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www.SabinPdx.org

Our Community in Action

Blossom Clinic Celebrates Six-Year Anniversary

Liz Richards, a 14-year Northeast Portland resident, is the owner and director of Blossom Clinic, a natural health clinic that offers acupuncture, naturopathic medicine, nutrition consultations, massage, and Ayurvedic bodywork. This year, Blossom Clinic celebrates its six-year anniversary. A large part of Blossom's work is in supporting fertility and pregnancy, however the clinic also treats back pain, insomnia, digestive, and many other ailments. Each practitioner at Blossom Clinic has more than 10 years of experience and expertise.



Liz Richards, owner and director of Blossom Clinic, offers a wide range of natural health services.

Richards began her practice in 2002 after taking pre-med courses at Cornell University. While at Cornell, a persistent voice in her head kept leading her to consider studying natural medicine. She followed that voice and moved to Northeast Portland to complete her graduate degree at the Oregon College of Oriental Medicine. Richards opened Blossom Clinic in 2009 when she saw an open space in the current location next to Whole Foods Market on Northeast Fremont Street and 15th Avenue. She wanted to be close

to her children, Joey and Leo, who were five and two at that time, and her family lived several blocks from the location. When asked about her favorite aspect about owning Blossom, Richards replied that she enjoys her relationships with clients. Richards says the clinic supports families as they grow and of-

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Outdoor Playground Erected at Sabin School's North Playground

Exciting changes are underway at Sabin School's north playground, including the de-paving of areas around the portable buildings and completion of a new outdoor classroom – the focal point of the new playscape. A climbing structure, slide, and accessible paths will be added soon.

tions, incorporating native plants, rolling berms, boulders and logs, and accessible paths.

In addition to the outdoor classroom, the renovation will include a natural playground, the first of its kind in Portland Public Schools. The design brings visitors back to nature and offers a wide range of open-ended, imaginative play op-

The goal is to finish the project and provide Sabin community members access to the new space as soon as possible without disrupting students' instructional time at school.

Want to lend your support? Lots of hands are needed for the Sabin School Planting Day on Sunday, Oct. 4. Contact Deborah Pleva at deb@plevaconsulting.com for details, or visit www.SabinPTA.com.

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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' Mt. Bachelor room (upstairs), Northeast 15th and Fremont. Upcoming meetings:

October 12
November 9

EVENTS CALENDAR

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

Whole Foods Mt. Bachelor Room

Tuesday, October 20, 7-8 p.m.
Pageturners: Read My Stroke of Insight: A Brain Scientist's Personal Journey by Jill Bolte Taylor. Sponsored by Friends of the Library.

Albina Library

Tuesday, October 13, 9:45-11:45 a.m.
Exploring the Internet, registration required

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

Get Ready Sabin! Learn How to Live Safely on a Fault Line

Many know that we live in a seismically active region. We can't prevent a major earthquake from happening, but we can prepare! On Oct. 16, the Sabin PTA is hosting "Get Ready, Sabin!" Come learn what to do to prepare at home, in the classroom, and in the community.

Date: Oct. 16, 2015

Time: 6:30-8:30 p.m.

Place: Sabin School

Carmen Merlo, director of the Portland Bureau of Emergency Management, will open the evening with a presentation on what Portland can expect from the Cascadia quake. Her talk will be followed by a resource fair and hands-on activities. The event is not just for Sabin School families. All Sabin neighbors are warmly welcomed, since preparedness is a true community affair. Activities for kids and childcare will be available. For more information, please contact Andria Jacob at andria.jacob@gmail.com.

Sabin Community Orchard Work and Learn Party on October 18

Join us for the next Work & Learn Party at the Sabin Community Orchard and learn how to assess fruit trees for pest and disease problems in the fall. All are welcome, no experience necessary. Come meet your neighbors and help take care of this special Sabin spot!

When: Sunday, Oct. 18, 2–4:30 p.m.

Where: Sabin Community Orchard, N.E. Mason between 18th & 19th avenues

RSVP: gareth@portlandfruit.org

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Oct 13: Sabin School Fundraiser at Fremont Pizzicato

All day on Tuesday, Oct. 13, mention "Sabin" at the 4217 NE Fremont Street Pizzicato location and the store will donate 20 percent of sales to Sabin School. Stop by for lunch, grab a pizza for dinner, or order pizza for the office to support our school.

Walk + Bike to School Day is on October 7

Sabin School will participate in International Walk + Bike to School Day on October 7 with over 4 million kids around the world to take strides toward healthier bodies and a healthier environment. There will be swag for those who walk, bike, scooter, skateboard, or otherwise roll to school. For those who live too far to walk, park four blocks from school and walk the rest of the way. Lace up your walking shoes or put on that helmet and 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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Julian Dominic, Sabin School's new garden educator, stands near raised beds at the school. Dominic will use the new outdoor classroom to teach students about gardening.

Sabin School Hires New Garden Educator

Sabin School students and teachers are beginning to discover the joys of gardening this fall, thanks to the fun and positive learning environment being created by Sabin's new garden educator, Julian Dominic.

Dominic is utilizing the school's new outdoor classroom and the new washing and prepping station to instruct students in many aspects of gardening. (See cover story for more information about Sabin School's north playground and outdoor classroom.) In addition to showing students how to start plants from seeds, he is teaching them how to prepare healthy soil so that it can produce optimum food

yield. To accomplish this, students will plant cover crops, which will put nitrogen back into the soil. "It's called succession planting, says Dominic. "We'll start with a cover crop of nitrogen-fixing plants such as fava beans, buckwheat, or rye on a third of the 14 raised beds. Then we'll plant winter-hardy greens such as spinach, chard, and kale in the other two-thirds of beds. Those will be covered with a hoop house to nurture the spring plants."

Later in the spring, sun-loving plants such as corn and tomatoes will replace cover crops and winter-hardy greens. Each year, another third of the garden

beds will be planted with cover crops so that nitrogen is constantly being replenished.

Dominic explains that some of the garden produce will be used in teaching students about food preparation. But a large portion will be shared with school families that need it.

Additionally, Dominic has been meeting with teachers to learn what themes they will include in lesson plans throughout the year, so he can help coordinate those themes with gardening topics, such as the importance of beneficial insects for pollination.

"Because classes are really big this year, between 25 and 35 students per class, it would be good to have an extra set of hands," says Dominic. "We are looking for neighbors and parents with free time and an interest in helping out with what we're doing. It's not necessary to have gardening expertise. All it takes are people willing to get their hands dirty."

Anyone who is interested in helping out with the Sabin School garden can send an email to Julian Dominic at sabingardencoordinator@gmail.com

— Susan Goracke

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Blossom Clinic

Continued from page 1

ten becomes an important part of their lives. Many clients visit weekly as they go through their treatments.

Blossom Clinic offers free 15-minute consultations with any of the practitioners and is offering a special for \$20 off any service at Blossom for the month of October. Just mention the Sabin newsletter when booking or checking out.

Blossom Clinic is located at 3531 NE 15th Ave., Suite A. For more information, call 503-287-0886 Mondays after noon and Tuesday through Friday after 9 a.m., or visit www.blossomclinic.net.

— Mishka Willis



A worker from Green Hammer Construction stands under the new outdoor classroom under construction.

SCAN Delivery and Story Ideas

The SCA Communications team would like to thank our dedicated deliverers, and we ask for everyone's help to gather story ideas, identify issues with delivery, or notify us of news items we miss.

We are always looking for story ideas and writers. SCAN articles include resident and business profiles, upcoming events and community events, and special interest stories involving Sabin community members.

Each SCAN issue is produced entirely by volunteer efforts, and we need your help to keep our content engaging, timely, and relevant. If you have questions or concerns, an idea to pitch, or you would like to write a story for SCAN, please contact Erin Brasell ebbrasell@gmail.com.

Sabin School North Playground

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Project funding came from a special appeal from the 2014 Sabin Auction, fundraising in fall 2014, and generous support from the SCA, East Multnomah Soil and Water Conservation District, Portland Public Schools, and Lowes. A special thanks goes to Sabin community members and businesses:

- Carol Gardner and Deborah Pleva for logging countless hours coordinating the project.
- Architect Lena Sterner for designing the elegant, sleek outdoor classroom.
- Green Hammer Construction for donating and discounting services to build the outdoor classroom, and to Natalie Luttrell, who managed the construction project.
- Mike Suri of Suri Iron for donating the use of his truck and crane for construction.
- Structural engineer Jared Lewis donated his time to the project.
- Gabrielle Baker for writing a successful grant application to Lowes.
- Peter Drake and Ronnie Boicourt worked alongside the Green Hammer crew members to build the outdoor classroom.
- Other businesses that provided generous donations and discounts include: Sustainable NW, Parr Lumber, Portland Rock & Landscape Supply, and Great Northwest Gutters.

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