

SUNNYSIDE

Neighborhood News

October 2015

Neighborhood News

Tony Jordan, SNA President

The Belmont Area Business Association (BABA) is hosting a Halloween event this year. Trick-or-treating families can get an early start this Halloween with BABA's new special event, Treats and Trinkets, from 4 to 7 p.m. when businesses up and down Belmont from SE 33rd to SE 47th will be sharing more than candy and alternatives to candy. For a complete list of places to go and the special treats and trinkets shared at each neighborhood store, visit www.belmontdistrict.org. A more detailed article is also posted on the SNA website.

Several neighbors dropped by my "Office Hours" on September 22. It was a nice casual affair and I plan to keep

it up (and hopefully add more). I'll be at the Fred Meyer deli section again on October 20 from 6 to 7 p.m., perhaps with another board member in tow.

Have you been thinking about getting more active in your neighborhood? Several opportunities are available. Newsletter delivery is a big one, and we can always use new volunteers. There are small grants available for neighborhood projects via Southeast Uplift. If you have an idea or are experienced at helping other people bring their ideas to reality, please come to a meeting or contact the SNA board. Visit www.seuplift.org/ neighborhood-small-grant-program for more information on that program.

UPCOMING EVENTS | OCTOBER

- 3rd - Meditation for Everyday Living @ Belmont Library*
- 7th - Introduction to Family History @ Belmont Library*
- 7th - My Child is Smart, So Why Are We Struggling? @ Belmont Library*
- 10th - Invasive Plants in Our Neighborhoods @ Belmont Library*
- 15th - Becoming Your Own Publisher @ Belmont Library*
- 17th - PBS POV Screening: Out in the Night @ Belmont Library*
- 25th - DIY Insulation Workshop @ Belmont Library*
- 26th - SE Uplift Small Grants Workshop #1*
- 31st - Halloween - Treats and Trinkets*

* See articles for details.

Portland Food Project Helps Supply Food Year-Round

By Gina Binole (former SNA board member and a longtime Sunnyside resident)

The Portland Food Project provides an easy way for people to get involved and help feed hungry families. The program launched as the Southeast Portland Food Project in 2012, and partnered with two local food pantries in providing 237 pounds from 12 donors. Now the Portland Food Project, it is crossing bridges and Burnside, collecting 133,000 pounds of food from more than 1,200 donors. The PFP serves 19 pantries and has three affiliate food projects in

Milwaukie, Beaverton, and Hillsboro working to end child hunger.

How it works is hassle-free. Neighbors donate a bag of food every two months. The PFP supplies bags and picks up the food. This provides food pantries with a steady, year-round supply of food, and enables donors to select and purchase non-perishable food items to donate whenever they shop for their own groceries. It's a great way to engage children in volunteer activities that give back to the community.

cont'd on page two...

MEETING SCHEDULE

Meetings at Southeast Uplift unless noted

General and Board Meeting

Thursday, October 8, 7:30-9 p.m.

Land Use & Transportation Committee

Thursday, October 8, 6:30-7:30 p.m.

SNA EP NET Committee @ TBA

Tuesday, October 20, 10:00-11:30 a.m.

Sunnyside Street Tree Team (S2T2)

Street Tree Team TBA

e-mail S2T2@googlegroups.com for information about meeting time/place.

"Office Hours" with SNA Board President

@ Hawthorne Fred Meyer Deli Area

Tuesday, October 20, 6:00 p.m. to 7:00 p.m.

Graffiti Clean-up

2nd & 4th Saturdays, weather permitting.

Call 503-235-5047

SUNNYSIDE NEIGHBORHOOD ASSOCIATION

www.SunnysideNeighborhood.com



or at the Sunnyside Listserv: <http://groups.yahoo.com/group/SunnysideNeighborhood/>



...cont'd from page one.

Portland Food Project Helps Supply Food Year-Round!

Visit the PFP website at www.portlandfoodproject.org and consider participating in this effort. If you are interested, contact your Sunnyside neighborhood coordinators, the Millers—Brian, Gina, Olivia (age 13), and Brando (age 8)—at ginabinole@hotmail.com.

Trees and Storms

By Tara Weidner

"Trees topple, power out, after heavy winds..." read the headlines with increasing frequency. The August 29 windstorm was no exception. But it's not just storms that topple trees. On a calm evening before that storm I witnessed a 30-foot limb of a heavily laden, drought-weakened horse chestnut tree pop and then crash into a parked car below, bringing down power lines at SE 33rd and Yamhill (near the sunflower intersection). A man pushing a shopping cart on the street barely escaped unscathed. Trees can harm people and property, and interrupt utility lines to your home. Here are some tips on preparing your trees before and after such events:

Water trees during the heat of the summer, preferably slow, deep watering outside the peak mid-day heat. Mulch around the tree's base to help retain moisture. Prune dead limbs and stake leaning trees. Check for signs of decay and weak limbs overlaid with fruit or nuts. Watch out for storms that follow heavy rains that can loosen soil around tree roots. If storms bring down limbs, damage can often make the tree unsalvageable. Many licensed tree companies will do an inspection for free, and professionals are your best bet for large post-storm clean-ups and for returning your tree to health before the next storm. Check the S2T2 website (sunnysideneighborhood.wordpress.com/trees) for more information from Oregon Department of Forestry, Friends of Trees, and others.

ReUse Community Going and On the Move

By Bonita Davis

Sunnyside is almost ground zero in the Portland Metro area for consignment, vintage, and resale. It is a dynamic community, always delighting us with new offerings. Check out these three local reuse organizations that are doing such a great job that they are expanding, moving, or adding services:

Southeast Portland Tool Library

is a community resource that has grown tremendously over the past four and a half years at St. David of Wales Church on SE Harrison. So much success and so little room led to a move to a new, larger location at the Hinson Baptist Church on SE 20th Avenue near Colonel Summers Park and the Thursday evening farmers market. To learn more about how you can borrow tools, donate, or volunteer your time (including with the move), visit move@septl.org.

Free Geek, located at 1731 SE 10th Avenue, has two services you may not know about. One is shop-on-line service. Go to www.freegeek.org and click on a link to eBay, Amazon, or Café Press. Another is their program to offer certification that your data has been removed safely from your devices. Visit them to learn more about their thrift store and many programs, such as the Oregon e-cycles program, and how to earn and build your own computers. For more donating, taking a class, or volunteering, call 503-232-9350.

SCRAP has been "filling minds, not landfills" in Portland since 1998. It doesn't seem that long ago that this wonderful creative supply reuse program was tucked into a corner of the ReBuilding Center. Several expansions later, SCRAP is in their new, bright, super-organized space

at 1736 SW Alder. Another change is their new expanded hours—they are now open until 7 p.m. Be amazed by the light-filled, colorful space stocked with beautifully organized creative materials. Get really happy when you see the low prices. Learn more about their education programs, birthday parties, creative reuse ideas, and volunteer and donation opportunities at www.scrappdx.org or by calling 503-294-0769.

Fall's Here and Your Comfortable, Safe Home Awaits

By Stephanie Swanson, Enhabit (formerly Clean Energy Works)

After what seemed like an endless, hot summer, we're all breathing a sigh of relief as temperatures are finally dropping—winter is just around the corner! But before the cold sets in for good, fall is the perfect time to take some easy steps to make your home cozier, healthier, and safer for this winter and beyond.

Watch your windows. Did you know your windows can help keep your home warm in the winter? Take advantage of the winter sun's heat by opening south-facing curtains, drapes, and blinds during the day, and then closing window coverings at night to keep the heat in. If you don't have blinds or shades, consider installing them to reduce heat loss (they'll also help keep your house cool next summer).

Lower the dial and get cozy. Keep your home 10 to 15 degrees cooler when you are not at home, and lower the temperature slightly at night to save energy. Nothing's cozier than bundling up with blankets on a winter night!

Breathe easy. Many homes trap allergens and pollutants, which affect indoor air quality and can seriously impact the whole family. Checking for radon and installing a carbon monoxide detector are two simple steps that will help everyone breathe more easily.

Get prepared. Back to school is a great time to take stock of emergency preparedness plans and supplies. It's also a good time to ensure that your home is prepared for what may come. Seismic "hardening" of your home helps keep your home secured during severe storms, high winds, and earthquakes. It's also a necessary first step if you're looking to get earthquake insurance.

For more information about how to improve the comfort, health, and safety of your home, visit enhabit.org/ neighborhood and take a quick online quiz. Or, if you're ready, schedule a free in-home visit with an Enhabit-certified contractor. Our qualified contractors and easy financing are available for a variety of home upgrades including energy efficiency improvements, radon mitigation, seismic retrofits, and solar energy installations.

Belmont Library Events

By Cyndi Rosine

Author Alice Hoffman wrote, "Books may well be the only true magic." Come early this month for the best selection of Halloween books for the kids! Full descriptions of all our adult programs could take up the entire SNA newsletter. Where can you find more info? Try checking out our website (multcolib.org/events), looking over the posters in our lobby, or taking home one of our monthly printed program fliers.

Saturday, October 3, 4:30 to 5:30 p.m., *Meditation for Everyday Living*

Join William Smith, a retired army lieutenant colonel and long time meditator, for this inspiring program. Learn a simple meditation technique that can help you in all aspects of your life.

Wednesday, October 7, 10 a.m. to noon, *Introduction to Family History*

A genealogy class taught in a computer lab for people who are comfortable using a keyboard and mouse. Registration required. Register online, in the library, or by calling 503-988-5234..

Wednesday, October 7, 6 to 7:30 p.m., *My Child is Smart, So Why Are We Struggling?*

In this workshop parents will learn the most common reasons that smart, motivated, and hard-working students fail to make adequate academic progress.

Saturday, October 10, 1 to 4 p.m., *Invasive Plants in Our Neighborhoods*

Join the Sunnyside Street Tree Team and City of Portland Urban Forestry to learn about invasive plants in Sunnyside and other surrounding neighborhoods. Includes a walk around the neighborhood to identify examples of plants.

Thursday, October 15, 6:30 to 7:30 p.m., *Becoming Your Own Publisher*

This workshop provides authors with all the tools and guidance necessary to become their own successful publishers. Registration required. Register online, in the library, or by calling 503-988-5234.

Saturday, October 17, 4 to 5:30 p.m., *PBS POV Screening: Out in the Night*

Join us for a screening and discussion of this film by Blair Dorosh-Walther.

Sunday, October 25, 2 to 4:30 p.m., *DIY Insulation Workshop*

Learn how to weatherize a flat attic. Perfect for DIYers of all experience levels. Registration required. Register online, in the library, or by calling 503-988-5234.

For more programs and information, drop in and see us at Belmont Regional Library, 1038 SE Cesar Chavez Blvd; give us a call at 503-988-5382; or visit us online at www.multcolib.org. *Multnomah County Library programs are always free of charge.*

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The Sunnyside Neighborhood News is published monthly by the Sunnyside Neighborhood Association.

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Any opinions expressed, unless specified, are not necessarily those of the Sunnyside Neighborhood Association or its board. Sunnyside residents are welcome to submit articles for consideration that concern neighborhood issues, by emailing newsletter@sunnysideneighborhood.com. Many wonderful volunteer Sunnyside residents distribute the Neighborhood News.

Sunnyside Emergency Preparedness Committee is Growing

By Jan Molinaro

We are now known as SNA EP NET Committee. Want to keep up to date with all that we are doing? Check us out (often) on www.sunnysideprepared.com, and join us at our next meeting on Tuesday, October 20, from 10 to 11:30 a.m. We are looking for a larger space to accommodate our committee, so check back to find out where we will meet in October.



Beginners classes every 2 weeks
and FREE Knit & Crochet Nights
every Monday from 5:30-8:30 p.m.

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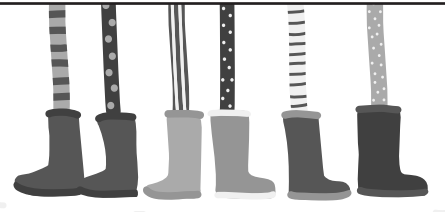
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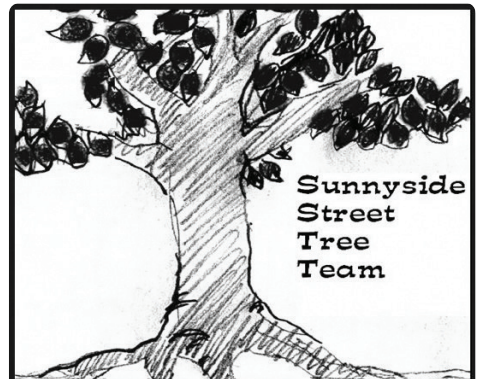


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Newsletter delivery is a
fun and easy way to support
the Sunnyside Neighborhood
Association!

Meet your neighbors and get
exercise at the same time.

Send email to
newsletter@sunnysideneighborhood.com
to find out about available routes.



<http://sunnysideneighborhood.wordpress.com/trees/>
email: s2t2@googlegroups.com

Sunnyside Neighborhood Map

■ Delivery help needed here

