



The Roseway Reporter

roseway.org

PUBLISHED BY THE ROSEWAY NEIGHBORHOOD ASSOCIATION

WINTER 2013



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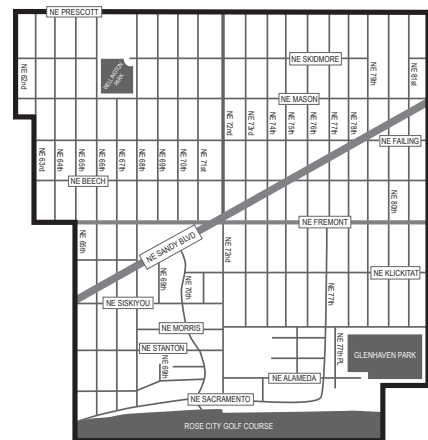
Roseway General Meetings are held three times a year on the second Tuesday of April, July, and October.

The meetings are held at Grace Lutheran Church, 7610 NE Fremont, 7 p.m.

Hope to see you there!

Roseway – 2013 and beyond by Paul Mooring

As the board chair for the Roseway Neighborhood Association, I'd like thank you for taking the time to read our inaugural winter edition of The Roseway Reporter. Our main goal in publishing the winter edition is to share the Roseway yearly calendar to give you a sense of events we are planning throughout this year. As you'll see, we have a lot of wonderful happenings, including Friends of Trees planting, our annual spring cleanup, and up to three concerts in Glenhaven Park this year. It's going to be an exciting year in Roseway!



Some of you may read this neighborhood newsletter from time to time and ask yourself, "What is the Roseway Neighborhood Association all about?" To be honest, the board has been asking itself that same question over the last several months. At its basic core, the RNA is a group of ordinary citizens who live, shop and thrive in the Roseway community. Many of us got involved with the board to try to help engage our community through events and outreach. The RNA has been contributing to our neighborhood for many years, but we find ourselves asking in what other meaningful ways we can make a difference and how to better project a more cohesive neighborhood message and image. To this end, we are embarking on a rebranding project, asking ourselves and the neighborhood what goals we want to accomplish in the years to come and how to bring more awareness to our community and the great things we have happening here. It will be a long process, but I believe that, through involvement, we will chart a course for the RNA that will have a lasting and positive effect on our neighborhood.

The RNA is about better serving our neighborhood and those who live here. Many of you are familiar with our three general meetings each year in April, July and October, where we feature community speakers, leaders and legislators and host activities like the ice cream social in the park blocks. I would also like to emphasize that we meet nearly every month in between to ensure that we continue the conversations about our neighborhood. Though these meetings are not as exciting as our general meetings, I encourage and welcome all of you to attend and contribute your opinions on how we can all make Roseway a better place to live.

The Roseway Neighborhood Association meets at 7 p.m. the second Tuesday of every month, except August and December. We typically gather at Grace Lutheran Church, NE Fremont and 76th. Please visit www.roseway.org for more information, as well as our Facebook page.

2013 looks to be an exciting year, and we look forward to meeting you, hearing your thoughts and coming together as neighbors and friends for the benefit of our community.

Old-timers reminisce in the 'hood by Bonnie LaDoe

On October 19 and 20, our own Peggy Sullivan hosted a reunion for some of us who grew up in Roseway. The guests included Tim Dalrymple of Astoria, whose 77th birthday was the reason for the reunion; his best friend since kindergarten, Bill McCraw, and Bill's wife, Janet Muscio, who live in San Jose, Calif.; Gino Pieretti, whose parents owned the Chat and Nibble tavern on 68th and Sandy; Ron Bailey; Marilyn Hanthorn Baker; and Bonnie LaDoe, who still lives in Roseway.

After a lovely dinner on Friday evening, we all met Saturday morning at the Roseway mural. Marty McCray, whose parents owned Palmer's Appliance for many years, joined us and brought lots of old neighborhood photos for us to enjoy. After a malt at Fairley's Pharmacy for old times' sake, we headed to our alma mater, Roseway (then Gregory) Heights school for a grand tour. Later we visited our old homes, and Tim was delighted to meet the present owner of his childhood home on 77th Avenue.



The gang at Fairley's: Marty McCray (from left), Gino Pieretti, Ron Bailey, Bonnie LaDoe, Bill McCraw, Tim Dalrymple and Marilyn Hanthorn Baker.

Thank you, Peggy, for this wonderful trip down memory lane!

Get to know your RNA board members!

Del Lewis joined the board in October 2012. Del, a retired university professor, and his wife, Abbie, moved to Portland in August 2010. They have two adult children: Amy Rosenthal of Portland and Tyler Lewis of Burke, Va. Avid gardeners, Del and Abbie are members of the Hardy Plant Society of Oregon and have traveled with that group.

Del was director of the Center for the Arts at Northeastern University in Boston for 10 years and prior to that was chair of the Department of Theatre for 10 years. Previously, he was head of the Graduate Acting Program at the University of Wisconsin, Madison, and had been

artistic director of Madison Repertory Theatre. He was a professional actor in New York City from the early 1960s through the early '70s, when he entered the academic world. He helped form a neighborhood association while teaching at East Carolina University in Greenville N.C., and has always been involved in community activities.

His intention and interest in being on the RNA board is to promote activities that foster a sense of community and identity, improve safety and well-being, and contribute to the beautification of our neighborhood.



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Sandy Boulevard safety plan open house

Stop by to learn more about transportation safety on Sandy Boulevard and share your feedback about:

- Existing conditions
- Pedestrian, bicycle and transit deficiencies
- Problem areas

Drop by anytime between 6:30 and 8:30 p.m. on March 6th. There will be a presentation at 7 p.m.

Language interpretation will be provided if requested by Feb. 22. Contact Sharon at (503) 823-7100 or sharon.white@portlandoregon.gov to submit a request for language interpretation.

**Sandy Blvd (SE 11th Avenue to NE Killingsworth Street) High Crash Corridor Program
PUBLIC OPEN HOUSE**

Wednesday, March 6, 2013

6:30 – 8:30 p.m.

Hollywood Senior Center

1820 NE 40th Ave., Portland, OR 97212

For more information about the Portland Bureau of Transportation High Crash Corridor Program, see www.portlandoregon.gov/transportation/54892.

Gregory Heights Library has something for everyone! by May Dea

Are you keeping up with your neighbors by checking out more than 33 items from the library every year? The Gregory Heights Library is one of 19 Multnomah County Library locations that together serves nearly one-fifth of Oregon's population. Last year, the library circulated more than 24.7 million items — that's an average of 33.4 items per person. Are you taking advantage of what the library has to offer? Come by to see what you may be missing!

Besides books, DVDs, and audiobooks, the library also offers free Wi-Fi as well as access to computer stations with word processing and Internet access, and even a scanner. If you have an e-reader, we have free e-books ready for downloading. Not sure how to get started? We're happy to help!

Because our neighborhood has many native Vietnamese

and Spanish speakers, we offer a small but comprehensive collection of books, DVDs and audiobooks in Vietnamese and Spanish. Every Saturday, we have a dedicated group of folks who attend our Intercambio/ Language Exchange, where native English speakers practice their Spanish with native Spanish speakers and native Spanish speakers practice their English with native English speakers. And, new this year, we're providing a **Spanish-language storytime every Saturday morning at 10:15 a.m.** Please join us!

Last year, Gregory Heights Library circulated more than 445,000 items, making it the county's eighth-busiest branch. With your enthusiasm, maybe next year we can make it a little higher! To get started, visit our website at www.multcolib.org or just swing by for a visit at 7921 NE Sandy Blvd. We're ready to help.

Summer concerts need you by Angela Carpenter

The Roseway Neighborhood Association's concert committee recently met with representatives from Portland Parks & Recreation to discuss this summer's Glenhaven Park series.

With the help of neighborhood donations and sponsorships, we plan up to three concerts on Thursday evenings in July. If you'd like to make an instant tax-deductible donation, go to:

www.portlandparksfoundation.org/summer-free-for-all and hit the "Give to Concerts!" button. Under "Concert Locations," select Glenhaven Park. If you are a business interested in sponsoring the series, email: judith.yeckel@gmail.com.

We are excited about expanding on last year's success and creating a tradition that will grow over time and help enliven the neighborhood.

Acupuncture for health by Julie Koroch

The arrival of a new year is a time when many people set intentions and goals related to diet, exercise and weight loss. Health doesn't happen overnight, and healthy living is a lifelong pursuit. It encompasses diet and exercise as well as stress reduction, restful sleep and a functional digestive system. It means having mobility and activities that engage the mind and body. It's an ongoing commitment, and one that is often difficult to maintain. If you are one of those resolution makers trying to make healthy changes in your life, you may want to think about health and well-being in a different way.

Acupuncture is but one of the five pillars of Chinese medicine; the other four are nutritional and herbal medicine, exercise and meditation, physical manipulation (through massage) and feng shui (practitioners may focus on only one or multiple pillars in their practices). Fundamentally, the goal of Chinese medicine is to balance the disharmony that is present within a patient's body or mind and to bring about change and healing — righting a ship that is off course, so to speak.

A Chinese medical practitioner looks for patterns of imbalance and then works with the patient to correct this, employing needles, herbs, massage and nutritional changes. In Western medical terms, the practitioner uses therapies to turn off the “fight or flight” nervous system, induce relaxation, reduce inflammation, relieve pain and restore homeostasis. At the same time, the patient is getting attentive care

and support. A Chinese medical practitioner may also suggest dietary and lifestyle changes to improve a patient's condition.

Acupuncture has been studied extensively for its effect on pain conditions, and its therapeutic effects have been noticed, and implemented, by the U.S. military. Military leaders are looking closely at acupuncture as a standard treatment for post-traumatic stress disorder and symptoms associated with traumatic brain injuries (in conjunction with other therapies). Acupuncture can not only treat pain but also conditions as varied as insomnia, digestive disorders, headaches, high blood pressure, anxiety or depression, and hot flashes associated with menopause. It can also be used for “diseases of lifestyle” that are the result of overeating, overwork, exhaustion, stress and lack of exercise.

In my training as an acupuncturist, I worked with patients who were coming to acupuncture and Chinese medicine because they were not seeing results from or were frustrated by conventional care and medicine; they no longer wanted to take medication; they were referred by someone who had tried Chinese medicine; or they had a curiosity about it. For anyone who is wondering whether this medical system may be useful in maintaining good health, I encourage you to give it a try. It may even help you keep your New Year's resolutions.

Julie Koroch received her master's degree in acupuncture and oriental medicine from the Oregon College of Oriental Medicine in Portland. She is considering starting a home visitation service for Roseway residents who want to receive acupuncture treatments at home. A brief online survey will help gauge interest in this idea. Follow this link to participate in the survey: www.surveymonkey.com/s/6DW7M6D



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Front Porch Confidential by Door Matt, your neighborhood newsletter deliverer

The surprising joy of delivering the quarterly newsletter is discovering your neighbor's front porch. Some of us deliver on streets we don't live on, or even usually walk along en route to work or the store, so dropping off a newsletter every three months to nearby strangers is a tiny adventure into how our neighbors live.

My own front porch is hidden from the street, but even the ones that are visible are secret spaces. Lots of front porches in Roseway are up above the sidewalk level, so we have to walk up the steps to drop off the newsletter (it's strictly prohibited to leave them in external U.S. mailboxes). We either tuck them under a doormat or roll them up and stick them in the door handle, under a rock, or someplace else where the wind won't blow them away.

And of course while we're delivering them, we notice what's on the porch: maybe a pile of shoes outside the door (sandals in summer, boots in winter), a couple of chairs flanking a table, perhaps an ashtray placed discreetly, collections of bones and stones, pots of

seasonal plants that die off in winter and are then replenished in spring, frogs, clogs, dog hair, rusted iron bits, sleeping cats that scatter when we arrive (or not). I can tell when folks don't often use their front door, or sit on their porch — the mat is lonely (there is almost always a doormat), no wear on the steps other than weather, no chairs, no signs of recent liveliness. Although there are front yards with hangout spaces other than porches, and I really enjoy those.

Deliveries on weekend days, especially sunny ones, we encounter a lot more folk, and it's always pleasant — “Hey ho, and how are you?” People always seem pleased to be handed our newsletter, some even say they look forward to it, which is nice to hear. But when I deliver the newsletters when no one is at home, I get to imagine who and how you are, based on what I see on your front porch.

This experience is available to all Roseway volunteers — how fun, eh?

Hard Times Come Again No More

The Sowelu Theatre Company, a critically acclaimed ensemble which promotes sustainability for artists, enhances culture and economic growth in our neighborhoods, is presenting a play:

Hard Times Come Again No More at Performance Works NW, 4625 SE 67th from March 7 through 23. The production is co-directed by Lorraine Bahr and Jim Davis. When Ms. Bahr was a graduate student at UW-Madison, Del Lewis (Roseway resident and current board member) was on the faculty of the graduate acting program. She needed a character actor for this project, so she invited her former professor to audition and join the cast.

This proletariate drama is set during the volatile truckers' strike of 1934 in Minneapolis, MN, involving workers of all kinds from across that city. It is remarkably current

and relevant in the portrayal of poverty and joblessness, underlining the clash between the human need for dignified survival and the corporate hunger for profit.

The play ultimately celebrates the power of community, revealing humanity and strength when people stand together. It ironically contrasts the popular music of the times with the reality of the depression. The play, created by Martha Boesing is based on the 1930s stories, essays, and characters of Meridel LeSueur (Salute to Spring, The Girl) a prominent “proletarian” writer of the 30s. The production will also be made available to university and high school teachers, and is intended to stimulate lively, respectful discussion around non-violent organizing, the history of labor in our country, and the strength of a united community. For more information call: **503-568-4017** or visit **www.sowelutheater.org**

Waiting it out? by Ruby, a Recovering Realtor

Don't just sit there! Get to work! There are many things you can do right now, to get your house ready to sell. Just keep this one thing in mind- as you pour in the dollars and/or the sweat equity: every buyer wants a deal. Don't forget that, and instead prepare for it.

- 1) Keep it clean, simple and neutral. Paint is cheap and works miracles.
- 2) Be sure that any structural changes you've made to the house are permitted. Realtors and their buyers want to see evidence of those permits. If you don't have them, the buyer may not be able to get a loan, until it's inspected and permitted. Unfortunately, sometimes it simply isn't that easy, and the sauna you built with your brother in the basement may have to be "fixed", to the tune of thousands.
- 3) Remember the importance in high school of first impressions? They are still very important. Clean up your yard, gutters, sidewalks, plants and scrape the moss off the roof. If a buyer doesn't like their first

impression, he/she may not bother to go inside. It's simply the way it is.

- 4) Try to be one step ahead of the buyer. You know they will want to do a bunch of tests to make sure their investment is in good health. You can do many of those tests in preparation, and thereby get the good or bad news on your terms. Just remember anything you find out must be disclosed to the potential buyer. Also, those test results are usually only good for 6 months. Think about an oil tank search, a sewer scope, and a radon and CO level, to name a few.

And, tell everybody you know that you plan to sell. Scream it from the newly de-mossed roof top.

Also keep in mind that you may think this is all there is to selling a house, but there's so much more. That is why you need a realtor. They have the experience, and they know more. They are worth every penny you pay in a commission.

Time to Prune by Paul Mooring

Ok, so I know what you're thinking. It's cold...It's wet... and generally not all that pleasant outside. Yet despite all of that, it's really one of the best times of the year to start pruning all your evergreens and deciduous trees and shrubs. If you really think about it, weather aside, this really is a great time to be assessing the condition of your shrubs and trees and start training them for the spring grow while they are still lying dormant.

It's also a great time, since the leaves have fallen off, to determine whether or not trees are growing too close to the house and what, if anything needs to be done about it. Has it been more than a year since you've trimmed your fruit trees? The absolute best time to prune your apple tree is late winter before any new growth starts. The only "new" growth you should remove during the growing season is sucker branches in summer to prevent regrowth.

Removing dead growth will help prevent your shrubs and trees from contracting any disease, make your trees healthier and able to better withstand the elements of next winter. There are tons of resources on proper pruning techniques online and you can find loads of books at the library. Portland also has a vast resource of certified arborists who work for many reputable companies that can help you trim your tall trees and shrubs. Angie's list is a great place to search for these companies.

So, what are you waiting for? Put on an extra sweater and a raincoat you don't mind getting dirty and head outside! Doing your pruning now will ensure that your trees and shrubs are healthy, happy and growing the way you want them to. It also means you can spend more time in the spring and summer enjoying the beauty of your garden.

Put this calendar on your fridge or corkboard and keep track of what is happening in Roseway!

Roseway 2013 Calendar of Events

| January | | | | | | |
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January 8 – Neighborhood Meeting – Grace Lutheran Church, NE 76th and Fremont – 7 p.m.

February 12 – Neighborhood Meeting – Grace Lutheran Church – 7 p.m.

February 22 – Last day to sign up for Friends of Trees planting

March 11 – Last day to place order with Friends of Trees

March 12 – Neighborhood Meeting – Grace Lutheran Church – 7 p.m.

March 30 – Friends of Trees Planting; visit www.friendsoftrees.org for details

April 9 – General Neighborhood Meeting** – Grace Lutheran Church – 7 p.m. – speakers to be announced

May 14 – Neighborhood Meeting – Grace Lutheran Church – 7 p.m.

June 1 – Roseway Neighborhood Cleanup – Rose City Nazarene Church, NE 70th and Sandy

June 11 – Neighborhood Meeting – Grace Lutheran Church – 7 p.m.

July 9 – General Neighborhood Meeting and Ice Cream Social** – 72nd Avenue Park Blocks – 7 p.m. – speakers to be announced

July 11 – Portland Parks & Recreation Concert in the Park* – Glenhaven Park

July 18 – Portland Parks & Recreation Concert in the Park* – Glenhaven Park

July 25 – Portland Parks & Recreation Concert in the Park* – Glenhaven Park

August – No neighborhood meeting this month

August 17 – Roseway Annual Garage Sale – Check for a signup form in the July newsletter. Maps and info will be posted at www.roseway.org one week before the sale.

September 10 – Neighborhood Meeting – Grace Lutheran Church – 7 p.m.

October 8 – General Neighborhood Meeting and Board Elections** – 7 p.m. – speakers to be announced

November 12 – Neighborhood Meeting – Grace Lutheran Church – 7 p.m.

December – No neighborhood meeting this month

*Check for more information in the July newsletter and at www.roseway.org. Three concerts are tentatively planned this year.

**All newsletter submissions are due six weeks prior to each General Meeting.

www.roseway.org will always have the most up-to-date information on meetings and other community information. Be sure to visit often. You can also join the conversation on Facebook.

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