



WeShine Executive Director Jan McManus showing one of the dwelling units at Parkrose Community Village. Photo by Marshall Hammond.

Construction to Begin on SE Division St. Micro-Village

By Marshall Hammond

A new kind of housing development aimed at serving the most vulnerable members of Portland’s houseless population is scheduled to break ground on city-owned land at SE 19th Ave. and SE Division St. in January. The project, called Avalon, will be a fenced-in “micro-village” consisting of 10 small dwellings and three larger structures housing a shared kitchen, bathrooms and showers.

Avalon will provide transitional shelter to people identifying as women, with priorities given to BIPOCs and people with disabilities.

“We’re shovel ready, we have permits from the city, we have all our contractors lined up, we have a construction schedule and we’ve just been unable to start until we had a major infusion of cash to do the build,” says Jan McManus, Executive Director and Co-founder of the Portland non-profit WeShine, which stands for “Welcoming, Empowering, Safe Habitation Initiative with Neighborhood Engagement.” WeShine designs, builds and

operates micro-villages to provide free transitional shelter to Portland’s vulnerable populations.

The cash McManus and WeShine were waiting for came from the Joint Offices of Homeless Services (JOHS), who granted the non-profit \$1 million to build two micro-villages in 2024—Avalon on SE Division St. and another village at St. Andrews Church on N Hereford Ave.—and enough additional capital to fund the operations of the villages for a year.

McManus, a licensed social worker, co-founded WeShine in 2021 with a group of activists who wanted to take a community-based approach to alleviating the housing crisis.

WeShine’s first JOHS funded micro-village, Parkrose Community Village, was completed in the fall of 2022 on property belonging to the Parkrose Community United Church of Christ. All the village residents identify as LGBTQIA+ and close to half are BIPOCs. “We’re trying to serve people who fall through the cracks or wouldn’t feel welcome or safe in some of the bigger, more traditional style shelters,” says McManus.

McManus and her colleagues at WeShine are proponents of the “housing first” concept—the idea that providing a permanent or long-term residence as a first step creates a safe, stable bedrock that makes it easier to coordinate medical treatment, addiction treatment, job placement and other services.

The city of Portland and Multnomah County currently fund a number of “safe rest villages” that contain between 30 and 60 housing units and are staffed with social workers who provide onsite services to tenants. McManus considers the smaller model of just 10 units that WeShine uses to be a necessary alternative to these larger villages and congregate shelters.

“Micro-villages are needed because there are always going to be people who aren’t going to do well in these large settings,” says McManus. “We can locate (micro-villages) in the heart of an area that’s rich in services and job opportunities. They’re easier to manage and they can

Talk A Mile: An Organization for Conversation

By Audrey Lynch

Talk A Mile is a non-profit organization in SE Portland that strives to create opportunities to foster positive conversations between young Black leaders and Portland Police Bureau (PPB) officers and trainees. At each Talk A Mile event, participants gather in public parks to walk a mile together while responding to prompts about themselves, their experiences and the Portland community in general. The fifth, and latest Talk A Mile event took place on Tuesday, November 28, at Laurelhurst Park. 26 young Black leaders and 26 PPB trainees attended.

Talk A Mile was founded by Justin, Erika and Liam Fogarty, a biracial family from SE Portland. Following the summer of 2020, in which many racial justice demonstrations took place in Portland, the Fogartys noticed an increased need for conversations about policing. Justin Fogarty explains that, “We saw an opportunity to elevate the voices of young Black leaders, many of whom may not be the loudest voices in the room, but who have a great deal to gain or lose in these conversations.” Subsequently, the Fogarty family founded the Talk A Mile organization to focus on these missing voices and create “one-on-one conversations where people could be seen and heard,” he stated.

Talk A Mile’s primary focus is on Black high school students and PPB trainees. As Fogarty explains, “Students will go off and continue to grow as leaders in the community...trainees are just learning

to protect the community, and they might continue on in law enforcement for 25 years.” Nevertheless, while younger PPB participants are most common, the organization has expanded opportunistically, having the then-PPB Chief Chuck Lovell, PPB Policy team and Multnomah County officials participate in Talk A Mile events.

At every Talk A Mile event, participants receive prompts coordinated to each lap of the mile they will walk. The first lap consists of general questions, providing the chance for the newly paired up individuals to get to know each other. On the second lap, the police officer or trainee shares their story. As stated on the Talk A Mile website, talkamile.org, they answer questions such as “When did you decide to become a police officer?,” “Why Portland?” and “Tell me about the Diversity, Equity, and Inclusion training you’ve received.” Then, the third lap provides a chance for the Black student or community member to share their perspectives and experiences. Their prompts are along the lines of “What’s something people would be surprised to learn about you?” and “From your perspective, what are some things to be mindful of in regard to the Black experience in Portland?” The fourth and final lap focuses on shared futures, hopes for the community and seeing the similarities between each other’s responses.

Following each Talk A Mile event, the organization asks participants to complete a survey to reflect on their experi-

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Willamette Center Reopens After Renovations to Support Homeless Community

By Daniel Perez-Crouse

Located in SE Portland at 5120 SE Milwaukie Ave. at Mitchell St., The Willamette Center has returned after over a year of being closed and is now actively bringing in participants again to help with the Portland homeless crisis.

The Willamette Center is a 24-hour, low-barrier shelter for up to 120 adults that offers safety and services to regain stability and access permanent housing options. It is a reservation-only facility where participants are 18 and older, with priority for people 55 and older, those with disabilities and veterans. The programming is run by the Transitions Project (an agency that helps people transition from homelessness to housing) and the building is owned by Multnomah County.

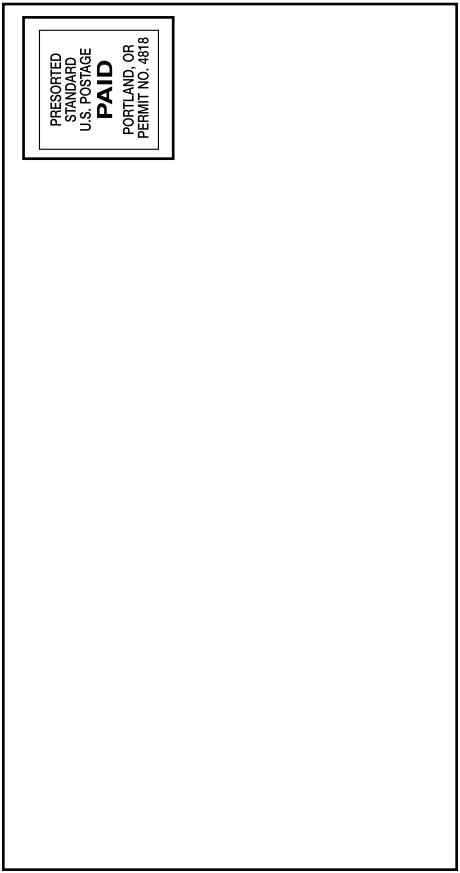
It originally opened in 2016 and touted innovative features setting it apart from other shelters at the time, such as serving

couples and allowing them to stay together and sleep next to one another, instead of having to separate into single-gender facilities. The shelter also accommodates pets, offers hot meals every night and allows access to various other amenities like showers, community spaces with television and more.

Over a year ago, Multnomah County officials closed it for “renovations that were needed for the shelter to remain open, even without a state of emergency in effect, while also addressing issues that emerged in the years since the shelter opened.” As stated by the county, “The \$2.5 million renovation project included seismic and electrical upgrades, HVAC updates, and improvements to the shelter’s common areas.”

RJ DeMello, Senior Manager of Communications and Community Devel-

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Representatively Speaking

By STATE REPRESENTATIVE
ROB NOSSE

Before you start reading, I want to express my deep gratitude to *The Southeast Examiner* for providing me the opportunity to share my thoughts in this column every month for quite a few years now. I rely on local outfits like *The Southeast Examiner* because they cover things that don't always make it into the bigger local papers, of which I am also a huge supporter. I am lucky to have this forum and all of us are lucky this paper is still going strong.

Okay let's start with Happy New Year! 2024 is going to be an important year in our city and our country in light of a new form of city government here in Portland coupled with a historic rematch between President Biden and former President Trump. More on those topics for sure for another time.

This month, I want to share my reaction to the recommendations made by Governor Tina Kotek's Central City Task Force. The task force was a sprawling mix of elected officials, community activists and business leaders (among others). There were five committees/topic areas that included Value Proposition—which dealt with why people choose to do business in Portland and why they come downtown, Livable Neighborhoods, Housing and Homelessness, Community Safety and Taxes for Services. I was a member of the committee on Community Safety. Governor Kotek launched the task force over the summer with a hard deadline of December 11, the date of the annual Oregon Business Plan Summit, to come up with solutions which could be implemented quickly to clean up downtown Portland. The governor wants to be able to demonstrate real progress by the Portland Rose Festival in June.

There are many recommendations buried in five topic areas, but there are 10 action items which are supposed to be worked on urgently. These include declaring a tri-governmental fentanyl emergency (and establishing a command center for that emergency in Portland), banning the public use of controlled substances, ramping up existing infra-



structure to implement the public use ban, hiring more outreach workers for peer-delivered services that help those dealing with addiction, increasing daytime service options for homeless people, expanding Portland's homeless shelter capacity, increasing law enforcement's presence in Central City (including hiring more police for the parks), cleaning up graffiti and trash, taking down the 2020-era fences and plywood on federal buildings and freezing the creation of new business taxes for three years.

As you can see, the focus is on things that people tell me and a lot of other community leaders that they are most concerned about when it comes to downtown Portland—illicit drug use and drug dealing, visible homelessness and public safety—not feeling like it is safe to walk around. For people wanting to tackle addiction, there are calls to expand services. Moreover, declaring a fentanyl emergency will provide some much needed coordination between the city, the county and the state. Housing advocates should be glad to see a call for an increase in housing options for the downtown homeless population. Community members and store owners concerned with public safety will be pleased that there will be a greater police presence—in fact this is one that is already being implemented. And the business community can take pleasure in knowing we will try to avoid adding new taxes for a few years.

By and large, I agree with these recommendations as a starting place. When they were unveiled some people had some reservations, but no plan is going to please 100 percent of people all

the time. I think they will dovetail nicely into the work of the legislature in the coming 2024 session in February.

If I have one gripe it is that support for the arts and using the arts as part of the value proposition to come downtown is not one of the initial 10 recommendations, though it gets mentioned as does the James Beard Market, a project I worked on prior to the pandemic. Regardless of how clean and welcoming downtown is, Portlanders still need something fun to do when they're actually in downtown. The fact of the matter is that the arts bring us together. Nothing gets more people downtown than hundreds of folks coming together to see a show. With so many venues struggling financially, and with these same venues still not seeing audiences at pre-pandemic levels, leaving out the arts in the initial 10 recommendations is a bit of a missed opportunity. But I also get why she lifted up the things she did. Helping to house homeless people and beefing up law enforcement downtown will make people feel safer and make them feel comfortable coming downtown, which will drive more businesses and activity downtown. Hopefully my bill to improve arts funding for 2024 gets the traction it needs despite not really being mentioned (hint, hint).

Next month you will be reading this just as the short session is about to start so I will plan to share things I know are in the works and maybe make a prediction or two. Or maybe I will save my predictions for the March column which seems risky given that we will still be in session when that edition goes to print. Stay tuned as I like to say.

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Plaid Pantry Dips Toes into EV Charging

By Kris McDowell

Plaid Pantry, the Oregon company many know as a neighborhood convenience store, has been exploring electric vehicle (EV) charging for a few years and this past November installed their first EV charging station. Jonathan Polonsky, President & CEO, said that during the first months of operation their goal is to monitor overall reception and customer adoption rate. Within six months, he expects to have a better idea of how they should proceed, including how quickly they will add other charging stations. At a minimum, Polonsky expects they will install one more, possibly at one of their nine locations that offers conventional (gas) fueling. Depending on a variety of factors, they could add one to two per year or possibly even five to six per year.

The company has been around for over 60 years with 106 locations serving the Northwest. Polonsky joined Plaid Pantry 12 years ago and for the last five years has served as CEO. Although he doesn't own an electric vehicle himself, he has seen the way things are going (toward electric) and was interested in the diversification EV charging could add to the company.

Plaid Pantry purchased the high speed (level 3) charging equipment and is basing the business model on that of their gas fueling stations. They determine cost per kilowatt hour to charge, which in December was \$.40. That price was the average going rate at the end of 2023 for high speed chargers like theirs. Just as gas stations tend to have similar prices in a particular area, Polonsky set the price for their EV charging station to be similar to that of other high speed charging stations.

Plaid Pantry's first EV charging station was installed at their NE Columbia and 60th Ave. location and Polonsky said that in a four to five mile radius of the location, there are just a handful of high speed chargers. The proximity to the Portland airport, which translates to a higher density of electric and ride share (Uber, Lyft, etc.) vehicles, as well as having a slightly larger parking lot than many of their other locations, contributed to the location being selected as the first site.

The first months of operation are not only a time for Plaid Pantry to gauge reaction and use, but also a time for Google and charging apps to validate, and



Photo by Electric Era.

therefore show, it as an EV charging station to users. According to the US Department of Energy, "charging apps can be invaluable for getting the most out of any EV." The information each app provides varies, with the most important details including whether the charging station is operable, if someone else is currently using it and if it is a level 2 or level 3 charger. Plaid Pantry's decision to install a level 3 charger makes it more desirable to those with high performance cars, which use power more quickly. Level 3 chargers charge faster than level 2 chargers and can fully charge an EV in an hour.

The power needed to charge an EV is considerable, especially for a level 3 charger. To avoid demand charges from the power company, Plaid Pantry's system uses a battery between the power source and the charger. Demand charges are similar to surge charges ride sharing companies may institute at times of high demand, a cost that neither Plaid Pantry nor the customer wants to pay. When a car is charging, part of the power comes from the power source and part of it from the battery. The battery is refueled by a trickle charge throughout the day so that it is ready to contribute power when a car is plugged in.

Polonsky contracted Seattle-based Electric Era Technologies, a leader in revolutionizing the world's EV fast charging infrastructure, for the software,

"power node" (battery) and charger, which they source from a third party. A couple of other similar companies were considered, with one not being "a good fit" according to Polonsky and the other not as local as Electric Era, an important consideration for him.

The cost of the EV charging station, which Polonsky estimated at \$160,000, was offset in part by a federal tax credit of 30 percent the first year. Although Oregon offers some incentives as well, Plaid Pantry didn't qualify as those incentives are primarily aimed at residential chargers (level 2 and below). Polonsky said Oregon will be offering more commercial-geared incentives through the National Electric Vehicle Infrastructure (NEVI) program in the future. However, the criteria, which includes a requirement of eight parking spaces, to apply for the funding will likely be too high to be feasible for Plaid Pantry.

For now, Plaid Pantry will monitor the number of charging sessions per day, estimated to average about \$12 each, and the amount of inside sales that accompany the charging sessions, what Polonsky called the "x-factor." He said, "If we average eight charging sessions a day, I will feel good about the decision to put the charger in. If we see 12+ sessions, I will move to put another 10-15 units at the stores with the available space."

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Growing Up in Brooklyn Long Ago

By David Krogh

Growing Up in Brooklyn Long Ago is a children’s book intended for young readers (ages six to 10) and was written by SE Portland resident Claudia Milazzo Hutchison. No, the Brooklyn in the book is not the Brooklyn Neighborhood in SE Portland. Rather, it takes place in Brooklyn, New York, in Apartment 4A of a six-story apartment building within the Bay Ridge Neighborhood, where the author spent her childhood during the 1950s and early 1960s.

Growing Up in Brooklyn Long Ago focuses on the author and her family from when she was five years old up until she was about 14 and starting junior high school. But the story is not just about the author; it relates to the entire family and also to relatives living in the area. Hutchison is of Italian immigrant descent and there is an interesting mix of culture included within the stories as the readers get to follow the children in the family as they

grow, mature and interact with both close and distant relatives and local friends.

Within the book, the chapters are short, easy to read, age appropriate and interesting. In fact, those familiar with Portland author Beverly Cleary and her *Ramona Quimby* books will find this book of similar interest, with the exception that each chapter is a story in itself. “What a compliment!,” said Hutchison. “My kids loved her books. I suppose some of her style might have rubbed off on me as I read her books with them.”

When asked why she chose to write the book, Hutchison responded, “My kids grew up hearing the stories about my childhood. They, along with my brother, encouraged me to write them down as a family keepsake. I wanted the younger generations of our family to gain a sense of our family’s history and values.”

The author’s professional background includes over 10

years of teaching, both junior high and high school English classes, and community college writing classes, in addition to several years of social service work. “As I developed the stories, it seemed to me that ages 6-10 were the right fit for both reading level and interest/enjoyment level. A close friend, a retired grade school administrator, reviewed the material and agreed.”

Hutchison moved out west by herself. “In my mid-twenties, recently widowed and heart broken, I undertook a month-long trip solo to explore the Pacific Northwest.” She soon met her current husband, Don Hutchison, and has since been happily married for 47 years.

In reading her book one can note many similarities and differences between Brooklyn and Portland in terms of development and livability issues. For example, Brooklyn in the 1950s still had a mix of houses and apartment buildings, like Portland, but with a much higher residential apartment density. And with that higher density fewer people had cars due to the lack of parking and with a stronger dependency on transit use (including ferries and subways).

Along with the higher density, there were fewer open spaces for children to play on, other than sidewalks, while the nearest



Author Claudia Milazzo Hutchison.

park was six blocks away across busy streets. In many respects, current Portland seems to be developing along the lines of 1950s Brooklyn. Hutchison said, “Our kids grew up in a quiet residential neighborhood (by Mt. Tabor Park) in the mid 70’s to mid-90’s, a far different setting from those busy Brooklyn streets and backyards. They (my kids) also had more organized after-school activities (growing up in Portland) than I did.”


“Because both my husband and I moved far away from our families, our kids did not have the benefit of growing up with cousins,” stated Hutchison. That proximity to family was part of her enjoyment of growing up in Brooklyn. She concluded, “I have

always missed that proximity to loved ones. But once my mother passed away, I no longer thought of Brooklyn as home.”

The author has no plans for a follow-up book. “I’m a ‘one-and-done -er,’” she said.

Information about *Growing Up in Brooklyn Long Ago* and the author is available at gorhamprinting.com/book/growing-up-in-brooklyn. The book was self-published and printed by the Gorham Printing Company.

Growing Up in Brooklyn Long Ago can be ordered through online outlets and from the Gorham Printing website. Locally, it can be purchased at Belmont Books (3415 SE Belmont St.) and is available through the Multnomah County Library.



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Using Row Cover And Mulch To Get More Out Of Your Winter Garden

BY PRITHA GOLDEN, PORTLAND
EDIBLE GARDENS

Have you ever planted fall or winter veggies only to grow small plants that never reach maturity? Or have you lost your plants to frost before you even get to harvest them? By no fault of their own, many people plant vegetable starts from the nursery without knowing that the plant is being sold during a time of year when it will never become fully mature before cool temperatures slow the plant’s growth to a sloth-like pace.

First and foremost, knowing what to plant when is the foundation for success in a winter garden. Read our blog post Top Ten Winter Vegetables For Your Home Garden to learn more about when to plant some of the most popular winter veggies. Once you have established your fall and winter garden, you can use season extension techniques like row cover and mulch to enhance your harvest.

What is row cover?

Row cover is an agricultural fabric designed to cover your crop. Some covers are primarily used to keep insects from your plants, while others are used to trap heat or for both. During the coldest months, we like to use a thicker row cover (also called frost blanket) which allows sunlight and rain in, is breathable and acts as a miniature greenhouse by trapping heat from the sun during the day and slowing the release of heat at night.

When using a frost blanket in your fall and winter garden, it has two primary functions. First, the constant increased ambient temperature causes more rapid plant growth. Second, it protects plants from frost damage.

When should I use row cover?

Below are some basic guidelines for when to use frost blanket in the fall and winter months in Portland. But keep in mind that these are generalized. Variety and maturity of the plant, your specific microclimate and winter conditions are all important factors affecting plant hardiness.

If you have fall or winter

crops that are smaller than is ideal, you can speed up their growth by covering them with row cover once daily highs are below 65 degrees. To use row cover for frost protection, start tracking the nighttime lows in the second half of October. When you see nighttime lows below freezing it is time to cover select plants in your winter garden.

Lettuce, cilantro, bok choy and celery will tolerate some light frost, but repeated frosts or harder frost will damage and eventually kill the plant. Cover these plants with a frost blanket, and you will be amazed by how long you can extend their harvest into the winter.

Spinach, escarole and scalions are quite frost tolerant in terms of survival, but cold and wind can damage their leaves and reduce the harvest. Use of a frost blanket will enhance both leaf growth and quality, notably increasing your harvest.

Collard greens, kale, chard, broccoli, cabbage, cauliflower, Brussels sprouts, parsley, arugula, leeks and many mustard greens are extremely frost toler-

ant and will produce high quality crops without any need for cover.

Mulch for season extension?

Typically our winters are mild enough that the soil protects root crops such as carrots, parsnips, beets, turnips, rutabagas and cold hardy radishes sufficiently from damage. To give your roots (especially radish) extra protection from our coldest temps, you can insulate them with 6” of dried leaves or straw in the fall. Keep in mind that while the leaves of some roots (like carrots) may die off during the winter, that does not mean the root is dead. In many cases the roots are even sweeter after a frost! So don’t forget to harvest your roots even after the leaves are gone.

How do I use row cover?

We like to make small “hoop houses” over our plants by simply pushing heavy gauge metal wires into the soil and then securing the row cover in the ground with metal staples. This keeps the cover off of the plant and often results in a higher quality harvest. This being said, frost

blankets are designed to be able to sit directly on the plant without hoops as long as you leave some breathing room and fabric isn’t pulled tight against the plants.

Eat abundantly year round!

One great thing about growing veggies in Portland is that our location west of the Cascade Mountains has a relatively mild winter compared to many eastern counterparts at the same latitude. To the surprise of many, we really

can eat a nice diversity of food from our gardens year-round here. If you are someone who wants to eat from your garden all year but has had mixed results, knowing these season extension tips will prove to be a great tool to have in your tool belt.

Happy growing!

This article was originally posted on Portland Edible Gardens, portlandediblegardens.com.

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Urban League Election Education Events

The Urban League of Portland is excited about the 2024 Oregon Elections and plans to host virtual Meet the Candidate Forums to help create an informed voting public. The organization works to protect the right to vote for all Americans, regardless of their racial, gender, ethnic or socioeconomic background, and aims to increase voter engagement and knowledge for the May elections and Election Day, November 5.

It is important for Oregon voters to be informed and these events give voters an opportunity to hear from the candidates listed on their ballots. Conversely, candidates need to hear from voters; what issues are most important to them and what they care about.

During the Meet the Candidate Forums, the Urban League of Portland will ask candidates questions related to issues that are impacting the community. They are requesting that people submit questions so they are able to ask the candidates questions that come directly from the community. If you would like to submit questions for the Urban League of Portland’s Meet the Candidate Forums, please complete the form at bit.ly/3TxVgnU.

Those who are running for office also have an opportunity to participate in these Forums. Candidates may fill out a Candidate Participation Form, found at bit.ly/47VJpnP. The Urban League of Portland is a (c)3 organization and only endorses ballot mea-

sures; they do not endorse candidates.

In addition to Meet the Candidate Forums, the Urban League of Portland is also offering a Reclaim Your Vote series of virtual hours to help prepare people for the 2024 election. During these monthly events, the Urban League of Portland will share information about new voter registration, maintaining current voter registration and the City of Portland’s New Electoral System—Rank Choice Voting—which goes into effect for the 2024 Election. The first Reclaim Your Vote event takes place Wednesday, January 3, 6-7 pm. For a full listing of dates and to register to attend, visit ulpdx.org/ReclaimYourVote2024.

PGE Power Outage Preparation Tips

As Oregon’s climate changes, more extreme conditions can increase the likelihood of storms and power outages. But if we’re all prepared, an outage can be a little easier to get through. Portland General Electric (PGE) has tips for putting together an outage kit and steps to take when an outage occurs.

Depending on weather conditions and other factors, an outage during a storm could last several hours or multiple days. You should have enough supplies to sustain your family (pets, too) for at least three days. PGE recommends placing items in waterproof and rodent-proof containers and replenishing the kit at least once a year.

A basic outage kit contains flashlights or head lamps; a battery-powered or hand-crank radio, clock or watch; extra batteries (including those for medical equipment); car chargers for

cell phones, laptops and/or tablets; bottled water (one gallon per person per day) for people and animals (if you rely on electricity to pump water); nonperishable food, can opener, pots, pans and utensils; board games, books and playing cards; barbecue, gas grill or camp stove to use outside, plus fuel and a lighter or matches; and emergency phone numbers including PGE customer service (503.228.6322).

In addition to putting together a basic outage kit, planning should also include where you could relocate depending on the length of the outage and your needs. Consider if you are able to stay with a family member, friend or at a shelter, especially if you have a medical condition that requires electricity or need to work or learn from home.

Additional items that may be useful if you need to leave your home include winter-weight

outerwear, pillows and blankets/sleeping bags. Find a more extensive list at bit.ly/48gDlpM.

You may also want to consider buying a backup generator and make sure to familiarize yourself with how to safely operate it. If you have solar panels, you may want to consider adding battery storage.

Finally, in the event of an outage, there are ways to help the batteries in your devices last longer. Although it might seem logical to turn devices off, tablets and phones use more battery power when they are being turned off and on so using sleep mode is a better option. Manually disable Bluetooth and notifications you don’t need and turn off wi-fi when not needed. Turn the brightness of the display down as low as possible and close apps when you’re done using them (rather than letting them continue to run in the background).

SE Tool Library Volunteers Needed



The Southeast Portland Tool Library (SEPTL) is a free community resource that provides home and business owners and tenants with hand and power tools needed to perform simple maintenance, tend to yards and gardens and build projects, while along the way meeting and sharing with neighbors. The non-profit depends on volunteers to run and they are currently looking for more individuals to make sure they have enough hands to operate.

The two general volunteer areas SEPTL needs help in are working shifts and volunteering behind the scenes. During their open hours (Tuesday and Thursday 5:30-7 pm and Saturday 9 am-noon) volunteers help people check in tools they have rented and check out tools. Shifts are ap-

proximately two hours; Saturday open hours are split between two shifts. Volunteers are not required to have any special knowledge of tools, only the willingness to help out and connect with their neighbors. Beginner volunteers always have an experienced volunteer and/or the Volunteer Coordinator to help teach and support them.

Behind the scenes volunteers help repair tools, take tool photos, maintain the seed library, fundraise, serve on the Board of Directors and more. With the variety of areas, there is something for anyone interested in becoming involved with SEPTL.

For more information, visit septl.org or email volunteers@septl.org. SEPTL is located in the basement of Hinson Church, at the corner of SE Salmon St. and SE 20th Ave.

Friends of Mt. Tabor Seeks Board Members

Friends of Mt. Tabor Park is seeking lovers of Mt. Tabor Park who’d like to devote their time and talents to help nurture the park as a healthy and thriving urban oasis for everyone. The 11-member Board of Directors is a volunteer-run group that complements the work of Portland Parks & Recreation by managing the Visitors Center; putting on monthly Weed Warriors events to restore the park’s natural habitat; cleaning up litter with regular Foot Patrols; hosting weekly educational walks and workshops and more. Current priorities are streamlining Visitor Center op-

erations, connecting with other affinity groups, promoting diversity at the park and creating new public events.

Board members are expected to attend nine meetings a year, plus other work, devoting at least five hours a month. To submit an application to run for the Board, email taborfriends@gmail.com. Tell them a little about yourself, why you’re interested and what you’d bring to the Board.

The deadline to apply is Monday, March 18. Candidates will be elected by Friends of Mt. Tabor Park members at their annual meeting, March 25.

JANUARY EVENTS

- GORGEOUS WILDLIFE WEBINAR** – Friends of the Columbia River Gorge host the webinar, “Wings over the Columbia Gorge: A Deep Dive into Bald Eagle Threats and Migration,” Thursday, January 4, 6 pm. The free, live conversation brings together Morgan Olson, raptor care educator at the Columbia Gorge Discovery Center & Museum; Dr. Shawn Smallwood, a wildlife ecologist; and Hannah Dinell, a hunting education specialist at the Oregon Zoo. Register at mobilize.us/gorgefriends/event/595318.
- VIKING PANCAKE BREAKFAST** – The Sons of Norway holds an all-you-can-eat Viking pancake breakfast with scrambled eggs, sausage links, fresh fruit, strawberry compote, ligoberries, orange juice and coffee or tea. The event takes place Sunday, January 14, 8:30 am-12 pm at Norse Hall, 111 NE 11th Ave. Adults \$10, ages 3-12 \$6, under 3 are free.
- CONVERSATIONS WITH CANDIDATES** – City Club of Portland and the Oregon Physicians for a National Health Program holds a virtual speaker series Tuesdays, January 16-February 20, 8-9 pm. The Congressional candidate speaker series and audience Q&A discusses healthcare policy in Oregon. Details and registration at bit.ly/48aaeoy.
- GROW YOUR OWN PRODUCE** – Fertile Ground Education Center begins a monthly workshop series Wednesday, February 7, taught by permaculture expert Marisha Auerbach, via Zoom the first Wednesday of the month through November. Take a single class (\$30), take a series of five classes (\$130) or sign up for the whole series (\$250) to learn strategies to help gardeners grow their own food. Visit fertileground.org for more information or to register.

Candidate Learning Sessions

The City Elections Office is hosting sessions in January for those interested in learning how to run for office in the City of Portland. Whether you’re a seasoned campaigner or a newcomer, these introductory learning sessions will help you understand the process of running for office in Portland.

Monday, January 8, 6-8 pm, is an in-person session at Com-

munity Music Center, 3350 SE Francis Ave. Wednesday, January 10, 6-8 pm, is a virtual session. Registration for both sessions is at bit.ly/CandidateLearning. A link for the virtual session will be provided after registration.

Questions can be directed to the City Elections Office by emailing elections@portlandoregon.gov or calling 503.823.4022 Monday-Friday, 8 am-5 pm.

Apply to Host a Summer Free For All Event

Portland Parks & Recreation's (PP&R) Summer Free For All Cultural Events (SFFA) program is gearing up for a Summer 2024 season full of free cultural events in Portland's parks. The mission is to build community through free, inclusive and family-friendly activities that celebrate Portland's diverse cultures and local artists.

SFFA partners with community groups, artists, nonprofits, culturally-specific groups and more to produce free concerts, movies and cultural events throughout Portland. There are three categories of events: concert/performance events, traditionally known as “Concerts in the Park,” that feature a local band, artist or performer and running 6:30-8:30 pm; movie events, traditionally known as “Movies in the Park,” starting at 7:30 pm with movie screenings beginning at dusk; and other cultural events for those that don’t fit into one of the other categories.

The 2024 event dates are Thursdays, Fridays and Saturdays July 11-August 31. For all events, applicants will provide their top three park locations and dates. SFFA events are traditionally held in the evenings although PP&R will consider an event that takes place earlier in the day.

For concert/performance

events, applicants will provide their top three music genres and/or performance types. For movie events, the top three movie choices are to be provided.

All programming requests for events are made in consultation with SFFA and are subject to final approval by the SFFA team. This is to ensure that programming requests are available, logically feasible, meet safety guidelines and are in compliance with city rules and regulations.

Applicants are required to contribute at least \$1,000 towards their event, depending on the event. Factors that could increase the contribution amount include, but are not limited to: type of event; length of event; amount and type of bands/artists/performers; amount and type of onsite activities and services; and event infrastructure needs (staging, sound support, trash collection and removal, bathrooms, etc.). Community contributions are nonrefundable.

For full information, including the Community Partner Handbook with more details, and to apply, visit bit.ly/SSFAhandbook. Applications are due by Monday, January 15, 11:59 pm. Acceptance notifications will be sent January 19 and Community Contributions for approved events are due by June 7.

Holiday Garbage and Recycling

As you clean up from the holidays, the City of Portland has information on how to recycle common holiday waste, what to do with your tree after the holidays and pickup delays due to the holidays. Starting with items that can go in the blue recycling bin, wrapping paper and gift bags made only of paper (no foil or glitter) and cardboard boxes are suitable for recycling. It's ok to leave tape and labels on boxes. Flatten boxes and cut up large ones so they fit inside the bin.

Food—plate scrapings, cooking scraps and food that has spoiled or is moldy—can go in the compost bin. Additionally, holiday trees, wreaths and greenery that have had all decorations, lights and wire removed can be composted. Trees that are cut into pieces (three feet or shorter) can be placed in the compost bin at no extra charge. For those who prefer to set out the whole tree (six feet or shorter), it can be set next to the compost bin for a \$5.25 charge. Fake or “flocked” trees go in the garbage; call your garbage hauler for a cost estimate to set out a whole tree.

Items that cannot be recycled or composted and need to go in the garbage include envelopes with plastic padding (even if the outside is paper); foil or glitter-



covered wrapping paper and gift bags; bubble wrap, plastic “air pillows” and packing peanuts, plastic gift cards and any plastic not shaped like a bottle or round tub; and “tanglers”—string lights, ribbon, yarn and cords—that get tangled in the machines that sort recyclables and cause the whole process to shut down. Some of these items may be recyclable through other means like Ridwell; check their website for details.

If you have more trash than will fit in your bin, extra trash bags or cans (32 gallon and 55 lb maximum) can be set out for a \$5.85 charge each. Call your garbage hauler for cost estimates for large, bulky items that don't fit into the garbage bin (like furniture or mattresses). Items in good condition may be able to be donated (call 503.234.3000

for information) or offered free to neighbors via Nextdoor, a Buy Nothing Facebook group or Craigslist.

This year Christmas Day and New Year's Day both fall on Mondays, which means collection will be delayed by one day for all Portland customers. Friday customers will have their garbage day on Saturday. The city offers free garbage day reminders, available by email, text, phone call or app. Visit bit.ly/Garbage-DayReminders to get signed up.

In the case of snow or ice, put your bins at the curb for your usual collection day and leave them there. Garbage haulers will come as soon as they can. Those signed up for the city's garbage day reminders will also be alerted when collection is delayed due to snow or ice.

Private Health Insurance Open Enrollment

Open enrollment for 2024 private health insurance began November 1 and while the deadline for January 1 coverage has passed, there is still time to apply for coverage starting February 1. January 16 is that deadline and this exclusive time of year is a crucial opportunity for people to secure the coverage they need through private health insurance.


The Oregon Health Insurance Marketplace, a part of state government, offers quality health plans designed to meet all basic needs and more for people who do not have job-based coverage and do not qualify for the Oregon Health Plan or another program. With numerous plan options available, the Marketplace offers free, local support for comparing and choosing a plan. Additionally, experts can help identify financial assistance options and cost savings eligibility.

“We understand that health insurance can be confusing, but we’re here to help you every step of the way. We work with partners across the state to provide in-person and virtual support to help you find the plan that meets your and your family’s needs,” says Chiqui Flowers, director of the Oregon Health Insurance Marketplace. “During the open enrollment period, we are able to offer more financial assistance than ever before and our partners

can help Oregonians determine what assistance they qualify for.”

As residents in Oregon and across the country continue to grapple with financial challenges, there are options available to help identify coverage within their budget, potentially at a price point lower than their current insurance, possibly even more affordable than employer-provided coverage. To determine eligibility for a more affordable plan through the Marketplace, visit orhim.info/ESIcoverage.

96 percent of Oregonians have health insurance, and 80 percent of people who applied for financial help qualified in 2023. Visit OregonHealthCare.gov to get started.


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New Helpline for Measure 110 Services

People seeking Measure 110 services and supports (the Drug Addiction Treatment and Recovery Act of 2020) can now access a newly invigorated helpline to more efficiently connect individuals with treatment, housing and overdose prevention providers within the statewide behavioral health resource networks (BHRNs).

The Oregon Health Authority (OHA) announced that the non-profit Health Resources in Action (HRiA) was selected as the new contractor for the helpline, replacing Lines for Life. The firm has extensive experience working with federal and

state government agencies and operates helplines in Massachusetts, Illinois and Vermont.

HRiA is planning to undertake extensive statewide outreach and add new functionalities to the hotline, such as texting. Existing functionalities that will continue to be available are the resources for substance use screening, service referrals and information for those seeking to have Class E citations waived.

Under its contract, HRiA will operate the phone and text helpline, develop a comprehensive website to support the helpline, offer follow-up calls to support service access and

promote the hotline. The new helpline number is 833.975.0505. The previous helpline phone numbers, 503.575.3769 and 541.575.3769, will continue to operate and will feed into the new 833 number. Since 2021, 577 people have called the helpline. Nearly half of them had citations.

OHA Behavioral Health Director Ebony Clarke said, “The helpline has been vastly underutilized and we’re optimistic that HRiA’s trauma-informed and compassionate approach to supporting individuals in need of help will make it easier for Oregonians to access Measure 110’s life-saving services and supports.”



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SE Uplift Announces 2024 Grantees

By Kris McDowell

The SE Uplift Neighborhood Coalition is proud to announce that it has awarded grants totaling over \$76,000 to 24 community groups for projects that will take place throughout inner SE Portland in 2024. Now in its 17th year, the grants program is made possible through funds provided by the City of Portland's Office of Community and Civic Life.

"We're grateful to the volunteers on this year's Grant Review Committee for their thoughtful evaluation of each proposal, and how they came together to recommend to our board the 24 incredible projects that will soon take place in neighborhoods throughout inner SE Portland," remarked Executive Director, Nanci Champlin.

A record-setting 57 applications were submitted to SE Uplift for the IDEA Communications Grants and the Community Small Grants. Themes among the projects awarded grants include arts and culture; youth leadership; homelessness and housing justice; inclusion, diversity, equity and accessibility; gardening and food sovereignty; and seed money for innovative pilot projects. From local community gardens to a ground breaking LGBTQ+ soccer league, welcome packets for new neighbors and an interactive musical bench for youth, these projects demonstrate the abundant creativity and care that is at the center of our communities.

The IDEA Communications Grants were awarded to four community projects that

focus on inclusion, diversity, equity and accessibility. One of the recipients, Growing Gardens, has translated a Vietnamese gardening manual that is provided to each participant of their Home Gardens Program. The next step in the process is to gain community feedback and insight through community member review and a focus group regarding the translation.

The other three recipients of IDEA Grants are neighborhood associations. Mt. Scott-Arleta Neighborhood Association will use the grant funding to maintain their existing web and video conferencing services (the most common way neighbors engage with the association), as well as expand their capacity to engage directly with neighbors at local community spaces. Reed Neighborhood Association will be creating inclusive and translated postcards and print materials for underserved populations living in apartment complexes, nursing homes and local businesses. Richmond Neighborhood Association produces and hand-delivers a newsletter four times a year that reaches over 4,000 residents and businesses, a project the grant money will be used to support.

The Community Small Grants program builds the skills and capacity of project leaders to shape the place where they live, creating confidence and growing ongoing engagement of new community leaders. "The SE Uplift Neighborhood Coalition's Community Small Grants program provides a powerful way to

support inspiring work by local groups to build connections and foster improvements within our inner southeast Portland district," says Alex Cherin, SE Uplift's Partnerships and Grantmaking Programs Manager. "I am excited about the big impact these groups will make with a relatively small amount of funding." The following 20 organizations received the grants.

- Black and Beyond the Binary Collective
- Welcoming New Neighbor (Eastmoreland Neighborhood Association)
- Eastside Jewish Commons
- Empower House
- Friends of Portland Community Gardens
- Growing Gardens
- Lavender League
- Liberated Stories
- MediaRites
- Montavilla Collective Beautification Project
- Montavilla Farmers Market
- Municipal Eco Resiliency Project
- Naturally Beautiful Project Academy
- Portland Area Theatre Alliance
- Portland Indigenous Marketplace
- Reading Results
- Samewave Upstart Program
- Shelter Now
- Squires
- The Shadow Project

For additional information about the grant recipients, their grant-funded projects and SE Uplift, visit seuplift.org, and mark your calendar for the annual Grantee Mixer, Thursday, June 6.

SE Division Micro-Village

from page 1

fit almost anywhere. All we need is an unused parking lot somewhere and we can make it work."

Day to day operations of the village are overseen by professional staff who help villagers get access to services and resources, from obtaining proper identification to finding addiction treatment to applying for jobs and housing. The goal is to "graduate" residents of the village into permanent housing and stable living conditions within two years of their move in date.

Cigruna Vidracia moved into Parkrose Community Village in November of 2022. Vidracia had been houseless for months and was on a downward spiral culminating in her checking in to Cedar Hills Mental Health Clinic for suicidal ideation. Staff at Cedar Hills put her in touch with WeShine.

"If I didn't have a place to go, I knew exactly where I was going, and it wasn't anywhere positive," says Vidracia. "It's not an exaggeration to say that finding this place saved my life."

Vidracia now acts as a spokesperson for the villagers, sometimes conducting discussions and interviews on WeShine's behalf, and is now

hoping to pursue a career as a peer support specialist. She also helped design the colorful floral patterns that adorn the fence of the village.

WeShine met with some resistance after proposing the Parkrose Community Village in 2022. "We're no different than any other shelters in the sense that when we propose to come into a neighborhood, even if a host has invited us in, there are people who are very frightened and upset because they've had some bad experiences with people with issues with substance abuse or mental or health or criminal backgrounds and they're very afraid," says McManus.

A nearby retail store posted a petition to stop Parkrose Community Village from being built. "There were petitions on the counters and a thousand people signed saying they didn't want the villagers," says McManus. "I think the merchants at that little shopping center now see our villagers mostly as a really positive influence. We've helped save lives over there from people overdosing in the parking lot and we've put out fires that people have set."

After a year of operation,

none of the problems (mainly increased drug use and crime) that concerned the village's neighbors materialized. Some of the village's early opponents have become vocal advocates. So far five villagers have graduated to permanent housing and other residents such as Vidracia appear to be on track to graduate in the next year. With Parkrose Community Village serving as an example, McManus has had an easier time convincing other neighborhoods to host micro-villages.

"We try to get people to come see this village, because once they see it they go, 'Oh, this isn't like campers, this isn't like parked cars, this is something different'," says McManus.

One group that visited were from New Day School, a Clinton neighborhood alternative preschool that will be one of Avalon's direct neighbors. "They came over and saw this village, and decided that they weren't concerned," says McManus. "They've offered to teach yoga to the villagers over there, so I think it will be really cool and I can't wait for that to happen."

Learn more about WeShine, including volunteering opportunities, at weshinepdx.org.

COMING TO MILAGRO!

¡HUELGA!



by Maya Malan-Gonzalez
Jan 12 – 27, 2024

Dolores Huerta, Chicana activist, finds her life forever changed when she meets the dynamic Cesar Chavez and together they form the UFW. An Aztec eagle guides Dolores through her highs, lows and lessons learned along the way in this interactive *super-acto*. Sing along to the music from *el movimiento* as you learn about the amazing journey of a woman who continues to make history today.

SAVE THE DATE!

Verónica Princesa
by Alicia Dogliotti & Federico Roca
Feb 16 – Mar 2, 2024

Verónica, is a pre-adolescent who, faced with traditional tales, questions the roles of different "princesses" as she learns to put herself in the shoes of others and especially those of her mother.



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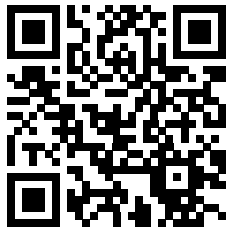
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AE

Arts & Entertainment

Carte Blanche Welcomes Ruth Carter



PAM CUT//Center for an Untold Tomorrow is excited to welcome one of the greatest living costume designers of our time for one night only to the Tomorrow Theater, 3530 SE Division St. In conjunction with *Africa Fashion*, PAM CUT will host living legend and Academy Award-winning costume designer Ruth E. Carter as part of Carte Blanche, the quarterly series giving polymath artists free rein to do what they want to do and share something new.

Attend the conversation with Carter and Amy Dotson, Director of PAM CUT and the Portland Art Museum’s Curator of Film & New Media, Friday, January 12, 6 pm. Carter will reflect on her career, Afrofuturism and her latest book, *The Art of Ruth Carter: Costuming Black History and the Afrofuture, from Do the Right Thing to Black Panther*. The Carte Blanche weekend also includes screenings of Carter’s ground breaking work in the *Black Panther*, as well as a preview screening and Portland premiere of Sundance 2023 sensation, *Bravo, Burkina!* by writer-director and fashion designer Walé Oyéjidé.

Tickets for all three Carte Blanche weekend events available at tomorrowtheater.org.



PWNW January Events

January is going to be epic at Performance Works NW (PWNW). In just the first week there is an art gallery opening and they will host three award-winning artists in *Ama, the Diver*. Mid-month brings a new edition of Imposter/switch and a celebration of Artistic & Executive Director and Co-Founder Linda Austin’s 70th birthday.

Starting Thursday, January 4 and running through Saturday, January 27, Austin presents work as part of an exhibition curated by Jaleesa Johnston at Gallery 114, one of the oldest art collectives on the West Coast. *Imprints, Objects in Performance* will be displayed alongside works by artists Noah Beckham, Fernanda D’Agostino and maximiliano.

Ama, the Diver is an adaptation of an ancient Noh play directed and performed by NYC-based performers Katina Rangel and Jim Fletcher, with original cello music performed live by Seattle’s intrepid Lori Goldston. The 75-minute play runs Friday, January 5 and Saturday, January 6, 7:30 pm both days.

The fifth edition of Imposter/switch, and the first in which Marissa Rae Niederhauser is joined by new co-curator liz HOWLS, featuring performers Hannah Krafcik, Yaara Valley, Devin Devine, Stephanie Leet, the Bone Goddess and Sarah Eaton, takes place Saturday, January 13, 8 pm. The quarterly interdisciplinary arts exhibition/performance celebrates the imposter syndrome living in each of us, inviting artists to courageously “fake it” wearing the [creative] mask of another artist.

In honor of Austin’s 70th birthday and to raise funds for artist projects, PWNW will be hosting a party and “roast” Sunday, January 28, 6 pm. There will also be a raffle, taco bar and karaoke to follow. Tickets (\$15-\$70) include one free drink.

Tickets for *Ama, the Diver* and Imposter/switch are sliding scale. Visit pwnw-pdx.org to purchase. PWNW is located at 4625 SE 67th Ave.

9th Annual PDXWLF



Photo by Amy Sakurai.

The annual Portland Winter Light Festival (PDXWLF) will take place Friday, February 2-Saturday, February 10, and promises to enchant visitors of all ages with a dazzling array of light-based sculptures, projections, digital interactive art, pop-up art in storefront windows, performances and participatory events. The annual program of the Willamette Light Brigade, a Portland nonprofit, takes place at dozens of locations throughout the city. Themed “What Glows Under Pressure,” it will feature the work of 125+ local and regional artists and creative firms.

Anchor sites, including the Electric Blocks (SE 2nd Ave. and Clay St.), will be focused on Friday and Saturday nights only. Many pop-up installations will be viewable from the street throughout the nine-day festival. A comprehensive list of art, performances and live events can be found at pdxwlf.com.

“The Light Festival has always been about invigorating Portland during the darkest time of year,” says Executive Director Alisha Sullivan. “Now more than ever, we love seeing downtown Portland and neighborhoods filled with smiling faces exploring and looking for art, eating dinner out and exploring local businesses. This event highlights Portland at its best, with the community coming together, rain or shine, to make something creative and beautiful happen.”

The PDXWLF is proudly presented by PGE. PGE’s support is vital in bringing this beloved winter tradition to life and illuminating Portland’s urban landscape. “Clean, renewable energy is a great way to make our present and our future brighter. We love powering the creativity of the communities we serve, and we’re thrilled to be a part of the ninth annual Portland Winter Light Festival,” says Gregg Arntson, director of PGE’s Community Impact initiatives. In addition to Presenting Sponsor PGE, the event receives crucial support from Prosper Portland, Downtown Portland, the James F. and Marion L. Miller Foundation, Killian Pacific, Travel Portland, NECA IBEW, TriMet, Oregon Media Group and others. Admission is free.

Montavilla Jazz Festival Accepting Submissions

Montavilla Jazz is officially accepting submissions for 2024 festival acts. To launch their second decade, the organization developed a new artist-driven curation model that invites musicians to submit proposals for review by a panel of their peers. Montavilla Jazz will then base programming on recommendations from the panel of Portland-area musicians with an array of jazz and jazz-related practices. The panel review process is designed to prioritize creative presentations of original jazz music with strong local ties as well as celebrate a broad spectrum of what jazz means today.

2024 Festival Artist submissions are open until 11:59 pm Wednesday, January 31. Submission details can be found at montavillajazz.org/artist-submissions. Applicants will be notified of the results of the Panel Review Process and subsequent artist selections no later than March 29. The lineup for the 11th Annual Montavilla Jazz Festival, running August 30-September 1 at venues across the city, will be announced May 20.

Prior to this, festival programming was curated solely by Montavilla Jazz artistic and executive leadership. By actively soliciting submissions and inviting a panel to review them, Montavilla Jazz hopes to expand the festival’s palette and find new ways for audiences to engage with local, original jazz music.

McMENAMINS

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Wild Oregon Exhibit



Travel Logs, logs and maps, 12x16 inches, by Tom Skelly.

Featured artists Tom Skelly and Jeanne Steffan present *Wild Oregon* at Sidestreet Arts, 140 SE 28th Ave., Thursday, January 4-Sunday, January 28. The artists will be in the gallery for the First Friday Art-walk on the 5th, 5-7 pm to talk about their works.

From an early age, Skelly’s interest in art did not veer off track and has been a fountainhead for a spacious body of work. After a stint in the army, he went to art school and then began exhibiting his work while designing and implementing a multi-arts program at the Chino prison. Skelly moved to Portland to reunite with family members and continue his studio art endeavors along with hosting his radio program, “The Sound of Pictures” on XRAY.FM. While Skelly is a painter, of his work in this exhibit he says, “Most includes some sort of collage ele-ments to give each artwork additional personality. Sometimes I leave painting altogether as in the piece, *Travel Logs*, which uses logs and maps instead of paint. The materials I use can be compared to the in-strumentation a film composer chooses to boost the subject’s intellec-tual and emotional response.”

Steffan is a southern Cali-fornia transplant now living and working in Portland. Her love of rain, trees, old architecture and endless coastline makes her a neo-native to the Pacific North-west. Steffan says, “This exhibit gives me the opportunity to re-lect on the awesome beauty and drama I have experienced living in Oregon for six years. Wild ocean and rivers, breathtaking skies, majestic mountains and di-verse natural habitat are continual inspirations. Painting nature is humbling, and these works are a personal interpretation of how this biome surprises me at every turn. They only offer a snippet of the infinite splendor this wild state provides. I feel that I have just begun a never ending novel with my eyes wide open.”

Visit Sidestreet Arts Thurs-day-Sunday, 12-5 pm or online at sidestreetarts.com.



Devil's Churn, Acrylic on panel, 16x20 inches, by Jeanne Steffan.



The Sound of Nature, Acrylic on canvas, 24x30 inches, by Jeanne Steffan.

PJCE Double Album Release

The Portland Jazz Composers Ensemble (PJCE) has two full album releases to start the new year. The first, from veteran pianist George Colligan, is a stunning collection of songs that capture the essence of America’s first Black poet, Phyllis Wheatley. *The Phyllis Wheatley Project* includes a talented ensemble of musicians (most of whom were once students of Colligan) including vocalist Zyanna, trumpeter Noah Simpson, bassist Garrett Baxter and drummer Domi-nick Branch. With Colligan, they bring this exciting project to life with passion and conviction.

She Sleeps, She Wakes, from Adriana Wagner, was born from perspectives of heartbreak, struggle, perseverance and resilience. “She sleeps” represents the peace of slumber and unfiltered creativity drawn from the subconsciousness. “She wakes” is the realization of these vi-sions into the living world. Wagner, an up-and-coming trombonist and composer, is joined by Matt Sazima (piano and vibraphone), Garret Baxter (bass) and Domo Branch (drums).

More information and links to purchase both albums at pjce.org.

Taylor Swift Comic Book

Portland’s TidalWave Com-ics is excited to reveal the latest installment in its acclaimed “Fe-male Force” series, spotlighting none other than Taylor Swift. Launched just in time for her 34th birthday, “Female Force: Taylor Swift” promises to captivate fans with an engaging comic ex-perience.

Penned by Eric M. Esquivel and illustrated by Ramone Salas, the comic book spans 22 pages and is accessible both digitally and in print across various plat-forms, including Amazon. The book is offered in paperback, featuring a cover by Salas, and in hardcover, boasting an alternative cover crafted by Marvel Comics artist Yonami.

“Of course Taylor Swift de-serves her own comic book,” said Esquivel. “She wears colorful tights and fights corporate villains who try to use their money to control her. The only other person who fits that description is Clark Kent...and even he couldn’t have written ‘1989.’”

The enthralling retrospec-tive is the newest addition to TidalWave’s extensive collec-tion of over 200 comic book bi-ographies and traces the journey of America’s cherished singer/songwriter. Taylor, a staunch sup-porter of charitable causes, not only treasures her fans but also embodies the spirit of “Female Force,” standing as an empow-ering figure in the entertainment industry. Visit tidalwavecomics.com for this title as well as their full collection.

Fundraiser For Artichoke Music

DeNicola’s Authentic Ital-ian, 3520 SE Powell Blvd., is holding a fundraiser for Arti-choke Music with live music from Woodlander 6-8 pm Wednes-day, January 10. A portion of the night’s proceeds will be donated to the organization.

Woodlander is a trio of musicians who have played to-gether since the 1970s in a pop-ular Northwest rock/country/bluegrass band called Wheatfield, which was recently inducted into the Oregon Music Hall of Fame. The acoustic Americana trio per-forms on a variety of instruments, with a strong tilt towards original songs and a well-developed talent for entertaining audiences.

Woodlander consists of Kerry Canfield (upright bass and accordion), Paul Douglas (gui-tar, fiddle and harmonica) and Will Hobbs (guitar, mandolin, harmonica and flute). With three singers and multi-instrumental-ists, expect many three part har-monies, along with various com-binations of instrumentation and musical influences.

OMSI After Dark



OMSI After Dark and 2 Towns Ciderhouse are proud to present CiderFest, a cider-tasting experience featuring Oregon’s top cideries Wednesday, January 17, 7-11 pm. Drink up, toast the local cider scene and explore the science that goes into crafting cider.

OMSI After Dark is for the 21-and-over only crowd, where at-tendees can drink and roam the museum without any children around. There will be science demos (cider pressing and cider goggles to ex-perience how vision changes under the influence of alcohol), perfor-mances, DJs and artisan food and beverage vendors. The exhibit Or-cas: Our Shared Future follows the currents of ecological activism, popular culture and Indigenous beliefs to gain a new appreciation of these sophisticated animals, long feared in Western cultures as “Killer Whales” (exhibit closes at 10:15 pm). Explore how animals use tough armor, powerful venom and poison, sneaky camouflage and mimicry, and stunning speed and sound to fend off, evade and trick predators in *Staying Alive: Defenses of the Animal Kingdom*. There are also timed activities in the Empirical and Planetarium theaters, Turbine Hall and the OMSI photo booth.

Tasting packages (\$50 includes all activities, 10 tasting tickets and commemorative glass) and non-tasting packages (\$25 includes all activities except cider tastings and commemorative glass) are available at omsi.edu. OMSI members receive a 15 percent discount. OMSI is located at 1945 SE Water Ave.

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12 a gender-bending cabaret DAPPERLESQUE

17 NELLIE MCKAY Hey Guys, Watch This album release

19 20 21 DARK SIDE a piece for assorted lunatics a night of aerial dance and Pink Floyd with live music from LOVE GIGANTIC

22 AMY HANAIALI'I Palehua 25th Anniversary Tour

24 SCIENCE ON TAP WITHIN REACH The Fight to Finish Cancer

25 26 Judy Blue Eyes CSN Tribute feat. members of the NOWHERE BAND with CSN Guitarist JEFF PEVAR

27 MAY ERLEWINE + R.O. Shapiro

31 STORYBOOK a night of ENDINGS music, circus, & burlesque

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2.2 CHERYL WHEELER + Kenny White

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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 360-Degree Life

My main goal, as a yoga therapist, somatics educator and Positive Neuroplasticity teacher, is to help people get out of their heads, into their bodies and anchored into the present moment more frequently until it becomes a good habit. This is because the majority of people, including myself for too long, endlessly waste time worrying, ruminating, feeling depressed or anxious or both, while blind to the goodness that is all around.

Unless you are in a situation where your survival is at risk, you should have some capacity to experience positive moments every day. Please understand that there is a difference between having a positive experience and really taking it in to become a part of you. Negative experiences are quite powerful, easily overwhelming positive ones, but you can learn to take positive experiences and turn them into lasting traits inside of you, effectively filling your cup for those inevitable “rainy days.” But first, let’s take a look at some barriers that prevent you from living the full human experience.

Monkey Mind

The mind typically ping pongs from ruminating on the past to worrying about the future, comparing yourself with others and grasping at what you want while resisting what you don’t want, rarely resting on what is present right in front of you.

Feeling Unworthy

Feeling unworthy of enjoying life can inhibit you from experiencing joy, love and goodness.

Perfectionism

Striving for perfection leads to a hyper-focus on flaws or failure, making it hard to fully embrace positive experiences.

Bad Habits and Addictions (including technology)

When discomfort arises, it is common to engage in some form of escape to resist feeling

any pain. The pleasure of this escape is fleeting. It doesn’t last. Not only that, you’ll need increasing amounts to get any type of pleasure as you continue.

Toxic Social Environment

Being in a toxic environment can overwhelm what’s good, sweet or beautiful.

Physical Discomfort or Pain

Experiencing physical discomfort, pain or illness can divert attention away from the possibility of feeling good.

Unresolved Emotional Issues

Lingering emotional issues, such as trauma or unresolved conflicts, can interfere with the ability to be present and take in what’s beneficial.

Excessive Busyness

Overwhelming schedules, multitasking and constant busyness can prevent individuals from slowing down and being present for the good moments.

Lack of Self-Compassion

Difficulty offering oneself kindness, self-care and self-compassion can hinder the ability to fully take in the good.

Being in Survival Mode

When struggling with life basics (putting food on the table, paying rent, keeping the lights on, getting to work), sheer exhaustion can make it difficult to experience what’s nourishing.

We have some control over some of these issues while others are issues that require additional support or resources in order to come to a place of stability and therefore a place to be able to receive positive experiences.

What are the benefits of reducing these barriers? It seems counter-intuitive but to be able to accept and feel pain or discomfort without rejecting, denying, escaping or suppressing it allows us to experience the fullness of a

360-degree life. Instinctively, we want to protect ourselves and our loved ones from pain, but these are normal painful experiences that everyone goes through just simply by being human. Learning the skills to deal with these painful experiences will help you move through them more quickly and with less resistance. It’s the resistance and suppression of these feelings that can cause prolonged pain and suffering.

As you learn to face your pain or discomfort with more patience toward the process, kindness towards yourself, acceptance of reality and the knowing that you are not alone, you become more stable, flexible and adaptable. Eventually you’ll be able to have gratitude for ALL experiences of being human. Pain becomes more bittersweet than just bitter because it is an essential part of being human.

Our brains have evolved so that we have a neocortex, the executive part of the brain, that we can use to direct the mind towards things that are more beneficial, more helpful, more loving, more inclusive, more wholesome. We can receive things in the present moment that are little life gifts—gifts of connection (making warm eye contact with a loved one or stranger or opening the door for someone with arms full), gifts of beauty (a vibrant pink dogwood in the spring, the joy of a dog rubbing its back on the ground, the colorful murals of talented artists), gifts of running water or snowflakes falling or a the sweetness of a seasonal Hood strawberry.

I hope that this sparks something inside of you so that you can see a glimpse of something different. For those that need additional help achieving a 360-degree life, I encourage you to find the resources to help you do this. You don’t have to do it alone!

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Neighborhood Notes

HAND
By Jill Riebesehl

The Hosford Abernethy Neighborhood District (HAND) Board doesn't hold a meeting in December unless something urgent comes up. We did, however, enjoy a holiday get-together with friends, at which our state representative, Rob Nosse, stopped by to say hello and share some cheer.

Some of our members continue monitoring the neighborhood on the watch for how we might be being affected by the large temporary shelter at the bottom of Clinton St. Current problems are RVs popping up. Changes to look forward to in the new year are finally establishing a small shelter for women and people with handicaps near New Seasons; setting up speed cameras on SE Powell Blvd.; and planning by the school district for possible major changes for Cleveland High, to which local residents are invited to participate.

The next meeting will be Tuesday, January 16, 7 pm in the St. Philip Neri campus conference room.

Richmond Neighborhood Association
By Ann Sandvig

The Richmond Neighborhood Association (RNA) held its monthly meeting December 11. Meetings are held the second Monday of the month from 7-9 pm except January. The next meeting will be February 12.

The RNA meetings are held in person at Central Christian Church, 1844 SE Cesar E Chavez Blvd., with a hybrid option so people can 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. All are welcome to attend in person or via Zoom.

Portland Police Officer Sarah Kerwin gave a brief presentation about crime and safety issues in the Richmond Neighborhood.

Brett Baylor, Metro Climate Action Team, gave a presentation on making our homes safer, cleaner and greener.

Claude Sakr, RNA Land Use, Transportation and Sustainability Committee, gave a presentation on concerns about the Notice of Findings of No Significant Impact and Notice of Intent to Request a Release of Funds, both issued on November 11, for the Peaceful Villa affordable housing project.

Eric Swehla, Richmond Neighborhood Emergency Team (NET), gave an update on emergency preparedness and noted that applications are still being accepted for NET training being held January 13-February 4. Applications are available at portland.gov/pbem/neighborhood-emergency-teams/volunteer.

Come and check out a meeting and learn about ways to get more involved in your community.

South Tabor Neighborhood Association
By Cathy Kudlick

Join us for our first South Tabor Neighborhood Association meeting of 2024 Thursday, January 18, 7 pm at All City Church, 2700 SE 67th Ave. Come share your ideas about connecting with neighbors and improving safety. Anyone who lives or works in South Tabor (SE 52nd Ave. to SE 82nd Ave. between SE Division St. and SE Powell Blvd.) is welcome at our low-key, convivial gatherings.

Our land use committee will meet on January 16, 7 pm via Zoom for a presentation on a proposed 124-apartment, four-story affordable housing development at the western edge of the PCC SE campus. Visit southtabor.org the day of for a link.

Connect with us by joining our mailing list on southtabor.org and our Facebook group.

Sunnyside Neighborhood Association
By Gloria Jacobs

Happy New Year Sunnyside! Our next General Meeting will be at SE Uplift Thursday, January 11, 7 pm. It will double as a public engagement meeting for the Multnomah County Library system regarding the Belmont Library renovations. This is another opportunity to learn about the coming changes to the local library and provide feedback on design plans.

PBOT has a new Play Streets program that aims to transform neighborhood streets into recurring pop-up community hubs for socializing, play and physical activity. Events might include games, cultural performances, kids demonstrations and more. The city can provide up to \$5,000 in funding, training and access to city amenities like the mobile library truck. Learn more at portland.gov/transportation/permitting/learn-about-play-streets-program. If there is community interest in the program, the SNA can help. Through SNA's relationship with SE Uplift we can act as a non-profit fiscal sponsor and help with coordination and outreach. Please contact the Board ASAP at board@sunnysideportland.org since applications are due January 31.

The 4th Annual Winter Clothing drive was a huge success. Thanks to everyone in the neighborhood who donated warm coats, sweaters, tents, sleeping bags, etc. And, a big thanks to local businesses ¿Por Qué No?, Dove Vivi, Henry Higgins Bagels and New Seasons for donating food and/or gift certificates so we could buy warm food for our houseless friends.

The non-profit Southeast Portland Tool Library at Hinson Church (SE Salmon St. and 20th Ave.) keeps tools close at hand and needs a helping hand from you. Volunteers are needed to help track, lend and repair tools so please consider making sure your neighbors always have access to the tools they need. No experience necessary. Email volunteers@septl.org or visit septl.org for more information.



Business Association Notes

82nd Avenue Business Association
By Nancy Chapin

Happy New Year! Lots of planning has happened on The Avenue in 2023 and we are looking forward to more safe crossings, wider sidewalks, better lighting and more neighbors and friends shopping on and near 82nd Ave. in 2024.

The Around the World in 82 Dishes passport is still in effect and soon will be available to download online at 82Dishes.com.

82 Roses Community Enrichment Coalition, 82rosescec.com, will be presenting the 18th Annual Pa-

continued on page 15

Scale Up Grant Recipients

BY PROSPER PORTLAND

In partnership with Travel Portland, the Events & Film Office at Prosper Portland is proud to announce three awardees for the inaugural Scale Up Grant, a competitive grant program providing funding and technical assistance for local Portland events that are positioned to grow and attract attendance beyond the Portland metro region. The awardees for the first round are Fertile Ground Festival of New Works, Kickstand Comedy in the Park and Good Food Awards Weekend. All three events will take place in January-June 2024.

Commissioner Carmen Rubio said, "Scale Up Event Grant recipients are leading the way to demonstrate the importance of the creative economy to Portland's recovery. Creativity and vision are what Portland has always been known to do well-and with this financial support, these events are positioned to draw even more visitors to our beautiful city."

Fertile Ground Festival of New Works is an 11-day festival featuring new performances by local artists including world premiere projects, staged readings, developing works and a myriad of other arts events from the Portland creative community. After a strategic hiatus, Portland Area Theatre Alliance is presenting its first in-person Festival since 2020.

Fertile Ground showcases new and local "acts of creation" at various stages in their development. In 2020, the festival included 52 unique projects by 46 different producers, including fully staged world premieres, readings of new scripts, songs from new musicals, solo shows, puppetry, dance, circus arts and panel discussions with local artists. In 2024, the festival will expand to include local restaurants and bars near venues and invite them to offer a discount for festival attendees.

"As a new leadership team trying to bring a beloved Festival back to full force and into a phase of new growth, the Scale Up grant could not come at a better moment, or more perfectly align with our objectives for Fertile Ground's future: to showcase the wealth and diversity of our local performing arts community, and realize our founder's vision of Fertile Ground as a destination event for exciting new 'acts of creation' and local culture," said Tamara Carroll, director of Fertile Ground Festival of New Work.

Kickstand Comedy in the Park is a series of free Friday evening comedy shows curated for an all-ages audience. The event has taken place every summer since its creation in 2021 in response to the COVID-19 pandemic-related closures of comedy and performing arts venues. Hosted in Laurelhurst Park from late June to early September, Comedy in the Park regularly attracts 4,700 Portlanders and out-of-town guests to the park each week.

"Kickstand Comedy in the Park is back in 2024 and is shaping up to be better than ever thanks to the Scale Up grant! With these funds, we're excited to remount one of Portland's premier free summer events while

continued on page 15



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rade on Saturday, April 27 and the business association is looking at the possibility of a 5K Fun Run to kick it off. The Parade, “Roses in the Heart of Portland,” is the beginning of the Rose Festival activities and we will be announcing an 82nd Avenue Rose Garden Photo Contest during the blooming season. There are more than 20 rose gardens on The Avenue and we have a few more to plant if your business or location has some room to add another one. Contact us at 82ndaveba@gmail.com.

Greater Brooklyn Business Association
By Laurie Lewis

The Greater Brooklyn Business Association (GBBA) is pleased to announce that after restarting our efforts in June 2023 we have 26+ active members and growing! The GBBA currently hosts monthly networking events with a morning Coffee Chat event in even months and a Happy Hour event in odd months, open to all businesses within our boundaries from SE Powell Blvd. to SE Steele Ave. and SE McLoughlin Blvd. to SE 28th Ave. Our January Happy Hour is Wednesday, January 3, 4:30-6:30 pm at Rainy Days Tavern, 4774 SE Milwaukie Ave.

Take advantage of marketing, business building and advocacy opportunities in 2024 and join the GBBA today! Businesses who join by Sunday, December 31 can take advantage of a discount of \$75 off any membership level with coupon code “2023membership.” Find more information on our website, greaterbrooklynba.com, or email us at greaterbrooklynba@gmail.com.

Hawthorne Boulevard Business Association
By Nancy Chapin

The Happy New Year! 2023 raced by and here we are in 2024! There are new events planned, past events continuing and new and older retail stores and food and drink establishments waiting to have you drop by and check them out.

First, in addition to the monthly HBBA Board meeting Wednesday, January 10 (2nd Wednesday) 8 am, there is a Happy Hawthorne Hour planned for Friday, January 26, 5:30-7:30 at The Hideaway, 2221 SE Hawthorne Blvd. The happy hours will continue to take place on the last Friday of each month through September.

On May 11, the Saturday before Mothers Day, we are planning an event for the mothers we are or who are in our lives on Lower Hawthorne. Details to follow.

On June 15, the Saturday before Fathers Day, we are planning an event on Upper Hawthorne that celebrates the fathers in our lives.

On August 25, the last Sunday in August, the 41st Annual Hawthorne Street Fair will be happening in the middle of Hawthorne.

Mark your calendars and watch for further details. Let me know if you have ideas about what you want to do for any of these events at administrator@hawthorneblvd.com.

Talk A Mile

ence and feelings going into and leaving the conversations. Survey data reveals that 97.1 percent of 132 participants stated that they felt “seen and heard” after the event, according to Talk A Mile.

Survey responses also revealed that many participants were eager to continue the conversations they had started, which sparked the idea for an alumni event. On Thursday, December 28, past participants of Talk A Mile events gathered at a Portland Trail Blazers game. 45 alumni were expected to attend and were admitted early to walk and talk before enjoying the game together.

Fogarty explains that he hopes to perfect the organization and events in Portland, eventually branching out to other cities. He also wishes to welcome additional Portland schools and Black Student Unions to the Talk A Mile events.

Many past participants of Talk A Mile have shared their thoughts on the events they’ve attended; some of their quotes are featured on the Talk A Mile website. These quotes include one from a PPB Trainee who shares, “I think this was a wonderful workshop for both [the] youth of the Black community and [PPB] officers. This should be mandatory for officers across the nation.”



PPB Assistant Chief Chuck Lovell participated in an April event.
Photo by Jacobsen Valentine.

A Black student also shares that, “Although you might not always see change happening, there is effort to change happening little by little.” Both quotes further uplift Talk A Mile’s impactful mission in SE Portland.

Many important conversations can be fostered in the time it takes to walk a mile; Talk A Mile is utilizing this to bring meaningful discussions and understanding

to participants about themselves and the future. Fogarty shares that his favorite part of hosting Talk A Mile events is seeing “people engaged in conversations, connected in the moment and not distracted by other things.” These conversations allow for participants to truly connect as people and be vulnerable, helping them acquire a better sense of each other and the community.

Willamette Center Reopens to Support Homeless Community

opment with the Transitions Project, said the team was able to get into the space and start accepting participants on Monday, December 18. “We are trying to shoot for a pace of 15 or so a day ideally. It’s going to take probably a couple of weeks to get it to full capacity.”

When the facility closed last year, Transitions Project said no participants were displaced, but emptied it of staff which it has had to rebuild for its return. DeMello says some staff have returned, like their former shelter manager, but he says that they still had to build up a full team there—with new members brought in to specifically operate this current iteration of the shelter.

As for the team and their work, DeMello said, “It’s inspiring to see them and the effort they put into it. They realize that there are going to be 120 adults in there, but each one of them is an individual human being with a different story and a different background. They take it upon themselves to make sure they’re there for them and their needs.”

DeMello also noted that, within the last five years, the population served at the center has been getting older and that poses new challenges. This means more people might prefer bottom bunks and more need to take into account medical equipment and other associated needs.

“It’s at a vital time getting 120 beds for 120 adults when the weather is getting colder. It’s a really important part of our continuum of care and we’re excited to be back there to be able to offer this space and hope that we can do a positive job there and help people on their journey and into permanent housing,” DeMello said.

Those interested in requesting a bed at the shelter can call 503.280.4700, visit the Transition Projects Resource Center at 650 NW Irving St., or fill out their online form at tprojects.org/shelter-access-pre-screening-form.

If you want to support and donate goods to the shelter, you can see a wishlist of their most needed items at tprojects.org/donate.

Scale Up Grant Recipients

paying our comedians and staff more, ensuring a better audience experience, creating wider access and giving Portlanders (and their dogs) even more reasons to share laughter together this summer,” said Dylan Reiff, artistic director of Kickstand Comedy.

The Good Food Awards Weekend is a nationally recognized three-day celebration of sustainable, socially responsible and delicious food and drink makers from all over the country. The first day brings together local Portland and Oregon leaders in food and farming for a special welcome dinner highlighting local agriculture and small food businesses. The second day includes an Oscars-style awards ceremony where 200 top national food makers will receive medals and give inspiring acceptance speeches, followed by an after-party. The third day is the Good Food Mercantile: 240 local and national sustainable food makers will sample their products for grocery store owners, food media and distributors from all over the country.

“We are thrilled to receive a Scale Up Grant to grow and deepen our roots in Portland. This city and its unique food and maker culture has always had tremendous resonance with the Good Food Foundation’s national community of best-in-class food and drink crafters, who loved coming here last year for the big

gala celebration. This grant allows us to build on that foundation and create a public tasting for food-loving Portlanders to join in the celebration and connect with the roasters, cheesemakers, curers, picklers and confectioners in town for Good Food Awards weekend,” said Sarah Weiner, executive director of the Good Food Foundation.

Scale Up Grants are intended to advance the city’s economic and cultural revitalization, with an emphasis on supporting areas of Portland that have experienced a significant impact from COVID-19, including high losses in the number of businesses and employment, high increase in office vacancies and significant change in visitor and employee foot traffic.

Award packages are comprehensive programs consisting of up to \$25,000 in direct financial support plus custom technical, marketing, administrative and logistical assistance provided by Travel Portland and Prosper Portland. Packages are customized for each recipient depending on needs requested during the application process. Awardees can also connect with other grant recipients as a part of a cohort model.

Applications open in spring 2024 for the second round of Scale Up Grants to support eligible events happening July – December 2024.



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