 years and sourcing at garage sales and the outlets since I was 12, I felt like I finally knew the language of this business like the back of my hand and was ready to put my own spin on it." Artifact Creative Recycle was born in 2013, and recently celebrated its 10 year anniversary with a store-wide celebration for all of Portland to enjoy!

After some years, Meijer decided to take a step back from Village Merchants for physical reasons. At this point, Artifact was up and running with Leah, so she looked to her youngest daughter, Melanie, who had worked at Village Merchants throughout high school. "My husband and I bought the business about four years ago," Melanie explained. "So far it has been an awesome place to run while having a fam-

ily. I'll be forever grateful to my mom for starting this crazy place for me to continue."

Melanie takes the role that consignment stores play in people's lives very seriously and is impressed by the drive of consignors. "I've heard countless stories of how selling at Village [Merchants] has helped people pay for car repairs, medical bills, rent, Italian vacations, their kids' weddings, etc. When folks were out of work during COVID-times, many kept afloat by selling at Village [Merchants] and other places," Melanie said. She added that many of her employees have a genuine side hustle doing consignment, therefore creating side or even full incomes.

The impact of both Artifact Creative Recycle and Village Merchants is evident within the SE neighborhood. These close-knit stores share a community of

vintage lovers, climate activists and of course, consignors. They create incomes for people all over Portland, but are especially convenient to those living in the area. Leah mentioned how important consignment shops are, "For the sake of the planet, I really hope that buying second hand and consigning will become the first choice for people in years to come, especially for people who have never tried it before." But Leah warned, "Beware, once you start, it can be super addictive!"

Meijer stated, "I have never been more proud of Village Merchants and Artifact and that my daughters love and appreciate how lucky we all are to be in the position we are in. We are proud to recycle, to involve the community in the business and to be a resource for so many people. And most importantly, we love what we do."

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PBOT: Plan For Severe Weather Today

Portland’s mild fall weather has been replaced by colder, wetter, winter weather, although Portland has yet to see any severe winter weather so far. Now is the time, according to the Portland Bureau of Transportation (PBOT), for everyone to make plans for when severe weather does arrive.

The first step in preparation is to create a winter emergency plan for your family and work colleagues with an emphasis on working from home, taking public transit and having an emergency meeting location. A single storm can produce wildly different road conditions based on timing, weather patterns and geography/elevation. Knowing the elevation and forecast for your entire journey will help with appropriate planning.

Make checklists for your business, home and vehicles as needed. Property owners, tenants and businesses should have supplies on hand, such as ice melt and snow shovels to clear sidewalks as well as pathways across their driveways. Stock up on provisions such as food, water, clothes and medications for you, your family and your pets at home, in your vehicle and at your business.

Make sure vehicle tires are properly inflated and have good tread. If you don’t already have them, buy chains to carry in your vehicle. Other helpful items to keep in your vehicle are a snow shovel, bag of sand, jumper cables, first aid kit, basic tools, blanket, warm clothing, flashlight and extra cell phone charger.

During severe weather, PBOT advises people to avoid travel if possible, waiting until



conditions improve before venturing out. Additionally, delaying travel allows plows and emergency vehicles to get out and treat the roads. If you do need to travel, by utilizing public transit, walking, biking or driving, PBOT has tips. Allow extra time to reach your destination and know that severe weather can change quickly and without warning, making travel unpredictable.

Public transit

Plan your route at trimet.org or call 503.238.7433 for bus and Max schedules. Portland Streetcar schedules and information can be found at portlandstreetcar.org. Allow extra time for unexpected delays in service and dress accordingly.

Walking

During severe weather, it’s more important than ever to cross at a crosswalk or corner as drivers may take longer to stop in rainy or icy conditions. Wear contrasting clothing and use reflective materials when it’s dark outside or carry a flashlight. Dress warmly, in layers, and don’t forget gloves and a hat (35 percent of body heat escapes through your head). Pick footwear with added traction to

avoid slipping and falling on wet or icy surfaces.

Biking

Stay dry and warm with bicycle fenders and outfitted in waterproof layers, gloves and caps. Choose wider tires if possible for added stability, traction and control. Slow down on newly wet or leaf-covered roads. Brake early and often, giving yourself longer stopping distances and keeping a firmer grip on your handlebars. Road hazards like puddles, which can disguise deep potholes, and painted or steel surfaces like steel plates, railroad tracks and sewer covers, should be avoided.

Driving

Travel gently, driving, turning and braking slowly. Turn on your lights to increase your visibility to other travelers and be on the lookout for pedestrians and bicyclists. Do not pass snow plows, sanding trucks or other emergency vehicles and give them extra room to do their work. When visibility or conditions worsen, look for a safe, legal space off plow routes to park or wait for conditions to improve. Once you get to your destination, park off snow routes.

Free Weekend Parking in Downtown Garages

Now through Sunday, December 31, two of the five SmartPark garages the city of Portland owns downtown will offer free Saturday and Sunday parking. The two garages are located at SW 4th Ave. and Yamhill St. and SW 10th Ave. and Yamhill St. The move is part of the comprehensive effort by the Portland Bureau of Transportation (PBOT) and the City of Portland to support downtown businesses during the holiday season.

Public Works Commissioner Mingus Mapps wants the public to know, “Downtown is open for business, and PBOT is doing its part to support the heart of our city. SmartPark garages are a vital service for Portlanders and visitors wanting to dine, shop or recreate downtown. This promotion is another step to help bring Portlanders back downtown and is an investment in the future use

of these garages.”

New enhanced security services have been implemented, resulting in a significant decrease in car prowls in PBOT’s SmartPark garages. Additionally, the garages are cleaned by a five-person team from PBOT’s Maintenance Operations, regularly pressure washing and hose flushing the garage exteriors. The same team is also assigned to ongoing graffiti removal downtown and across the city. SmartPark garage contractor SP+ regularly cleans the interior of the garages.

“The garages are safer and cleaner, and PBOT staff are working hard every day to help make downtown clean, safe and accessible,” said Transportation Director Millicent Williams. “We want Portlanders to come and see for themselves the critical work PBOT is doing as a part of downtown’s recovery.”

TriMet Increases Some Fares, Offers Military Discount

TriMet recently announced fare increases for some fares as well as a discount for active and retired members of the military. Effective Monday, January 1, 2024, the price of single-ride fares and day passes will increase by 12 percent to help cover the growing costs of operating the transit system. Single-ride fares for adults, Honored Citizen, youth and lift paratransit will go from \$2.50 to \$2.80. Adult day passes increase from \$5 to \$5.60 and Honored Citizen/youth increase to \$1.40 from \$1.25. Month and annual pass prices will not change for any category.

The fare increase is TriMet’s first for adult riders in more than a decade. Despite the rising costs of gas, utilities and supplies in recent years, TriMet has taken steps to avoid increasing most fares. This increase will help address inflation and the growing costs of operation, as well as pay for some major service improvements in the works as part of the Forward Together plan.

Prior to Veterans Day, TriMet announced that they are expanding their Honored Citizen fare program to honor active and

former members of the US Armed Forces in a lasting salute to their courage and sacrifice. With the Honored Citizen fare, those who currently serve or have been honorably discharged from the military can ride TriMet buses and trains for half price. Frequent riders save even more, paying no more than \$28 per month for unlimited rides, a savings of 72 percent off the cost of an Adult month pass, which is \$100.

To receive an Honored Citizen fare card, proof of eligibility is required. Veterans, reservists and active duty military members must complete an application and provide proof of eligibility to the TriMet Customer Support Center in Pioneer Courthouse Square, open Monday-Friday, 8:30 am-5:30 pm. Acceptable forms of proof of eligibility are a CAD card for active duty military, Uniformed Services ID card or driver’s license with veteran classification and a copy of DD214 Certificate of Release/Discharged from Active Duty and photo ID.

Members of the military will receive their initial Honored Citizen fare card free of charge. Cards will be valid for five years.

Free COVID-19 Tests Available

Some people may remember that at the end of September, residential households in the US were eligible to receive four free at-home COVID-19 tests. Just before Thanksgiving, the government announced that another round of free tests has been made available.

Each order includes four individual rapid antigen COVID-19 tests. If an order has not been

placed for your address since the program reopened at the end of September, residential households can place two orders now (for a total of eight tests).

As with the program in the past, all people need to do is to go to the website, covid.gov/tests, and enter their name and residential household address. For assistance, call 800.232.0233. Tests will be shipped free of charge.

DECEMBER EVENTS

WINTER NECESSITIES DRIVE – Windermere Real Estate is holding their annual “Share the Warmth” drive to collect items for people in need. Through Wednesday, December 20, people can drop off items at participating Windermere locations, 10 am-4 pm Monday-Friday. Details and locations at helpsharethewarmth.com.

THE ART GARAGE HOLIDAY SALES – The Art Garage hosts holiday sales Saturday, December 2 and Saturday, December 9, 1-5 pm at 3219 SE 62nd Ave. There will be a.m. woodling earrings, Michael McCallister’s dovetail boxes and clocks, lots of ceramic cups, card sets from The Animal Saving Club and more.

CHRISTMAS CANDLELIGHTING SERVICE – Unity of Portland holds two candlelighting services, Friday, December 15, 7 pm and Sunday, December 24, 5 pm at 4525 SE Stark St.

WINTER SOLSTICE CELEBRATION – Visit Leach Botanical Garden, 6704 SE 122nd Ave., Thursday, December 21, 11 am-3 pm to decorate a rock, leave a note on the gratitude tree and enjoy warm drinks by the fire to mark the turning point of the season and welcome the gradual return of light. Cost: \$5 adults, 18 and under are free.

LONGEST NIGHT SERVICE – Portland Mennonite Church holds a Longest Night service Thursday, December 21, 7 pm. Come to 1312 SE 35th Ave. to seek light and peace with readings, contemplative music, silence and prayers. See portlandmennonite.org for more information.

CHRISTMAS EVE SERVICE – A service of lessons and carols takes place at Portland Mennonite Church, 1312 SE 35th Ave., Sunday, December 24, 6:30 pm. Enjoy a festive evening of comfort and joy, ending with a candle-lit singing of “Silent Night.” More information at portlandmennonite.org.

BURNING BOWL SERVICE – Unity of Portland holds a burning bowl intention service Friday, December 29, 7 pm. Join them at 4525 SE Stark St. to clear out old ideas and things that no longer serve us.

Mt. Scott Community Center Expansion Underway

At the end of November, Mt. Scott Community Center closed for significant demolition and construction, to be rehabilitated and expanded by Portland Parks & Recreation (PP&R). The existing Mt. Scott pool and gymnasium will remain as is, along with the popular indoor skating rink. The aging building, parts of which date to the 1920s, will receive a new roof and HVAC upgrades. Other improvements include about 2,800 square feet more of recreation space, a large event hall for community use and new and improved fitness areas.

Portland Culture & Livability Commissioner Dan Ryan said, “Construction can be messy and inconvenient, but it is necessary. The outcome of this important project will be a better and safer building, a showcase community center for SE Portland.” The project is expected to be complete in the spring of 2025 and will include improved access for people with disabilities and increased recreational programming.

During construction, Mt. Scott Community Center preschool offerings, activities and classes will be delivered at multiple PP&R sites close by, including Woodstock Community

Center, Arleta, Lane, Grout SUN Community Schools and the East Portland Community Center. Swimming activities will be relocated to the East Portland Community Center pool with an expanded schedule.

Visit portland.gov/parks/mt-scott-community-center for full program information. The site will be updated with the temporary locations of popular Mt. Scott Community Center classes, along with details on where fitness instructors will be based.

Funding for the project includes \$15 million from the Build Portland 2018 initiative and \$7 million from the Mayor’s Livability Emergency Coordination funds. The improvements are also made possible by more than \$12 million in Parks System Development Charges (SDCs). SDCs are not General Fund tax dollars; rather, they are one-time fees assessed on new development and can only be used to expand the capacity of the park system, not maintenance. SDC funds help ensure that Portland’s quality of life keeps pace with a growing and changing city by providing the additional park and recreational facilities needed to accommodate growth.

Low Inventory Prompts Furniture Bank to Reduce Donation Fees

Community Warehouse, the only nonprofit furniture bank serving the tri-county area, is experiencing a seasonal slowdown of donations. In response, they are hoping to incentivize furniture donations by offering donation pickups starting at just \$20 through December 31.

Winter’s cold and rain tend to make it less likely for people to transport bulky furniture and home goods to Community Warehouse’s donation sites; however, the nonprofit’s clients continue to need items—approximately 20 couches and 40 mattresses each day. In addition, a variety of other furniture and household items such as dressers, chairs, linens, lamps, pots, pans and silverware are in demand.

Community Warehouse relies completely on donations to help furnish the homes of neighbors overcoming adversity. When they are short on inventory, local families experience prolonged periods of unstable living conditions. Case manager Marquea, who frequently brings clients to the furniture bank, describes the impact of Community Warehouse saying, “the difference between sleeping on the floor and having a bed. You’re going to get such a better night’s sleep if you’re in a bed. Your body and mind are going to be so much stronger.”

Families and individuals are referred to Community Warehouse from more than 150 partner agencies, including Catholic Charities, Central City Concern, Lifeworks NW, NARA, Path Home and Transition Projects, as well as school districts, health clinics and faith organizations.



Donations are inspected to ensure that they are home-ready. General donation guidelines include that they are safe, clean and functional; they are in ready-to-use condition with all parts assembled; they come from non-smoking homes; and that upholstered items and mattresses are free of stains, rips, odors and pet hair. Community Warehouse takes their mission very seriously and strives to provide the best for those who need it most.

People with items to donate and would like to schedule a pickup can start by going to Community Warehouse’s website, communitywarehouse.org, and entering their zip code to verify they are within the service area. Community Warehouse requests that pictures of the items to be picked up are submitted if possible as well.

While it costs Community Warehouse an average of \$130 per hour to cover the cost of pick-up drivers and operation of the trucks, through the end of the year, people can pay just \$20 to have their items picked up. If people have the ability to pay more, there is an option to add on an additional \$20-\$200 donation.

Pickups are scheduled when a truck is in the area, usually one to two weeks out. All items must be at ground level, whether inside, in a garage or a parking space. Items left outdoors must be in a clean and dry location. Donations must be accessible by five steps or fewer; donations on upper floor levels must be elevator accessible. Small items should be placed in a box or bag. Donations can also be dropped off at the three Community Warehouse locations, listed on their website.

USPS Christmas Shipping Deadlines

To assist customers with their preparations for the busy holiday shopping and shipping season, the United States Postal Service (USPS) has released a schedule of holiday shipping and mailing deadlines. These deadlines cover domestic, international and military shipping destinations to allow for the timely delivery of cards, letters and packages by Monday, December 25.

The USPS has announced it will not have a peak or demand surcharge this holiday season, offering increased pricing predictability for customers. There are no additional fees for residential deliveries, Saturday deliveries and no fuel surcharges or volume minimums.

Within the 50 states, deadlines range from Saturday, December 16 for USPS Ground Advantage to Wednesday, December 20 for Priority Mail Express. For specific deadlines, including those for military and international mail, visit usps.com/holidaynews.

USPS Ground Advantage is a new shipping option this year. The service provides a simple, reliable and affordable way to ship packages with day-certain delivery in two to five business days, based on distance.

In addition to USPS retail locations, customers can purchase shipping labels, order Priority Mail packaging and schedule free carrier pick up via the USPS shipping platform, Click-N-Ship. Customers using the platform (at usps.com/ship/online-shipping.htm) will have access to commercial shipping rates which apply to all domestic package labels.



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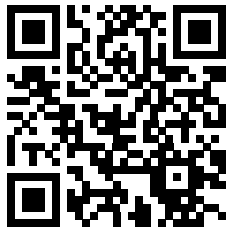
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Deadlock

By David Krogh

A former British soldier and ex-mercenary comes to Portland hoping to solve a mystery for a friend involving her sister and a giant tech business. The story’s scenario will be especially familiar to Portland residents, as you shall see.

Deadlock is the second book in the series about ex-soldier/mercenary Desmond Aloysius Limerick (Dez for short). Book one, called *The Gatekeeper*, premiered just a year ago and was discussed in the June 2022 issue of *The Southeast Examiner*. In both books, Portland author James Byrne makes use of a short prologue showing a flashback segment of Dez’s background, but otherwise makes much of that background a mystery in keeping with the character. “We will see snippets of Dez’s past from time to time, but not too much of that,” stated Byrne. “If Dez has any antecedents in fiction,” says Byrne, “they could be Modesty Blaise and Willie Garvin, characters created in 1963 by British comic strip writer Peter O’Donnell. Both have strong martial skill sets. They will stand up for victims. They are capable, when necessary, of ruthlessness, but never revel in it.”

In this new story, Dez continues using his prior training and experience to assist friends in need. *Deadlock* is especially of interest to Portlanders as much of the story takes place in down-

town Portland, with side trips to Astoria and into the Columbia Gorge. Of special note, the author specifically identifies Powell’s Books, but does not name other businesses visited within the story (although they are real, existing businesses). However, Byrne feels a savvy reader can figure out many of the real businesses which were included, but not named, within the story.

Byrne also attempts locational and historical accuracy. For example, at the beginning of Chapter 19, Portland’s downtown short blocks are described as having been created by “greed.” The author indicated that he had attended a PSU history lecture discussing development of the downtown back in 2008 (or so). “Portland’s very short downtown blocks were based on the idea that every merchant wanted a corner store. Making blocks half as long as other cities meant twice as many corner lots. The lecturer also told us the Park Blocks were designed as a firebreak. I thought that was really interesting.”

Deadlock is fairly fast paced and keeps the action coming for an interesting read. The character and plot development are much more dynamic than in the first book of the series, *The Gatekeeper*. In *Deadlock*, two sisters are attacked due to their investigations into activities by major technology company Clockjack. An auditor is killed,

a reporter injured, apartments are ransacked and both federal agents and the Portland Police are involved. What next?

Author Byrne is a local writer who is heavy into the mystery/thriller genre. “This is like a golden age of crazy-good mystery/thriller writers. Lee Child (who is) retired, really set the pace. I just love this genre,” stated Byrne. Asked if a third book in the series is expected, the author shared, “My editor has the manuscript now, and I’m expecting notes back on it, perhaps as early as this week.” A publishing date has yet to be determined.

Also of note, James Byrne is a pseudonym for this particular book series. The author’s real name is Dana Haynes. *Deadlock* is his 12th published novel whereas the first 10 were published as a different series under his real name. The genre, however, is the same: mysteries and thrillers.

Haynes has spent over 20 years both in newspaper and local government work and still manages to maintain a sense of humor. When asked how he finds time to write he responded, “I go to a lot of mystery and thriller conventions, and I meet a lot of other authors. And I can tell you those of us trained in journalism are among the fastest writers out there. We don’t, for instance, experience writers block. As you know, in journalism, it isn’t called ‘writers block,’ it’s called ‘unem-



Author James Byrne

ployment.”

The author has separate websites for his published novels under both his real name and his nom de plume: danahaynesmystery.com/meet-dana and jamesbyrnethriller.com.

Deadlock is published by Minotaur Books (us.macmillan.com/minotaurbooks) where *Deadlock* is available. It can also be found at, or ordered from, local booksellers including Powell’s Books.



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FYBERWORKS BOUTIQUE

Milagro's Christmas Celebration

Milagro Theatre presents their annual Latino Christmas Celebration, Posada Milagro, Sunday, December 17, 1-5 pm. The cultural Christmas celebration is filled with fun for the whole family—arts and crafts workshops, Spanish storytelling, pinatas and original theatrical performances featuring song, dance and music—with delicious Mexican food available for purchase throughout the day. Performances begin at 2 and 4 pm with folkloric dance by Ballet Papalotl and a pastorela.

Milagro believes the holidays should be a time of festivities, giving and joy. Join them as they present this gift to you. Tickets (free) are distributed on a first-come, first-served basis starting at 1 pm at Milagro Theatre, 525 SE Stark St.

Julie Forbes Exhibit

Julie Forbes: Future of the Past is on exhibit through Friday, January 26 at Pushdot Studio, open Monday-Friday, 8:30 am-5 pm; free admission. In this exhibit, Forbes both celebrates and decries the detritus of late-stage capitalism, transforming the electronic marbles at our feet that enable and enslave us, our heads up our screens. The enticing result is great gobs of today's Fool's Gold



laid bare as you've never seen it before. Forbes explores entirely new vistas of leather and wood and sculptures majestic or global—or both.

Pushdot Studio is located in the Ford Building, 2505 SE 11th Ave., Suite 104; enter through the Division St. doors.

Mt. Tabor Art Walk Call For Artists



The 17th annual Mt. Tabor Art Walk will be held May 18 and 19, 2024 and they are currently accepting applications from artists interested in participating. The juried event promotes high-quality visual art in a variety of media and showcases artists living in the Mt. Tabor neighborhood, along with a limited number of guest artists, all exhibiting within the neighborhood boundary. The all-volunteer event is a participatory event with each artist required at the Wednesday, April 10, 7 pm kick-off meeting and contributing a minimum of six hours to the production of the event.

The early bird application window (\$60) runs through Sunday, December 31, midnight, with the final deadline (\$75) being Wednesday, January 10, midnight. Notifications of acceptance will be sent by email January 31. Artists not selected to participate will be refunded their application fee, less a \$30 Jury Fee.

The application form, along with full instructions, participation requirements, Mt. Tabor neighborhood boundary map and jury criteria, is available at mttaborartwalk.com. Art must be original, visual (no performance) and of high quality. Reproductions of works are allowed. Submitted work (images of the three strongest items of work the artist plans to show at the Art Walk) will be reviewed by a judging panel. The decision of the panel will be final and non-juried artists are not allowed to exhibit with juried artists.

Alberta Rose Holiday Shows



December at Alberta Rose Theatre has shows for all kinds of holiday festivities. The month starts off with White Album XMAS, a holiday circus spectacular and tribute to The Beatles featuring The NowHere Band and Rose City Circus. Shows run through Saturday, December 16 with Thursday, Friday and Saturday evening shows at 8 pm and Sunday matinees at 3 pm; minors ok when accompanied by a parent or guardian.

For the 21+ crowd, there's A Burly Carol: A Burlesque Tale Wednesday, December 20 and Thursday, December 21, 8 pm. Lacy Productions and The Alberta Rose Theatre present a tale inspired by "A Christmas Carol" that will warm you from winter's chill with the sexiest of holiday ghost tales that ever were told.

Friday, December 22 and Saturday, December 23, 7 pm each night, 3 Leg Torso presents The Elvises of Frostlånd, with special guests Pepe Raphael, Jet Black Pearl, The Amazing Bubble Man, Chervona and The Next Generation. The story starts in 2020, when the members of 3 Leg Torso were recruited by a large, mysterious man to travel to Frostlånd and become elves in his toy workshop, which actually turned out to be a small cabin in the woods with no heat, frozen water pipes and a tiny room full of tools which quickly became obsolete for making toys...because they were frozen solid to the benches! Get your tickets to see the whole story unfold.

Tickets for these three shows and all of the theater's December shows at albertarosetheatre.com.

Hanukkah-Themed Pop Up

This year Hanukkah begins December 7 at sundown, but the L'Chaim by Leikam Brewing pop up will start Friday, December 1 and run through Friday, December 15, with events, drinks and snacks inspired by the Jewish holiday. The event was created by Leikam owners, Sonia Marie and Theo Leikam, and is meant for anyone who wants to experience a different side of the winter holidays. They want to share their Jewish heritage with the general community by creating a space that celebrates Hanukkah and Jewish culture in a welcoming way.

In addition to beers such as the Maccabee IPA and Ain't No Challahback Girl Ale, the bar menu will feature eight themed cocktails. The brewery will be decked out with festive Hanukkah decor and events for all ages will take place, including live music, Jewish Comedy Night, Hanukkah crafts for families, trivia and more. Food partner Wicked Garden Alchemy has created a complementary vegan menu featuring latkes and more.

A full list of events and information can be found at latkesandlagers.com. The event is sponsored by Prosper Portland. Join the Leikam family for all the festivities at Leikam Brewing, 5812 E Burnside St.

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Arts & Entertainment

ZooZoo Returns to Imago

Imago Theatre (17 SE 8th Ave.) is bringing back its globe-trotting production *ZooZoo* to Portland this holiday season. Bugeyes, hippos with insomnia, arrogant anteaters, introverted frogs, paradoxical polar bears, acrobatic worms, self-touting accordions and tricky penguins fill the stage with wonder, awe and humor Friday, December 8-Monday, January 1. *ZooZoo* has toured internationally since 2009, following on the heels of Imago's signature work *FROGZ*.

Friday shows at 7 pm and matinee (2 and 3 pm)/early evening (5 pm) shows Saturday, Sunday, Tuesday-Thursday and Monday, January 1 (which includes a sneak preview of Imago's next family show, *Roo!*). A full listing of dates and times available at imagotheatre.com. Tickets available online, by calling 503.231.9581 and at the door. Recommended for ages four and up. Be sure to catch this year's performance before the show's critters are packed off to storage until next year.

Music Together Winter Session

Music Together of Portland invites you to light up your family's life with music this winter. They're now enrolling for the winter session, running January 8-March 16. Create memories that will last a lifetime, and connect with other families in your neighborhood as you sing, dance and jam along with them.

Classes are offered in-person and online, and include: Babies—a musical parenting classes for new parents with babies 0–8 months; Mixed-Age—family music time with babies, toddlers and/or preschoolers; and Rhythm Kids—drumming, singing and dancing for ages 4-8 years old.

Details at musictogether-pdx.com or 503.236.4304. Gift certificates are also available.

Documentary: Oregon's County Poor Farms

Oregon Public Broadcasting (OPB) has premiered a new documentary that examines the history of government-funded relief institutions in Oregon—known as poor farms—that helped care for the state's most vulnerable residents. "Oregon's County Poor Farms" is the latest episode from "Oregon Experience," an original OPB series that explores Oregon's past and helps to provide a deeper understanding of the historical, social and political fabric of the state and region.

In 1854, Oregon's Territorial government required counties to care for their poorest citizens. Often they were sent to live on actual working farms. For more than 100 years, Oregon's poor farms operated in nearly every county across the state, offering the last refuge to the neediest residents. The farms provided food, shelter, medical care and sometimes burial services. Each farm varied, depending on needs and resources, as did its treatment of residents. Some poor farms provided a safe haven for those in need while others operated more like prisons.

In 1868, Multnomah County opened the first county-owned and operated poor farm in what is now SW Portland's Washington Park. Hillside Poor Farm had two dormitory buildings for men and women, separated by gender. A nursery cared for orphaned or abandoned children. The grounds also contained a chapel, laundry, workshop, two barns, outbuildings and the superintendent's residence.

Within a few years, Hillside had a notorious reputation. A series of investigations found that the superintendent was neglecting inmates, not providing enough food and overcharging for expenses. Newspaper reports from 1877 detailed deplorable conditions. Hillsdale operated for over 40 years before finally closing in 1911, when Multnomah County opened a new facility in Troutdale.

The state-of-the-art building sat on 345 acres and operated a dairy and working farm that soon turned a profit. The poor farm's population peaked in 1935 with over 600 residents. That same year, of the 130,000 poor farms around the country, Oregon operated at least 17, caring for thousands of residents.

With the Great Depression though, governments became overwhelmed with an influx of transient and needy residents. Roosevelt's New Deal, specifically the Social Security act of 1935, brought new federal funding structures and most poor farms began to disappear.

A few facilities transformed into county hospitals and nursing homes, including Multnomah County's Poor Farm, renamed Edgefield Manor. It operated in some form until 1982. After its closure, the county planned to tear down the old buildings, but the Troutdale Historical Society spent years fighting the decision. In 1990, McMenamins bought the property and transformed it into the popular hotel and restaurant, Edgefield.

Today, most poor farms have disappeared. For more on this little-known history of how the state once cared for its poor, watch the 30-minute documentary at opb.org, YouTube or the PBS app.

O Marvelous Night!

In Mulieribus presents *O Marvelous Night!* at St. Philip Neri, Wednesday, December 20, 7:30 pm. The women's vocal ensemble, led by artistic director and conductor Anna Song, will take audiences on a tour of seasonal favorites from around the world. Hear songs from countries like France, Ireland, Poland, Ukraine, Germany and Mexico as they ring in the new year with heavenly music. Music will span centuries, cultures and continents while showcasing shared visions, joys and hopes this time of year brings.

Tickets (\$5-\$40) available at inmulieribus.org. St. Philip Neri is located at 2408 SE 16th Ave.

Amy Speace Concert



The Portland FolkMusic Society is proud to present Amy Speace in a Saturday, December 9 concert. Speace is a Nashville-based folk/Americana singer-songwriter with a voice described as "velvety and achy." Well known for writing emotional and often personal folk songs with strong narrative bents, Speace is one of this genre's leading voices of the new generation.

Doors open at 7 pm for the 7:30 pm concert at Reedwood Friends Church, 2901 SE Steele St. Tickets (\$0-\$24 online and \$0-\$27 at the door) and additional information available at portlandfolkmusic.org/concerts.

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Wellness Word

Editor's note: Wellness Word is an informational column which is not meant to replace a healthcare professional's diagnosis, treatment or medication.

A Different Kind of Bells

Recently, one of my clients asked me where the name “dumbbell” came from and I realized I didn’t know! While the terms are generally universally accepted, there is actually a lot of history in the origin of the “bells”—dumbbells, barbells and kettlebells.

These three types of basic strength training equipment were available long before modern weight machines and have a host of advantages to each one. For history buffs that like to work out, you may want to research it further, but here are some basics.

The origin of the term dumbbell, according to dumbbellclub.com, says that, “The use of dumbbells dates all the way back to ancient Greece, where the Greeks used halteres during their long jump competitions. Halteres were not in the shape of the modern dumbbell, though. They were crescent-shaped and had a handle for the jumper to easily grab them. Historians believe athletes used these for more than just jumping. There is evidence the ancient Greeks used them for general exercise to build muscle strength.”

Meanwhile, in the Middle East, athletes used a nal to strength train. This club-shaped piece of equipment was longer than the modern dumbbell but

shorter than a barbell. Middle Eastern and Indian wrestlers, bodybuilders and athletes used nals to build strength and stamina. The clubs were of different weights so they could be used for calisthenics and weight lifting. British colonists adopted the use of the nal, which they called the Indian Club, and brought the equipment to the west.

While the use of Indian clubs remained popular, a new type of equipment gained popularity in the 1700s. Joseph Addison, a British poet, wrote about his exercise routine with dumbbells. They were church bells with the clappers removed to silence them. The bells were made “dumb,” hence the name dumbbells. Using dumbbells was a popular exercise in the 18th century, even among our founding fathers. Benjamin Franklin wrote about using dumbbells to maintain his physical fitness and contributed his longevity to using them every day.

The origin of the term barbell, according to barbell-logic.com is that, “The first versions of barbells appeared around the 1860s in European gymnasiums, having evolved from the dumbbell design. They came with either fixed weights or fillable globes on the ends of a four- to

six-foot bar. Changing weights either meant you had to get another bar or you had to fill the globes with a different material, making progressive loading and varieties in weight cumbersome.”

In 1908, Alan Calvert sold the Milo Triplex bar, letting people change the load simply by adding or removing plates to the end of it. Calvert’s invention made strength training more accessible to a person of any level of skill, removing some of the mystique of the strongman performers’ regimens. Strength historian David P. Willoughby called Calvert’s invention “the single greatest impetus ever given to weight lifting in this country.” Today, you can find Olympic-style barbells (usually 45 pounds) that can have weight plates added to them, or fixed-weight barbells in either a standard grip or cambered grip.

Finally, a kettlebell is a cast-iron or cast-steel ball with a handle attached to the top (resembling a cannonball with a handle). The origins of the kettlebell, according to Gymgear.com, can be traced back to Russia in the 1700s. Originally used as counterweights for weighing farm goods, kettlebells quickly gained

continued on page 15

BA

Business Association Notes

82nd Avenue Business Association By Nancy Chapin

Holiday greetings to you all! We are continuing this year’s Around the World in 82 Dishes event with a “Passport to Prizes.” If you don’t have one yet, email 82ndaveba@gmail.com for the list of locations where you can pick one up. The event will run through at least April 2024.

If we get the funds to staff and finance it, we will start 82 Roses CEC’s “Roses in the Heart of Portland” Parade (April 27) with a 5K Fun Run!

We still have a few roses to plant! November is a prime time so if you have the space, email us! We can also be found at 82ndaveba.com.

Greater Brooklyn Business Association By Laurie Lewis

The Greater Brooklyn Business Association is pleased to announce our 2023 Holiday Gift Guide. We are featuring holiday specials and promotions from businesses in the Greater Brooklyn neighborhood with more specials added each week. Check out our website at greaterbrooklynba.com/brooklyn-gift-guide for a list and follow us on Instagram at @GreaterBrooklynba for updates and more details.

Hawthorne Boulevard Business Association By Nancy Chapin

Hawthorne Blvd. businesses are lighting up their windows and look forward to serving our community all year but especially during the holiday season!

Rivermark Credit Union hosted our Holiday Party Sunday, December 3, 2-5 pm with Santa and Mrs. Claus, music, treats from New Seasons, ornament-making and more.

We are already making plans for a celebration of the mothers in our lives on May 11. Details to follow in 2024.

We truly appreciate those who are going out weekly or on the second Saturdays of the month with the Boulevard Beautification Bunch to keep Hawthorne Blvd. and our community clean and safe.

Thank you to the staff at PEMO for searching out the resources and getting the contact information to us all!

Check out our website, hawthorneblvd.com, for updates.

Neighborhood Notes

HAND
By Jill Riebesehl

Highlights from the Hosford-Abernethy Neighborhood Association's (HAND) November Board meeting included attendees hearing from Jan Zuckerman, representing a group alerting Portland to what would happen in event of a major earthquake. On a six-mile stretch of the Willamette's west shore lies the Critical Energy Research Infrastructure HUB, an industrial development that holds more than 90 percent of all liquid fuel stored for use in our state. In addition to severe infrastructure damage, research from Portland State University describes widespread danger from hazardous plumes and vapor clouds. Zuckerman is asking our Board to sign onto a letter addressed to decision-makers statewide outlining urgency and soliciting action. So far, 30 neighborhood associations have signed on. The Board agreed to sign the letter.

As part of a brief report by the Clinton Triangle Oversight Committee, we learned of a \$200,000 allocation from the city by way of ameliorating the large temporary shelter's effects on HAND, Brooklyn and the Central Eastside Industrial District. We briefly discussed possible uses of the money and will take up the issue in the new year. We welcome suggestions.

The Board agreed to spend \$275 to do the paperwork necessary to set up HAND as a 501(c)3 non-profit, tax-exempt organization.

The effort to establish a small sanctuary, or tiny village, off SE Division St., two doors west of New Seasons, has been slow-going. As of now, the Avalon project has received conditional permits from the city and is awaiting one other entity's sign-on.

We heard from designers for DAO Architecture about plans for a residential/commercial building at the corner of SE Lincoln St. and 12th Ave.

The HAND Board usually meets all but two months out of the year, December and August. We will not hold a meeting in December this year; our next meeting will be in January.

Montavilla Neighborhood Association
By Louise Hoff

Montavilla Neighborhood Association has elected some new faces to our Board: Kat Moss, Chair (kat@montavilla.org), Laura Mulligan, Vice Chair (laura@montavilla.org), Spencer Knowles, Secretary and Communications Chair (spencer@montavilla.org), Sarah Hartzel, Treasurer (sarah@montavilla.org), Scott Simpson, Land Use & Transportation Chair (scott@montavilla.org), Elisabeth Litster, Member-at-Large (elisabeth@montavilla.org), Rick Reynolds, Member-at-Large (rick@montavilla.org), Kristina Perry, Member-at-Large (kristina@montavilla.org) and Louise Hoff, Member-at-Large/Parks Chair (louise@montavilla.org).

Members are hoping to have more public meetings. Some are interested in grants for street art, events, mini parks on vacant lots, art walks and other activities. Others are hoping for crosswalks, stop signs, zoning changes and speed bumps. Still others would like to have more neighborhood participation in how our neighborhood welcomes and/or manages houseless services. We are all volunteers and hope more of our neighbors will get involved.

Please email us, join the mailing list or attend a Board meeting on the second Monday of the month at 6:30 pm. We hold the meetings online via Zoom to make attendance easy and accessible. Audio recordings from previous meetings are available on our website, montavilla.org. The MNA also hosts social and informative gatherings throughout the neighborhood; check the calendar for details.

Mt. Tabor Neighborhood Association
By David Petrozzi

MTNA hosted our last monthly meeting of the year November 15 via Zoom. We received an informational presentation and then endorsed a letter to the governor raising awareness about critical energy infrastructure located along the river in Portland; and we also voted in support of a neighbor with matters related to land use.

MTNA will hold a strategic planning meeting in December to get organized for events and outreach in the upcoming new year; look for details on our website. You can also join your neighbors and create an even better Mt. Tabor at our next monthly meeting, Wednesday, January 17, 2024 via Zoom. Find a link to all of our meetings under the "Meetings and Events" tab on our website, mttaborpdx.org.

North Tabor Neighborhood Association
By Kim Kasch

The North Tabor Neighborhood Association (NTNA) met November 21, 6:30 pm. Board officers were elected at the meeting as follows: Chair: Ross Hiner; Vice-Chair: Lars Kasch; Secretary: Sarah Mongue;

continued on page 15

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NN Neighborhood Notes

from page 13

Treasurer: Gail Morris. The next NTNA meeting will be held Tuesday, January 16, 2024, 6:30 pm. See web-site for meeting details. Going forward NTNA meetings will be held during odd months (Jan, March, etc.). Please check our neighborhood calendar for upcoming events at northtabor.org/calendar-month-view, which also includes community events in the Portland Metropolitan area.

Richmond Neighborhood Association By Allen Field

The Richmond Neighborhood Association (RNA) held its monthly meeting on November 13. Meetings are the second Monday of the month, 7-9 pm, except January, held in-person at Central Christian Church, 1844 SE Cesar Chavez Blvd. People can also participate via Zoom; the link to pre-register for Zoom is on the agenda, which is posted to richmondpx.org and the RNA Announce listserv. To be added to the listserv, email richmondnasecretary@gmail.com.

Multnomah County DA Mike Schmidt gave a very informative presentation on the criminal justice system, where it has suffered recently and improvements made. Q&A followed.

Greg Bourget, Executive Director, Portland Clean Air (portlandcleanair.org) gave a presentation for Cascadia Action on the ongoing efforts to monitor and curb industrial and diesel pollution in the Metro area.

We are short on delivery people to help distribute the quarterly Richmond News, which takes about 30 minutes per route four times a year. Contact richmondnasecretary@gmail.com if you would like to help.

The next RNA meeting is December 11. Everyone is welcome. Come and check out a meeting and learn about ways to get more involved in your community.

South Tabor Neighborhood Association By Cathy Kudlick

The South Tabor Neighborhood Association (STNA) met in person at the All City Church on November 16. State Representative Khanh Pham (D-District 46 for Outer SE Portland) outlined transit and safety issues impacting our neighborhood, then addressed neighbors' questions in a lively Q&A. Our second guest was Jennifer Koozer from TriMet, who updated us on the agency's project to bring enhanced pedestrian crossings to SE Powell and Division streets, which is running years behind schedule.

For 2024, we're planning to build on conversations such as these, as well as provide fun opportunities for neighbors to meet and connect.

Since we don't meet in December, our next STNA Board meeting will be January 18, 2024. For the latest information, visit southtabor.org or follow us on Facebook.

And while you're at it, if you consider South Tabor home, why not make joining the STNA your New Year's resolution for 2024?! Happy holidays!

Sunnyside Neighborhood Association By Gloria Jacobs

At the November General Meeting we had representatives from both Portland Police Bureau (PPB) precincts that serve Sunnyside. We learned that the Traffic Enforcement division is back, there are continuing staffing challenges, and the East Precinct's Stolen Vehicle Operation has been very successful. SNA will get regular updates from PPB at General meetings going forward and hope to bring in other public safety agencies, such as Portland Street Response.

The renovation of the Belmont Library—planned for Fall 2024—will more than double the current size. There will be a new entrance, more bike parking and a 15-foot right-of-way. Check multcolib.org/expanded-belmont-library for updates and future public meeting dates.

We also heard from Cascadia Action about the fight for clean air in Portland. Cascadia Action is asking the SNA Board to sign on to over 10 letters drafted by other NAs and civic groups to fight those responsible for this pollution. The Board will vote at our December meeting, so please be in touch (board@sunnyside-portland.org) if you have opinions. PBOT installed a traffic diverter at SE Cesar Chavez Blvd. and SE Taylor St. This will prevent left-hand turns at this intersection—a leading cause of crashes. Signal call-boxes at both SE Taylor and Main streets will be upgraded this winter and PBOT will examine the light timings with an eye towards increasing the walk time at SE Taylor St.

Our fourth annual Winter Clothing Drive for our houseless neighbors will be Saturday, December 9 in the basement of the Sunnyside Methodist Church (SE 35th Ave. and Yamhill St.). Volunteers will collect donations 10 am–1 pm. We especially need pants, shirts, sweaters, coats, new underwear, socks, shoes, hats and gloves as well as sleeping bags, tents and other warm layers. If you are not able to drop off donations contact Diana Deumling at dianadeumling@gmail.com.

Errol Heights Park Reopens

from page 1

with Oregon oaks, providing re-vegetation to the disturbed land. Artists Teresa White and Mike Suri were then called on to craft a creative sculpture that embraces the scenery of the park and the neighborhood surrounding the area. Plants, animals, rainfall and trees commonly found in the park, as well as three human faces that represent diversity, are highlighted in the artwork.

In addition to the eye-catching amenities that headline the project, a number of new picnic areas were installed and a goal to restore natural area habitat was made a priority throughout the 18 months of construction. For instance, a natural wetland. Other additions set to be in use for the first time by the public in December include a new playground, basketball court, splash pad, skateboard area and lawn area to go along with 450 new trees, as well as both hard and soft trails. Native plants are expected to be deployed all over the acres the park occupies.

The \$12 million dollar project is funded largely by System Development Charges from development in the city, rather

than tax dollars. However, the extensive public involvement including families, gardeners and diverse neighbors is the unique part of PP&R's latest modern park restoration project, Ross elucidated. He says city representatives anticipate a new era in the lengthy history of Errol Heights Park; one which will bring an even stronger sense of community at Brentwood-Darlington.

It's all expected to start this month. More information on the park, including its open hours, can be found at portland.gov/parks/errol-heights-park.

Ww Wellness Word

from page 13

popularity as a tool for strength and conditioning among Russian athletes and military personnel.

In the early days, kettlebells were made of cast iron and came in various sizes, ranging from four to 100 pounds. They were used in a wide range of exercises, including swings, snatches, cleans and presses. These exercises were not only effective for improving strength and power, but also for increasing endurance and cardiovascular fitness.

In the late 19th century, kettlebell lifting became a popular competitive sport in Russia. The first kettlebell lifting competition took place in 1885, and by the early 20th century, kettlebell lifting had evolved into a highly organized and structured sport.

While kettlebell lifting remained popular in Russia throughout the 20th century, it wasn't until the early 21st century that kettlebell training started to gain recognition and popularity worldwide. In the early 2000s, kettlebell training began to make its way into mainstream fitness circles, with fitness professionals and enthusiasts recognizing the benefits of kettlebell exercises for strength, endurance and overall fitness.

Today, kettlebell training is widely practised around the world and has become a staple in many fitness programs and disciplines.

I hope you've enjoyed this brief lesson on the origin of the bells!

Lori Vance
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LE Letter to the Editor

Editor's note: Letters to the Editor should be less than 300 words and The Southeast Examiner reserves the right to edit them for length or content.

To the Editor:

Hello neighbor, I feel a lot of gratitude for living in this amazing neighborhood.

Thank you for keeping your trees standing! Having trees in our neighborhood is such a wonder. They provide oxygen; places for birds, insects and other critters; beauty; shade; and they suck up rainwater like nobody's business.

Thank you for switching away from gas-powered lawn tools and hiring companies that don't use them as well. Especially gas-powered leaf blowers, which do terrible harm in many ways (air and noise pollution, for starters).

Thank you for figuring out better outdoor lighting so that your lights are not glaring. This makes it easier to walk around at night for those of us who like to do that. Softer lighting is actually safer than glaring, bright lights.

Thank you for figuring out how to turn off the feature on your car that beeps your horn when you lock it. That can often be a tricky thing to do, but it makes the neighborhood quieter and is a huge improvement. Thank you for sticking with this one.

Thank you for all the ways you make this world a better place, especially neighborhood leaders. Everyone who attends a neighborhood association meeting; plants a tree; removes graffiti or lobbies local political leaders on transportation and land use issues. You're our unsung heroes and you take the time to make good things happen for us.

Thank you!
Albert Kaufman, Richmond

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Pioneer Courthouse Square
December 2, 11 am-9 pm
December 3, 10 am-5 pm

Come through Pioneer Square in the heart of downtown PDX for the Portland Holiday Brew Fest! Enjoy heated tents and over 25 featured holiday/winter beers and ciders. Visit the website for ticket prices and brew list!

Lights on Peacock Lane
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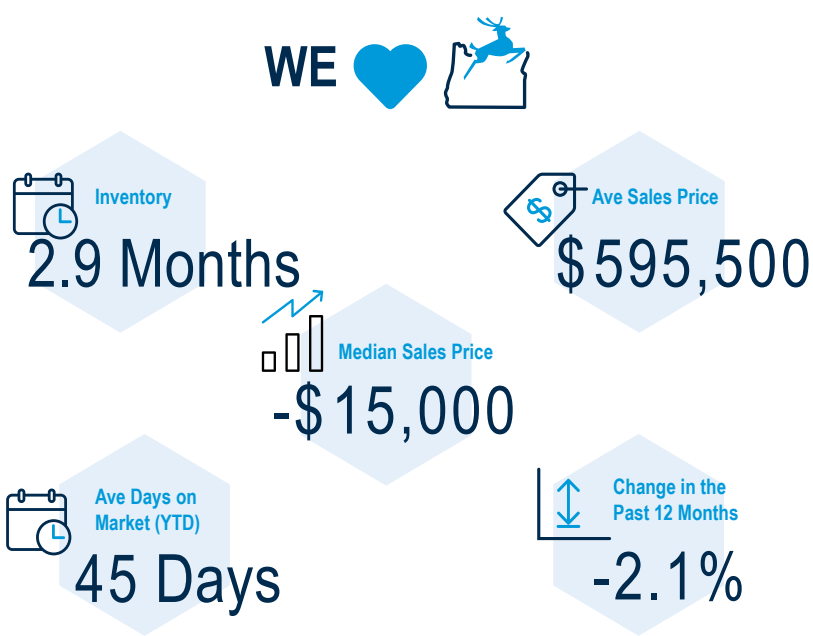
Since 1932, each house on Peacock Ln. has been decorated for Christmas. Mostly tudors, the houses are decked with creative light displays, Christmas trees and colorful holiday characters. Car free nights include December 15, 16 and 17.

Portland Night Market
November 30-December 3, 4-11 pm

It's the last Portland Night Market of the year! Come support local vendors, enjoy the food carts and get started on your holiday shopping!

Happy Holidays Portland!

HOW'S THE PORTLAND MARKET DOING?




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