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Our Community in Action

SCA Board Takes Action on Two Issues: Affordable Housing and Climate Change

At its January meeting, Sabin Community Association's Board voted to add its name to two documents that match the association's values. The board agreed to sign a letter, prepared by the North Northeast Neighbors for Housing Affordability (NNNHA), asking the Portland Housing Bureau to create a land bank and to purchase land and properties in Portland's inner north and northeast neighborhoods for the future development of permanent affordable housing.

The letter requests that the Portland Housing Bureau use urban renewal funds — including \$20 million currently earmarked for affordable housing funds — plus pursue federal and other resources to prioritize the purchase of land and properties for the land bank, which the bureau would own.

NNNHA also stressed the importance of banking the land as quickly as possible while land is still available and less expensive than

it will be in the future. Reflecting the concerns of many community members, NNNHA pointed out that the land bank could help reverse displacement of people of color and other low-income families from inner north and northeast neighborhoods that have undergone gentrification.

NNNHA sent the letter to the Portland Housing Bureau in mid-January. Among the 19 groups signing the letter were Portland Community Reinvestment Initiatives, Urban League of Portland, Portland African American Leadership Forum, Self Enhancement, Inc., Community Alliance of Tenants, OPAL Environmental Justice Oregon, PFLAG Portland Black Chapter, and Housing Land Advocates.

"Our neighborhood association has been looking for a way to support affordable housing, and this seems like a good idea," said

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New Naturopathic Clinic Moves Into Sabin



John Beedenbender and Trisha Lee own Purely Health Clinic.

Purely Health Clinic, specializing in naturopathic medicine, opened in November at 1305 N.E. Fremont St. in Sabin, next to Acadia Bistro.

Owners John Beedenbender, ND, and Trisha

Lee thoroughly remodeled the former Wise Counsel and Comfort location, creating a large and serene reception area and treatment rooms.

"We looked at a lot of places before we settled on this location," Lee says. "We wanted a place

that is community-oriented and we wanted a storefront. We're really happy we're here."

Beedenbender, who earned his degree from the National College of Natural Medicine in Southwest Portland, specializes in primary care as well as minor surgery, sports medicine, IV therapy, and prolotherapy. While in school, he held a three-year medical internship in the areas of primary care, dermatology, cardiology, and physical medicine. He also received advanced training in injection therapies.

"My target patients would be athletes and "weekend warriors," Beedenbender says. "As naturopathic physicians, we do really well in

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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:

February 9
March 9

EVENTS CALENDAR

www.facebook.com/sabinpdx
FOR SELECT INFORMATION
ON SABIN EVENTS

Multnomah County Library, Everybody Reads Discussion: **The Residue Years** Feb. 17, 7–8 p.m. at Albina Branch Library

Strategies for Sustainable Income in Retirement: **registration required** Feb. 24, 6:30–7:30 p.m. at Albina Branch

Tailor Made Tales: Chetter Galloway tells stories of love, courage, and laughter from personal experiences and African American folklore.
Feb. 10, 7–7:45 p.m. Albina Branch Library

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.

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Sabin Briefs

Connect to Kindergarten

Sabin School's "Connect to Kindergarten" event for new families will be held on Tuesday, March 3 at 9:30 a.m. and 6:30 p.m. Meet the teachers and staff, tour the school, and have staff and other parents answer questions. You will also receive registration packets! *Please register your incoming kindergartner as soon as possible*, even if you are still looking at other options. PPS manages teacher hiring based on spring registration numbers. In order to ensure adequate staffing for the incoming kindergarten class, please register early if you think your child might start kindergarten at Sabin in the fall.

Concerned About Earthquake Preparedness?

Join the Sabin Preparedness group on Thursday, February 12 from 7–9 p.m. Initiated by two Sabin School parents, the group will assess the current state of the PPS, Sabin School, and Sabin neighborhood's earthquake preparedness plans; discuss the group's priorities; and come up with next steps. For more information, contact Courtney Brown (cooleylou@hotmail.com) or Andria Jacob (andria.jacob@gmail.com).

Sabin Orchard Work Parties Start Again in February

Sabin Community Orchard 2015 work parties begin this month and continue through November every third Sunday. All are welcome, no experience required!

When: Sunday, Feb. 15, 2–4 p.m.
Where: Sabin Community Orchard, NE Mason between 18th & 19th
RSVP: gareth@portlandfruit.org

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Fremont Green Street Needs Volunteers

The Fremont Green Street project at N.E. 9th Ave. is coming this month! We are seeking volunteers to help install bio-swale plantings in late February or early March. The task will likely take a couple of hours on a Saturday or Sunday. Contact Clay Veka at 503-961-3702 or clayveka@gmail.com if you are interested.

Vacation like an A-List Celebrity

Find sunny skies, warm water, and epic luxury with the Sabin School Auction Raffle prize — an amazing four-day trip for two to the Riviera Maya in Mexico. Get round-trip airfare, four nights at the Fairmont Mayakoba hotel, daily breakfast, and the chance to spend your days exploring or relaxing. Only 200 tickets (\$100 each) will be sold. For details and tickets, visit SabinAuction.com.

Sabin School Family Art Night

Rainbow Sand Bottles! Collage! Water Colors! Get your creative juices flowing at Family Art Night on February 17 from 6:30–8 p.m. in the Sabin School gym. The entire Sabin community is welcome to join the fun!

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). To view Sabin Community Association newsletters starting with the January 2014 issue, go to SCA's website (www.sabinpdx.org). Click on "More" at the top of the page and select "Newsletter Archives."

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PRESIDENT'S MESSAGE

by Clay Veka

Dear Sabin Residents:

The actions taken in our January SCA board meeting reflect many of the association's eight guiding principles.

The board signed onto the Oregon Climate Declaration, calling on the State of Oregon and other jurisdictions to divest from owning stocks and bonds in the 200 companies that own the vast majority of fossil fuel reserves. (Guiding Principles: Prepare for the future and promote sustainable living; Care for our natural environment and wildlife.)

The board also signed onto the N/NE Neighbors for Housing Affordability letter to the Portland Housing Bureau requesting that the \$20 million of urban renewal funding earmarked for inner N/NE affordable housing be used for land-banking — securing property now, to be developed later. (Guiding Principles: Support diversity; Seek to understand and meet community needs.)

We agreed to pursue grant funding to work with Sabin School's art program and students to develop messages and signage to remind dog owners to keep their dogs on leash and obey scoop laws at Sabin School's field. (Guiding Principles: Partner with community organizations.)

One of the best parts of my volunteer role at the SCA is getting to meet amazing activists who work in so many different capacities to make our community a diverse, thriving place.

— Clay

SCA Board Actions

Continued from page 1

Sabin Board President Clay Veka. "I think it's a brilliant idea," added board member Bill Youngren.

The board also voted to join other Northeast Coalition of Neighborhood associations, as well as NECN's Board, by endorsing the Oregon Climate Declaration. The document asks the State of Oregon to cease new investment in fossil fuel companies, to divest its current investments in them, and to prioritize carbon pricing by placing a tax on carbon use.

The declaration was prepared by members of 350pdx, the local chapter of 350.org, an international grassroots group of climate change activists. 350.org was co-founded by environmentalist author Bill McKibben, who wrote *The End of Nature*, among other books. More information about 350pdx and 350.org can be found at www.350pdx.org.

350.org is "creating a movement" to educate and inform the public and to influence elected leaders, explained 350pdx volunteer Rand Schenck, who spoke to the board at its January meeting. *Nature Magazine* verified the fact that 78 percent of all known fossil fuels need to stay in the ground to avoid the cataclysmic trajectory we're on. But fossil fuel companies have an enormous investment in keeping things the way they are," Schenck added.

Following the Sabin Board's affirmative vote to support the declaration, President Clay Veka said, "I feel this is the issue of our day. I know that divestment is an issue being pushed at universities. I'm very supportive of this."

— Susan Goracke



CORRECTION | Sabin SUN School: Winter 2015 Adult and Family Offerings

We regret posting an incorrect SUN School schedule in the January SCAN. Our apologies for the error. The correct schedule for January 12–March 5, 2015, includes:

Mondays: Adult Zumba (6–7 p.m.) in the gym. Free childcare provided in the Library.

Wednesdays: Beginners Chess (3:15–4:30 p.m.), adults welcome.

Fridays: Family Futsal (3:15–4:30 p.m.)



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Worst Day of the Year Ride


This year's Worst Day of the Year Ride on Sunday, Feb. 8, includes a portion of Sabin along Going Street on both the 15-mile and 46-mile courses. The annual event will benefit the Community Cycling Center's safety education programs for low-income children and adults. The center, at Northeast Alberta and 17th Ave., is a designated rest stop, so 17th between Alberta and Wygant will be closed to vehicle traffic from 7 a.m. to 1 p.m. Sabin residents can receive a \$5 discount by using the code "Sabin15" when registering. To sign up, and for more information about the annual ride, go to www.worstdayride.com.

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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 for news, upcoming events, and tips from fellow neighbors.

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Purely Health Clinic in Sabin

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preventative care, before something serious develops. Because we focus on diet and lifestyle, we can help patients with chronic conditions such as diabetes and hypertension."

Lee, who is in her final year of medical school at NCNM, will become a licensed physician at the end of September. She plans to focus on primary care, women's health, and IV therapy. For now, she is the clinic's medical assistant and administrator. Prior to enrolling at NCNM, Lee spent five years working with medical physicians in private practice.

Purely Health Clinic also offers urgent care for people with conditions such as urinary tract infections, ear infections, colds or flu, strep throat, small lacerations, or who require wound repairs.

"We can prescribe most medications, including antibiotics," Beedenbender explains. However, the clinic does not dispense or prescribe narcotics or medical marijuana.

A number of health insurance plans cover Purely Health Clinic services, and the clinic will check insurance benefits for patients. "We also offer a free, 15-minute consultation so people can see if we're a good fit for them," Lee says.

Purely Health Clinic is open Mondays, Thursdays, and Fridays from 8 a.m. to 7 p.m., Saturdays and Sundays from 9 a.m. to 5 p.m., and on Tuesdays and Wednesdays by appointment. For more information, go to www.purelyhealthclinic.com, email info@purelyhealthclinic.com, or call 503-444-0798.

— Susan Goracke

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The recent Beech Street project made international news, inspiring community builders in Japan. This summer we'll need volunteers to refresh the paint. We hope you will join the fun!

Love your Car? Protect It!

Subaru owners, especially of late 1990 models, are likely aware that criminals have been working Northeast Portland neighborhoods, targeting Outbacks. Only a few lucky owners have gotten their cars back. "These criminals have figured out how to shave [Subaru] keys so that they don't have to break a car window to get in," said Portland Police Patrol Officer Anthony Hill. Don't be surprised if you're driving a Subaru and are stopped by a patrol officer who just wants to make sure you're the owner, Hill added.

The *Oregonian* recently reported that the Subaru thief may have been apprehended, however, the recent crime spree is a good reminder for all residents. Hill has worked patrolling shifts in Northeast for the past 15 years. He also encourages residents never to leave anything of value in their cars and to ensure their garages and household doors are locked.

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