

**WHAT'S INSIDE**

**Page 2:**

Sabin School Auction  
 Sabin Orchard Work Party  
 Fremont Green Street Update  
 SCAN Delivery & Ideas  
 Register Early for Kindergarten

**Page 3:**

Jane Zwinger, Oregon Food Bank Volunteer  
 Neighborhood Art Center Opens in Sabin

**Page 4:**

Village Movement, contd.  
 Earthquake Preparedness, contd.  
 SCA is on Facebook

**SCA BOARD MEMBERS**

**President:** Clay Veka  
 (503) 961-3702  
 clayveka@gmail.com

**VP | Communications**

**Chair:** Diane Benson

**Second VP:** Michelle Ganow-Jones

**Secretary:** Cara Frey

**Treasurer:** Adrienne Cohen

**Land Use/Transportation**

**Chair:** Rachel Lee  
 rach.c.lee@gmail.com

**Members-At-Large:**

Erin Brasell  
 Lauren Gross  
 Paul Hustedt-Krasnove  
 Rachel Lee  
 Dave Paumier  
 Don Rouzie  
 Gurpreet Takher  
 Randy Ward  
 Bill Youngren

**NEWSLETTER TEAM**

**Editor:** Erin Brasell  
 (503) 224-9727  
 ebrasell@gmail.com

**Advertising:** Diane Benson  
 (916) 402-5224  
 dcb1810@yahoo.com

**Delivery:** Sandy Bacharach  
 (503) 805-0950

**Newsletter circulation:**  
**1800+ homes, businesses**



www.SabinPdx.org

**Our Community in Action**

**“Aging in Place” Village Movement Coming to Portland Neighborhoods**

It's still in the planning stages, but an effort to build a network of virtual villages that will allow older residents to stay in their own homes rather than spend their golden years in retirement homes or assisted-living facilities — a concept known as “aging in place” — already is under way throughout Portland.

Under the umbrella of a local nonprofit called Villages Northwest, eight such villages in the greater Portland area are in various stages of development, a process that usually takes between three and five years.

Among them is North Star Village, which will include the inner-Northeast Portland neighborhoods of Sabin, Piedmont, King, Humboldt, Boise, Eliot, Vernon, Woodlawn, Bridgeton, and East Columbia; the North Portland neighborhoods of Hayden Island, Kenton, Arbor Lodge, Overlook, University Park, Portsmouth, St. Johns, and Cathedral Park, plus the outer-Northwest Portland neighborhoods of Forest Park, Linnton, and Sauvie Island.

An all-volunteer planning team to create North Star Village began meeting about a year ago, reports team member Patt Opdyke, a Portsmouth neighborhood resident.

*Continued on page 4*



**Patt Opdyke is a member of North Star Village's planning team.**

**Join Neighbors to Prepare for an Earthquake**

Oregon is overdue for what is expected to be a significant earthquake. Spurred by concerns about the anticipated Cascadia Subduction zone activity, about 20 Sabin neighbors, school parents, and professionals met on February 12 to discuss ways we can better prepare as individuals, a school community, and a neighborhood.

The City of Portland's Neighborhood Emergency Team Program Specialist, Jeremy Van Keuren, offered a few ways that individuals can better prepare:

- Sign up for Public Alerts ([publicalerts.org](http://publicalerts.org))
- Build an emergency kit with two-weeks worth of supplies
- Bolt your house to its foundation



- Strap your refrigerator and other big household items to the wall
- Learn how to turn off your gas line or install automatic shut-off valves

*Visit [redcross.org](http://redcross.org) for a more complete listing.*

Van Keuren also noted that connected neighborhoods bounce back more quickly from disasters. He strongly recommended that

*Continued on page 4*

### 2015 SCA Meeting Schedule

Board meetings are open to all and are held from 7–9 p.m. on the second Monday of the month (except in July, August, and December) at Whole Foods' upstairs conference room, Northeast 15th and Fremont. Upcoming meetings:

March 9

April 13

#### EVENTS CALENDAR

[www.facebook.com/sabinpdx](http://www.facebook.com/sabinpdx)  
FOR SELECT INFORMATION  
ON SABIN EVENTS

**Multnomah County Library, Pageturners,**  
*The Man Who Mistook His Wife for a Hat*  
*and Other Clinical Tales* by **Oliver Sacks**  
Mar. 17, 7–8 p.m. Mt. Bachelor Room,  
Whole Foods second floor

**Pirate Pouches Workshop,** arts & crafts  
for families, pre-K to 5th grade Mar. 21,  
2–3:30 p.m. at Albina Branch Library

**Connect to Kindergarten | Sabin School**  
Tues., March 3, 9:30 a.m. and 6:30 p.m.

#### Sabin Community Association



NORTHEAST COALITION  
OF NEIGHBORHOODS

This newsletter is produced with the support from Northeast Coalition of Neighborhoods and Portland's Office of Neighborhood Involvement.



### HABITAT GARDENS

OR LCB # 9115

*Design • Consult • Install*

503.459.6976

[info@habitatgardenspdx.com](mailto:info@habitatgardenspdx.com)

## Sabin Briefs

### Sabin School Auction April 18

Get your tickets now for the Sabin Auction, set April 18 at 5 p.m. at Montgomery Park. This year's auction is an all-out Oscars extravaganza. Join friends and neighbors and help raise money to support your neighborhood school. Our silent auction promises local flavors, flair and finery. Or bid on exotic getaways or prized works of art in our live auction event!

Can't make the big show? It's not too late to donate goods, services, or funds to the auction. Or purchase \$100 raffle tickets to win a trip for two to the Fairmont Maya-koba in Riviera Maya, Mexico. For more details, go to [sabinauction.com](http://sabinauction.com) or email [SabinAuction2015@gmail.com](mailto:SabinAuction2015@gmail.com). See you on the Red Carpet! — Coleen Carey

### Sabin Orchard Work Party

This month's focus is on perennial and understory plant maintenance

**When:** Sunday, Mar. 15, 2–4 p.m.

**Where:** Sabin Community Orchard, NE Mason between 18th & 19th

**RSVP:** [gareth@portlandfruit.org](mailto:gareth@portlandfruit.org)

### SCAN Delivery and Story Ideas

Sabin resident Kermit McCarthy has kindly donated his time and expertise to help the communications team update our delivery routes and confirm all addresses in the Sabin neighborhood boundary. The process is nearly complete, and we hope to have much more accurate records very soon. The communications team would like to thank our dedicated deliverers, and we ask for everyone's help to gather story ideas, issues with delivery, or news items we seem to miss. Contact Erin Brasell [ebra-sell@gmail.com](mailto:ebra-sell@gmail.com) with comments or ideas.

### Jobs by Rob, llc

HANDYMAN SERVICES

Taking care of your Honey Do list

General Home Repairs/ Maintenance  
Small Remodels / Restoration

*website:* [www.jobsbyrob.com](http://www.jobsbyrob.com)

*phone #* 503-789-8069

*email:* [rob@jobsbyrob.com](mailto:rob@jobsbyrob.com)

CCB# 177552 Licensed, Bonded, Insured

### Fremont Green Street Update

We are thrilled that the Fremont Green Street project is largely complete. What an asset it will be for our community and beyond! We expect to plant the bioswales sometime in March or April. Thank you to all of those who have volunteered to help plant. Unfortunately, we just learned from the city that regulations recently changed and volunteers are no longer allowed to plant in the right-of-way on busy streets. The Portland Bureau of Environmental Services will be planting the bioswales instead. However it gets done, we are looking forward to crossing the finish line. Stay tuned for more information.

### Register Early for Kindergarten

The deadline for registering incoming kindergarten students at Portland Public Schools is June 1. The Sabin PTA, however, is encouraging families to register as soon as possible. For two of the last three years, Sabin has had so many late Kindergarten registrations that the school has had to add a fourth teacher after the start of the school year. For more information on kindergarten registration please visit: <http://www.pps.k12.or.us/departments/kindergarten/>

### ACCESS SABIN NEWS ONLINE

Readers can catch up on breaking local news that affects Sabin by "liking" SCA on Facebook or checking Nextdoor Sabin ([www.sabin.nextdoor.com](http://www.sabin.nextdoor.com)). To view Sabin Community Association newsletters starting with the January 2014 issue, go to SCA's website ([www.sabinpdx.org](http://www.sabinpdx.org)). Click on "More" at the top of the page and select "Newsletter Archives."



**ERIN LIVENGOOD**  
SABIN RESIDENT

20 YEARS OF LOCAL MARKET  
EXPERTISE AT WORK FOR YOU.

Principal Real Estate Broker  
503-913-0706  
[erin@windermere.com](mailto:erin@windermere.com)  
[www.erinlivengood.com](http://www.erinlivengood.com)

**Windermere**  
REAL ESTATE

### Oregon Food Bank Recognizes Sabin Resident for Volunteerism



**Jane Zwinger was recognized by the Oregon Food Bank for 1,600 hours of volunteer service.**

Jane Zwinger, a Sabin resident since 1991, recently was recognized by the Oregon Food Bank for reaching a milestone of 1,600 volunteer hours. Jane is only one out of 51 volunteers who has reached over 1,000 hours of service and one of 17 who has reached 1,500 hours. For over a decade, Zwinger has volunteered at the Oregon Food Bank.

Initially looking for a volunteer opportunity to get out and meet people, Zwinger found that she both believed in the mission and met great people while volunteering at the Oregon Food Bank. You can find her there every Thursday evening where she's a team leader, helping the volunteer coordinator and supporting other volunteers.

Laura Yeary, Volunteer Scheduling and Outreach Coordinator for the Oregon Food Bank, says that Jane's "heart for others, her humble attitude is what sets her apart most."

For others looking to volunteer, Zwinger advises: "The key is to find something that you like to do." For an outside activity, Zwinger pulls ivy every Saturday at Tryon Creek State Park. When she's not volunteering, Zwinger is a self-employed illustrator and artist, and also enjoys hiking with the Mazamas Street Rambles.

If you're interested in joining Jane and other neighbors for a Sabin volunteer night at the Oregon Food Bank, please email MichelleGanowJones@yahoo.com. Children over age six are welcome to come along.

— Michelle Ganow -Jones

### Neighborhood Art Center Opens in Sabin

Ceramic artists Ruth Greenberg and Robert Streff, who live above and work in their Sabin art studio on Northeast Fremont Street, recently formed the Irvington Ceramics Club. Greenberg and Streff offer beginning ceramics classes for children, teens, and adults, plus open studio time and occasional events such as workshops and art lectures.

Open studio times, for adults who work independently with their own tools, are Tuesdays (5 to 9:30 p.m.), Wednesdays (9 a.m. to 5 p.m.), and Sundays (1 to 6 p.m.). Unlimited open studio use costs \$108 per month or \$7 per hour. Cost includes some glazes and basic clays, but not firing fees.

On March 15, artist Brett Binford of Mudshark Studios will offer an all-day beginning mold-making workshop for \$150, which includes materials. Registration closes March 8.

"We're excited about having lectures on art," says Greenberg, who has been a professional ceramics artist for more than 25 years, 22 of them in Portland. She has designed tiles for Ann Sacks, and her work has been featured in a number of publications, including the *Oregonian*. Locally, she collaborated with sculptor Dave Laubenthal to produce "The Noble Architect," a mosaic sculpture of the beaver on Alberta Street at 18th Avenue. It was commissioned by the Portland Department of Transportation for the Alberta Streetscape Project.

Greenberg earned a bachelor's degree in art from Scripps College and a master's degree in education from Claremont Graduate University, both in Southern California. Examples of her work can be seen on her website, ruthfrancesgreenberg.com.



**Ruth Greenberg and Robert Streff recently started the Irvington Ceramics Club.**

Streff, a native of South Dakota, earned a master's degree in fine art from California College of the Arts. For the past 11 years, he has concentrated on drawing, painting, and design as well as ceramics. His work can be seen at his website, robertstreff.com.

Together, under the name R+R Ceramics, the couple has produced a line of Japanese-inspired porcelain tableware, which can be seen at their website, rplusceramics.com, and purchased through Etsy.

For more information about Irvington Ceramics Club, visit the club's Facebook page at [www.facebook.com/irvingtonceramicsclub](http://www.facebook.com/irvingtonceramicsclub), email Greenberg at [ruth@rfgtile.com](mailto:ruth@rfgtile.com) or call 503-320-2624.

— Susan Goracke

**Bird's Eye View Studio**  
 Printmaking  
 Bookmaking  
 Painting  
 Drawing  
  
 Needle Felting  
 Resin Jewelry  
 Collage  
 and more!  
**Art and Craft Classes**  
 with Artist Suki Allen  
[www.birdseyevistudio.blogspot.com](http://www.birdseyevistudio.blogspot.com)

**suzanne clarkgroup**  
*Keeping your space...in mind.*  
[movingtopdx.com](http://movingtopdx.com)  
 503.806.9332  
  
**KELLER WILLIAMS**  
 REALTY  
 PORTLAND CENTRAL

  
**3GREENSISTERS**  
 Upcycled Sustainable Handcrafted right here in Portland  
[3greensisters.com](http://3greensisters.com)

**Little Green Schoolhouse**  
 Now Enrolling  
 A home-based preschool in the Sabin Neighborhood  
[littlegreenschoolhousepdx@gmail.com](mailto:littlegreenschoolhousepdx@gmail.com)  
[littlegreenschoolhousepdx.com](http://littlegreenschoolhousepdx.com)  
 Lori Soltys 971.285.1106  


## Village Movement in Portland

*Continued from page 1*

She explains that village boundaries are determined partly by census statistics, with the goal of including groups of neighborhoods that contain between 8,000 and 10,000 elderly residents who might be expected to use services that would allow them to stay in their own homes.

Those services may include transportation to appointments or grocery shopping, occasional meal preparation, lawn care, or other light household duties — the type of services an elderly person might ask a friendly neighbor to perform. A crucial benefit of village membership, both for the elderly and for volunteers, is social interaction.

“People who are isolated have a greater chance for developing illness, both physical and mental,” says Opdyke, an active senior who plans to volunteer with North Star Village until the day when she might need to take advantage of its services herself.

She points to 2010 Census figures that showed more than 190,000 people aged 65 and older living in the Portland metro area. By 2030, that number is expected to more than double to almost 395,000, due to the aging of the Baby Boomer generation.

Additionally, a recent AARP survey concluded that 89 percent of older adults want to age in their own homes and neighborhoods. Not only does this allow seniors to keep their current network of friends and remain independent, it's also cost effective, she says.

“In 2008, the average cost for assisted-living facilities was about \$3,000 a month,

and the cost of nursing home care was about \$5,500 a month,” Opdyke adds. “Of course by now, those costs have gone up considerably.”

Contrast that to the cost of a full-service membership in an aging-in-place village, which currently ranges between \$500 and \$1,000 a year, depending on the village. Opdyke says another Northeast Portland village, which is farther along in its planning stage, plans to charge members \$520 a year.

“There are a lot of people who could live alone as long as they had someone come into their home once a week and do things such as change the bed sheets,” she adds.

According to Opdyke, the reason villages take so long to become operational is that volunteer planners must do strategic planning and set up procedures, they must carry out community outreach, fundraising and marketing, plus recruit volunteers. The planning team also must conduct background checks on all volunteers, service operators, and vendors who might be performing work for village members. And volunteers must be well trained.

In March, North Star Village will host “Village at Home” talks to introduce the local village movement and to provide information for how people can become involved. The events will be held in a North Portland home from 2 to 4 p.m. on Saturday, March 7, and on Saturday, March 21.

As space is limited, anyone interested may RSVP at [northstarvillage@comcast.net](mailto:northstarvillage@comcast.net) or by calling 503-978-0540. For more information online, go to [www.northstarvillagepdx.org](http://www.northstarvillagepdx.org).

— Susan Goracke

## Earthquake Preparedness

*Continued from page 1*

Sabin consider the Map Your Neighborhood program that focuses on block-by-block preparedness, with an identified captain on each block.

Meeting participants identified a few different areas to consider for future sub-committee work, including:

- Sabin School earthquake preparedness and response planning
- Map Your Neighborhood program organizing
- Forming a Sabin Neighborhood Emergency Team with trained volunteer emergency responders — 40 Sabin residents or school family members will participate in the 24-hour training course; if you are interested in being one of them, please contact Deborah Pleva at [dtpleva@gmail.com](mailto:dtpleva@gmail.com).

Also, check out the excellent upcoming trainings planned by the Portland Bureau of Emergency Management: <https://www.portlandoregon.gov/pbem/article/519206>.

Let's get prepared, let's get to know each other, and let's get trained to be able to respond effectively. To get involved, contact Clay Veka at [clayveka@gmail.com](mailto:clayveka@gmail.com).  
— Clay Veka

## Sabin Community Association is on Facebook

Over 300 residents like Sabin Community Association's Facebook page and enjoy up-to-date information about our neighborhood. Check out our page [www.facebook.com/SabinPDX](http://www.facebook.com/SabinPDX) for news, upcoming events, and tips from fellow neighbors.



A connection to nature, a lucid community, an amazing cup... Around the corner.

3514 NE 13th Ave tel: 503-867-8905  
Hours/events: [www.flyawakepdx.com](http://www.flyawakepdx.com)



Helping Sabin residents  
for 22 years!!

Billy Grippo  
Principal Broker  
(503) 497-5249  
[bgrippo@windermere.com](mailto:bgrippo@windermere.com)  
[www.BillyGrippo.com](http://www.BillyGrippo.com)

Windermere REAL ESTATE  
Windermere Cronin & Caplan Realty Group, Inc.

When it comes to your pet's healthcare,  
we are "The Best of East and West!"



irvington  
veterinary clinic

1427 NE Fremont St. 503.953.8078  
[irvingtonveterinary.com](http://irvingtonveterinary.com)