

HEY NEIGHBOR! This newspaper is a free publication brought to you by the Northeast Coalition of Neighborhoods (NECN)

**MISSION STATEMENT:**

Northeast Coalition of Neighborhoods (NECN) increases neighborhood livability through highly inclusive civic engagement and grassroots community building. NECN believes in creating healthy neighborhoods by engaging people to become directly involved in determining how their neighborhood evolves.

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Northeast Coalition of Neighborhoods  
4815 NE 7th Ave  
Portland OR 97211

# Public Mural is More than Paint

By Brian Burk, Concordia News

The restrooms at Fernhill Park have been called many things, but beautiful has never been one of them. Thanks to a team of artists from Beaumont Middle School, that is no longer true.

A four-paneled mural, featuring imagery from Native American, African American, Rwandan, Mexican, Congolese Congolese and Filipino culture, now adorns the exterior walls of the formerly plain brick building.

“Ubumwe,” as the piece is called, means “come together as one” in Kinyarwandan, the first language of contributing artist Dan Gashabuka. The mural project is a partnership between the young artists – all current or former students of Beaumont art teacher Lindsay King – and the Concordia Neighborhood Association (CNA), with a grant from the Northeast Coalition of Neighborhoods (NECN) and support from the Northeast Portland Tool Library, Miller Paint and Graffiti Removal Services.

In addition to the cost of the mural, the grant pays the artists a stipend. “That’s helpful,” said Madyson Roach. “I have little brothers and sisters, my mom’s a single parent, so that can help her.”

The artists will also receive a letter of recommendation from Lindsay to add to their résumés.



PHOTO BY BRIAN BURK

Beaumont Middle School students learned there’s a lot more to painting a community mural than just painting. Left to right, they include: Adrian Sanchez, Kirk Caballero, Madyson Roach, Maria Calel Mendoza, Marquis Cook, teacher Lindsay King and her sons, Carlo and Adrian Ferrea. Not pictured are: Paul Vasilatos, M’ryah Kelley, Dan Gashabuka and Danari Broadous.

Since winter, the team has journeyed down the path of conception, permitting and funding to bring the project to life.

“I wanted them to be introduced to the process of getting a community project done – how to build partnerships and ask for things, to advocate,”

Lindsay explained. The students made presentations to the CNA and NECN boards to win support and funding for their vision. Final

approval from the city came just in time to complete the mural before its dedication at the Aug. 4 National Night Out celebration at Fernhill Park.

At that dedication, several of the artists stood onstage and spoke to the audience about the meaning of their work, as a beaming Lindsay looked on.

Each mural section contains imagery of cultural significance to  
**See MURAL pg 8**

# Passport Oregon Brings Kids Outdoors



Exploration should be a part of every Oregonian’s life. After all, we live in a state with seemingly endless outdoor opportunities. But, too many kids in Oregon lack access to adventure. As the cost of living soars, rent skyrockets, and affordable childcare becomes scarcer, it’s harder and harder for families to make nature a norm in their lives. Passport Oregon wants to fix that, but we need your help!

Passport Oregon is an all-volunteer 501c3 that connects under-natured kids with the outdoor

wonders that define our state. At no cost to the kids or their families, we form cohorts of 6-8 young explorers and take them on a series of day trips to awesome spots like Mt. Hood, the coast, the Gorge, Silver Falls, Cottage Grove, and beyond! Our goal is to give the next generation of mountain climbers, tree huggers, and adventurers the chance to start their life-long relationship with Oregon’s outdoors.

Founded in 2016 in Kevin Frazier’s dorm room at the University of Oregon, Passport Oregon has organized more than 40 trips for over 50 kids from schools and groups like Creston School in SE Portland, Beaver Acres Elementary in Beaverton, and the Immigrant and Refugee Community Organization (IRCO). With your support, they can launch their next chapters at schools and community groups in NE Portland. Because Passport Oregon has

no paid staff, every donation of time or money goes toward getting more young Oregonians from underserved communities into nature. Go to [passportoregon.org](http://passportoregon.org) to learn more about how to volunteer on or financially support their trips. \$50 ensures a young explorer has the gear they need for the trips. With a contribution of \$250 you can cover transportation costs for a whole trip! A \$500 donation makes two trips possible! Every dollar donated moves us nearer to closing the Nature Gap in every corner of Portland and Oregon! Come explore with us!

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**Vernon Neighborhood Association**  
 Meetings: 3rd Wednesdays, 7-9 pm, 5431 NE 20th Ave.  
[vernon@necoalition.org](mailto:vernon@necoalition.org)

**Woodlawn Neighborhood Association**  
 Meetings: 1st Wednesdays, 7-9 pm, 817 NE Madrona St.  
[woodlawn@necoalition.org](mailto:woodlawn@necoalition.org)

**Concordia Neighborhood Association**  
 Meetings: 1st Wednesday, 7-8:30 pm, 5736 N.E. 33rd Ave.  
 Kennedy School Community Room,  
[chair@concordiapdx.org](mailto:chair@concordiapdx.org)

**Alameda Neighborhood Association**  
 Meetings: 4th Mondays, 7-8:30 pm, 2620 NE Fremont St.  
[alamedapdx@gmail.com](mailto:alamedapdx@gmail.com)

**King Neighborhood Association**  
 Meetings: 2nd Wednesdays, 6:30-8:30 pm, 4815 NE 7th Ave.  
[alan.silver@kingneighborhood.org](mailto:alan.silver@kingneighborhood.org)

**Humboldt Neighborhood Association**  
 Meetings: 2nd Wednesday, 7-8:30 pm, Neil Kelley (Back Entrance) 804 N Alberta  
[humboldt@necoalition.org](mailto:humboldt@necoalition.org)

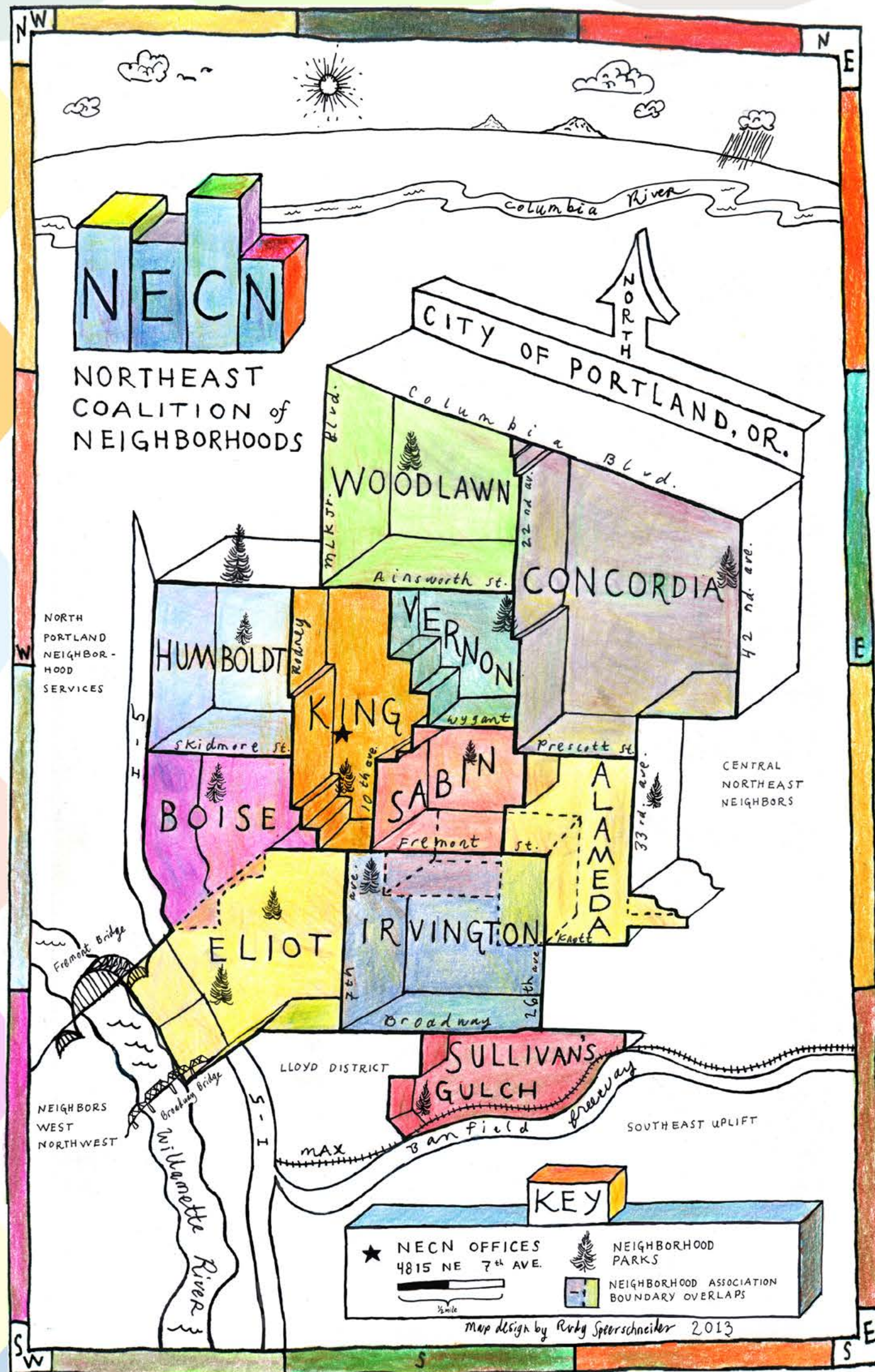
**Sabin Community Association**  
 Meetings: 2nd Monday, 7-9 pm, 4013 NE 18th Ave.  
[sabin@necoalition.org](mailto:sabin@necoalition.org)

**Boise Neighborhood Association**  
 Meetings: 2nd Monday, 7-9 pm, 4115 N Mississippi Ave.  
[boisena@gmail.com](mailto:boisena@gmail.com)

**Eliot Neighborhood Association**  
 Meetings: 3rd Monday, 6:30-8 pm, 120 NE Knott St.  
[info@eliotneighborhood.org](mailto:info@eliotneighborhood.org)

**Irvington Community Association**  
 Meetings: 2nd Thursday, 7-9 pm, 1320 NE Brazee St.  
[president@irvingtonpdx.com](mailto:president@irvingtonpdx.com)

**Sullivan's Gulch Neighborhood Association**  
 Meetings: 2nd Tuesday, 7-9 pm, 1300 NE 16th Ave.  
[sullivansgulch@necoalition.org](mailto:sullivansgulch@necoalition.org)



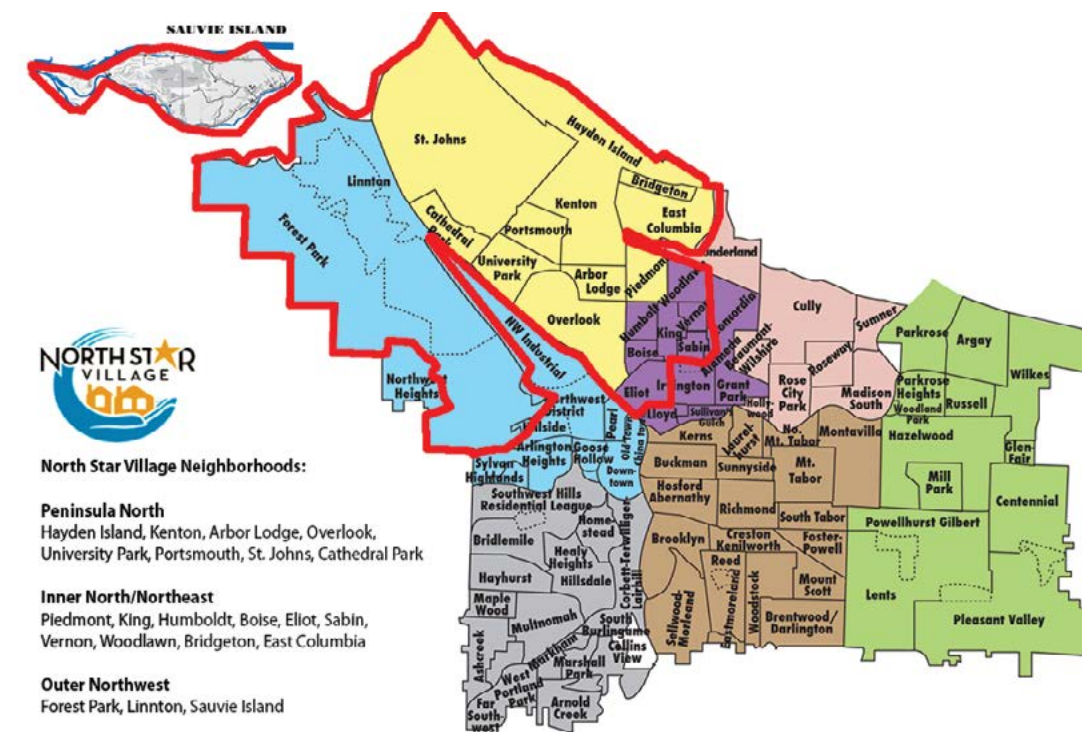
# North Star Village Soon Serving Neighborhoods

**A**njala Ehelebe is a long time Woodlawn resident, native north-east Portlander and the Chair of the North Star Village. North Star Village is part of a broad grassroots effort to help seniors age in place. With no physical address, these 'virtual villages' are volunteer run and respond to the everyday needs of seniors.

"I became really interested in the Village movement after Patt Opdyke from the North Star Village did a presentation at Woodlawn Neighborhood Association."

**"We provide a wide array of services, basically all the 'honey-dos', from changing a light bulb to crating a cat and taking it to the vet"**

Each village is geographically designed to encompass roughly 10,000 households. Between North Star, which opens October



2nd, and Northeast Village most of inner northeast and north Portland are covered.

These nonprofit organizations use trained, back-ground-checked volunteers to provide services that can help keep members in their homes as long, happily, and inexpensively as possible. Villages also offer a rich menu of social, wellness and educational activities and lists of recommended professionals – plumbers, electricians, roofers and more – who can be hired for major projects beyond the expertise of volunteers.

"We provide a wide array of services, basically all the 'honey-dos', from changing a light bulb to crat-

ing a cat and taking it to the vet", Ehelebe says.

How does a virtual Village work? Members join at either the full service or social level. Full service members have access to all volunteer services, the full range of activities and the vendor recommendations. Social members have access to a limited amount of volunteer services, the full range of activities and the vendor lists. At both levels, members may also choose to volunteer. Volunteers do not need to be members to be involved.

To receive a service, the member simply makes a call to North Star Village to request such things as transportation to a medical appointment, help with light house-keeping or yard work, walking a dog, or assistance with paperwork or record-keeping. Using a database, the volunteer or staff then matches a service volunteer with the member's request, and the service is confirmed. North Star Village supports members staying home, staying active, and staying connected socially.

**North Star Village Contact:**  
[www.northstarvillagepdx.org](http://www.northstarvillagepdx.org)  
 503-793-8518  
[infornorthstar@comcast.net](mailto:infornorthstar@comcast.net)

**Northeast Village Contact:**  
[www.nevillagepdx.org](http://www.nevillagepdx.org)  
 503-895-2750

Margaret Lovejoy Baldwin Chair of the Governing Council, serves as a Volunteer Coordinator and is a founding member of the NE Village. Baldwin shares her thoughts on her virtual village:

*"What I like most about the village is the relationships I have formed with dedicated volunteers and members. Northeast Village PDX was founded four years ago as part of the national movement of villages to create a supported independent lifestyle for seniors and others who want to remain in their homes and neighborhoods. Our village has been open for almost a year and we have over 100 members, about half of whom receive services. People can also join as associate members in order to support the village and participate in its activities. While full-service members appreciate the services they receive, like yard clean-up, light housekeeping, and especially transportation; many are grateful for the social contact the village provides. They love having a friendly volunteer come to their home to do a chore, but also to visit with them for a while. Building community in this way is one of the most important features of our village."*

**NECN Welcome**  
 to our fourth edition of *Hey Neighbor!* This publication is free and distributed quarterly to you by Northeast Coalition of Neighborhoods (NECN).



## Who are we?

Northeast Coalition of Neighborhoods (NECN), founded in 1975, is an independent nonprofit organization. NECN is one of seven neighborhood coalitions in Portland, which are primarily funded by the City's Office of Neighborhood Involvement. NECN identifies and takes on hyper-local issues to increase neighborhood livability and civic engagement. NECN's service area includes 11 neighborhoods in inner North/Northeast Portland: Alameda, Boise, Concordia, Eliot, Humboldt, Irvington, King, Sabin, Sullivan's Gulch, Vernon, and Woodlawn. Any person that resides or works in North/Northeast Portland can get directly involved!

**DO YOU LIVE IN THE ELIOT NEIGHBORHOOD? CONCERNED ABOUT LOCAL AIR QUALITY?**

- Eliot Neighborhood Association in partnership with a grassroots network of Willamette River Industrial Neighbors, are seeking volunteers to represent Eliot neighbors in this effort to address air quality on both west and east sides of the river.

**North Star Village Contact:**  
[www.northstarvillagepdx.org](http://www.northstarvillagepdx.org)  
 503-793-8518  
[infornorthstar@comcast.net](mailto:infornorthstar@comcast.net)

**Northeast Village Contact:**  
[www.nevillagepdx.org](http://www.nevillagepdx.org)  
 503-895-2750

IF YOU CAN SPARE 2-4 HOURS A MONTH PLEASE CONTACT CHAIR@ELIOTNEIGHBORHOOD.ORG

**NECN GRANTS WORKSHOP**

IF YOU ARE INTERESTED IN APPLYING FOR A NEIGHBORHOOD SMALL GRANT FOR A COMMUNITY BASED PROJECT IN INNER N/NE PORTLAND YOU WILL WANT TO ATTEND THIS WORKSHOP

**OCTOBER 12 7:00-8:00**  
 NECN - 4815 NE 7TH

RESIDENT SPOTLIGHT:

Clifford Walker of Humboldt Neighborhood



Clifford Walker

**Hey Neighbor:** Tell me about your Portland roots.  
**Clifford Walker:** My father worked for the Union Pacific railroad as a cook, that is how my family moved to Portland. I learned a lot from the men who worked with him- telling me stories of the city of Albina, a railroad town, started by those who worked in the Albina RR yards. I was born at Emanuel Hospital, and grew up in a house where the Portland Public Schools' headquarters is located now. I beared witness to many homes that would be removed from that area.

**HN:** Where did kids play back then? Was there a park?  
**CW:** As a kid, although there were no parks to play in; (Humboldt does not have any park in its official boundaries and the neighborhood association has expressed its concerns) we would ride a bus out to the west side of the river to McClay Park with tin cans and catch crawdads. Or travel to Swan Island and catch squirrels and fish.

**HN:** Are there any old buildings in Portland, that you miss?  
**CW:** No...but I do reflect on the stories my mother told me. When my father would come home from work, he would visit the neighboring businesses, and advocated for them to change their signs on the businesses that said "Cater to whites only." He was very political. Nowadays we see signs that say "we cater to everybody" and that is a big change. We lived in neighborhoods that did not want to trade with you.

Our situation was unique as we did not come from Vanport. Most Black people here came from Vanport, but my family had a chance to get established here before the flood. Yet people would protest us being in their neighborhood, as they were worried we would bring their property values down.

Homeschooling in NE

**H**ey Neighbor caught up with Eliot neighborhood resident, Shireen Hasan, to talk about her passion for homeschooling:

**Hey Neighbor:** When did you start homeschooling and why?  
**Shireen:** I started intentionally homeschooling my son around kindergarten, yet I taught him to spell and read his own name before he started preschool. When I felt my son had been neglected by the school administrators, or if he was not able to access his medication when needed; I began to express concerns. As I met with numerous administrators, teachers and advocates; I began to feel it was critical for my son's well being, to remove him from the public school system.

Shireen shared story after story, of her concerns of her son being labeled as a problem, or being in crowded classrooms where his needs would not be met. She would volunteer in her son's class to ensure his needs were met and to fill the gaps in support of teachers who have to make due with tight budgets.

**"It was critical for my son's well being, to remove him from the public school system"**

Shireen tried several different types of schools. Some years were better than others with the public school system. During school transitions, she helped her son work on puzzles and activities to stimulate his learning. She knew early on that she needed to be responsible for her son's education. She would expose him to math equations, as she knew one day they would stick. She accessed tutors for him to reinforce her efforts.

**HN:** Tell us about that choice to commit to homeschooling?  
**Shireen:** I stopped working when my son was still in pub-

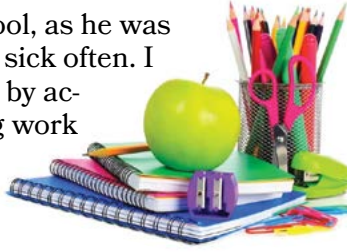
lic school, as he was getting sick often. I started by accessing work books and DVDs from the public library. I tried private and charter schools, but found the same issues that were in the public schools. For one, I did not feel that the students were getting their math needs met there and those concerns were also mirrored by other parents. By high school, I started working with Connections Academy- an online school. I found a lot of support from the teachers, but not much personal communication or attention. I felt that in order for my son to thrive, I had to create a full learning exchange. I also worked with Village Home Education Resource Center.

Shireen overviewed how she has accessed different resources for free, and at cost. The curriculum that her son works with now is called "Time for Learning." Its pre K- through 12th grade. There is a monthly fee but she feels that it is the one she likes best. At times she has had support from her community, to assist with paying for tutoring.

**HN:** Does your son miss high school?  
**Shireen:** He didn't enjoy his school experience. But he plays basketball with his friends in the neighborhood and he is into technology. He attends camps where he can also fill in social and educational gaps. He just completed a film camp.

**HN:** How is your personal life?  
**Shireen:** It's filled with educating him. I am glad I did it, even when the finances were tight- I made that choice to support his education.

**HN:** Last remarks?  
**Shireen:** Parents need to form their own alliances, learning and support groups, to take their kids education upon themselves. I cannot urge parents enough, to stand up for their and their children's civil rights.



Constructing Hope Builds Careers for NE Residents



Also printed in the *Eliot Neighborhood newspaper*

By *Alex Freedman, Humboldt neighborhood resident*

**I**n the midst of Portland's record-setting, \$2.5 billion building frenzy, upwards of 10,000 skilled construction jobs are going unfilled. Chronic labor shortages could be "the new normal," according to an article in the *Oregonian*. Constructing Hope is using this demand to fulfill their mission of helping low-income residents in their NE Portland community, especially those with a legal history, start careers in construction. Executive director Patricia Daniels, who spent years working in HR, saw firsthand how ex-offenders were discriminated against in the hiring process. "If you had a felony, your application always went in the 'no' pile," she says.

Founded in 1995 as part of the Irvington Covenant Church Community Development Corporation, Constructing Hope separated from the church in 2009 to focus exclusively on its state-certified pre-apprenticeship training. The 10-week, hands-on program "gave us the teeth to help these guys walk through the door," says Daniels.

The organization treats its program as a "holistic approach" for reintegrating someone coming from incarceration and reentering society. Modeled on a construction work schedule, the trainees show up and punch a timecard at 6:30 am for the 10 weeks of classes, and submit to random drug testing, like they will face in the workforce. "Because we targeted minorities, we knew they would have to be on top of their game," says Daniels, "to get and keep these jobs." Participants graduate with flagging, forklift, and OSHA 10 certifications, which are crucial for landing industry jobs.

Recruitment comes from partnerships with over 30 community organizations, including state employment offices, parole and probation officers, and the Central City Concern. Constructing Hope even travels to prisons and jails to give presentations. The newest program targets local low-

income high-school aged youth. Through a partnership with Airway Science, youth learn airplane-building skills, including riveting and sheet metal working, in a 3-5 week summer program. Daniels is confident that the training rebuilds lives and starts careers. The average starting wage of \$17 per hour can go up to \$20 or \$26 per hour in a few years. Daniels encourages her graduates to think ahead: "You can become a journeyman, even an owner. Contractors who have worked in the trades make the best construction business owners."

Daniels has seen that many of the men and women who come to Constructing Hope from incarceration are skeptical. They've been led on and let down time and again by a final background check. But they're eager to work, build confidence, and start a career. "They're the ones who stick in the jobs," she says enthusiastically. "And that's what gives me gratification."

Contact *Constructing Hope* at [www.constructinghope.org](http://www.constructinghope.org), 405 NE Church St., (503) 281-1234.



SHARE YOUR AREA OF EXPERTISE



1548 NE 15th Ave  
 (503) 954-2837

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[www.encorepreneurcafe.com](http://www.encorepreneurcafe.com)



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Be Better Prepared

By Ben Weber, Woodlawn Neighborhood resident and Assistance Team Leader for Concordia-Vernon-Woodlawn Neighborhood Emergency Team (NET)



Members of the Concordia, Vernon, and Woodlawn Neighborhood Emergency Team conduct a practice victim extraction during a training exercise.

**A**re you prepared for a major natural disaster in Portland? Ever since an infamous New Yorker article in 2015 titled "The Really Big One", that question has been on the forefront for more and more people in the Northwest. The devastation of Hurricane Harvey has further shocked people into understanding they may be on their own for days at a time, and that is for a disaster that came with a few precious days' notice.

Your answer to that opening question, are you prepared, is probably "No" or "Not Enough". But don't be discouraged; nobody is completely prepared. There are simple steps you can start today and resources you should learn about that will help you get ready for a mega-earthquake (which is considered overdue in our state), or even dramatic weather events such as this winter's foot of snow, or this summer's record-setting

heat streak. I'm writing as a member of the Neighborhood Emergency Team (NET) for the Concordia, Vernon, and Woodlawn neighborhoods. We are volunteers trained in field medicine, search and rescue, and disaster assistance all in the name of being prepared to help our community respond and recover from a disaster when the police, fire department, and other first responders are understandably overwhelmed. We are an effective and cohesive group, and we encourage you to join NET (learn how at [portlandprepares.org](http://portlandprepares.org)). However, there are currently only 32 of us on our team, serving about 17,000 people in our neighborhoods. You could say we are a bit understaffed. You being able to help yourself will go a long way. See NET pg 8

WE NEED YOU AT THE GREEN KING WORK PARTY!

**MEET NEIGHBORS WEED GREEN SPACES PLANT NATIVE PLANTS**

WHERE: NORTHEAST COALITION OF NEIGHBORHOODS  
 4815 NE 7TH AVE

WHEN: OCT 21ST 10:30 TO 1PM  
 COFFEE, SNACKS AND COMMUNITY WILL BE PROVIDED!

Contact: Jessica Rojas [jessica@necoalition.org](mailto:jessica@necoalition.org)  
 503-388-5030

RESIDENT SPOTLIGHT

Do you know an inner N/NE Portland community member who is doing good work in our district?

Share their story in our next issue of *Hey Neighbor!*

Email [Communications@necoalition.org](mailto:Communications@necoalition.org) for more info

2017-2018 APPLICATIONS AVAILABLE SEP. 25, 2017

NECN

**\$1,500 AWARDS AVAILABLE TO COMMUNITY-BASED PROJECTS IN INNER N/NE PORTLAND**

DEADLINE TO APPLY DECEMBER 1, 2017

INFO SESSION/WORKSHOP OCTOBER 12, 2017

LEARN MORE 503-388-9188  
[FRAN@NECOALITION.ORG](mailto:FRAN@NECOALITION.ORG)  
[NECOALITION.ORG](http://NECOALITION.ORG)  
[FACEBOOK.COM/NECOALITION](https://FACEBOOK.COM/NECOALITION)

NORTHEAST COALITION OF NEIGHBORHOODS  
 4815 NE 7TH AVE.

# Events & Opportunities: Fall 2017

## SEI's Purple Mile Walk

Saturday, October 7, 8:30 a.m. - 3 p.m., CFP 4803 NE 7th Ave.

There will be food, vendors and musical entertainment. The March starts here and they walk to SEI's Center headquarters on 3920 N Kerby Ave.

## "Bike the Levees"

Sunday, October 8, 10 a.m. - 1 p.m., Start/End Location: Blue Lake Park, 20500 NE Marine Dr, Fairview.

This is a FREE event with the Columbia Slough Watershed Council. Bring your bike and your friends for a tour of Portland's levee system! This is a 15-mile trip on easy terrain. For more info contact karen.carrillo@columbiaslough.org (503) 281-1132

## Attracting Pollinators to the Urban Garden

Wednesday, October 11, 6 - 8:30 p.m., Kennedy School, 5723 NE 33rd Ave.

Learn about the bees, flies, beetles, moths and butterflies that provide vital pollination services in urban gardens, and discover which plants can help attract and support them. We will go beyond the bloom so you can find out how to provide water, shelter, nesting, and overwintering sites. FREE! Register online at <http://emswcd.org/workshops>. Information: 503-935-5368



## Wetlands 101

Saturday, October 14, 8:45 a.m. - 1 p.m., 16790 NE Mason St.

Learn about the importance of wetlands in urban communities, how wetland mitigation occurs, and what plants and animals rely on wetlands to survive. Suitable for adults and teens 12+; pre-registration required. \$5 suggested donation. For more info contact karen.carrillo@columbiaslough.org (503) 281-1132

## Lost City, Living Memories: Vanport Through The Voices of Its Residents

Sunday, October 15, 3 p.m. - 5 p.m., Portland State University, 1620 SW Park Ave.

Free Event. Through archival footage, historic photographs, and compelling first-person narratives, this collection of community-produced short documentaries featuring former Vanport residents creates a rich and elaborate "mosaic" of the vibrant community that made up the city of Vanport.

## Environmental & Human Costs of Climate Change

October 19, 5:30 p.m. - 7:30 p.m.

\$1-2 donation appreciated to cover rental Space limited to 50 people [portlandcccl.org/citizens-climate-education](http://portlandcccl.org/citizens-climate-education).

## Owl Prowl

Friday, October 20, 7 p.m. - 9 p.m., Whitaker Ponds Nature Park, 7040 NE 47th Ave.

Owl presentation and night-time walk for families. For more info contact karen.carrillo@columbiaslough.org (503) 281-1132, \$5 per person suggested donation.



## Growing Portland

Wednesday, October 25, 3 p.m. - 6 p.m., Kennedy School, 5736 NE 33rd Ave.

The Port of Portland, Prosper Portland, and Portland Public Schools are hosting this joint open house event.

Join us to learn more about future projects at these agencies. Come network with agency project managers and key decision makers.

This event is ideal for certified Disadvantaged, Minority, Women, Service-Disabled Veteran and/or Emerging Small Businesses who are interested in doing business with government agencies.

## "TV Takeover" Kick Off Party

Friday, October 27, 7 p.m. - 9:30 p.m., 2766 NE Martin Luther King, Jr Blvd.

FREE Kick off party at Open Signal for "TV Takeover". Come have a drink and catch the premiere of "TV Takeover," an experimental 30-minute television program that airs simultaneous interactive content on two Open Signal channels, 22 & 23. For more info contact Open Signal (503) 288-1515 or [info@opensignalpdx.org](mailto:info@opensignalpdx.org)

## Rain Gardens 101

Saturday, October 28, 9 a.m. - 1 p.m., NE Coalition of Neighborhoods Office, 4815 NE 7th Ave.

Learn how rain gardens add beauty and color to your yard while helping restore the health of urban streams at the same time. You will get step-by-step details on how to plan, design and build your own rain garden. Where possible, workshop includes a short tour of a nearby rain garden.

## Alameda Neighborhood Association's 4th Annual Haunted House

October 31. Starting at dusk and runs until 9 p.m., NE 28th Ave. and Bryce St.

Free and family friendly with candy for trick o' treaters. Any donations will benefit Alameda neighborhood projects.

## Pollinator Pathway Workparty

Sunday, October 29, 11 a.m. to 4 p.m.

Come help City Repair install a permaculture-based design for pollinator habitat on parking strips. We will be using mostly native plants to enhance the habitat in the public right of way with a vision of creating a long corridor of beneficial habitat. Come dressed for the weather, we'll be working rain-or-shine! Tools and snacks will be provided. Any skills welcome! Drop-in as you can! Contact [volunteer@cityrepair.org](mailto:volunteer@cityrepair.org) for more info.

## FREE Screening of "Post-Truth"

Friday, November 3, 7 p.m. - 9 p.m., 2766 NE Martin Luther King, Jr Blvd.

Open Signal and Lower Boom offered stipends to medi makers to make work about "post-truth," or what it's like to live in the era of fake news. At this screening, see their culminating pieces. For more info contact Open Signal (503) 288-1515 or [info@opensignalpdx.org](mailto:info@opensignalpdx.org)

## Whitaker Ponds Grand Opening

Saturday, November 4, 11 a.m. - 2 p.m., 7040 NE 47th Ave, Portland, OR 97218

## Repair Cafe

Monday, November 6, 6 - 8 p.m., ReBuilding Center, 3625 N Mississippi Ave.

Repair Cafes are events where volunteers fix people's broken items for free! Volunteers will be fixing bikes, small appliances and mending garments. For more information or if you would like to volunteer, please email us at [repairpdx@gmail.com](mailto:repairpdx@gmail.com).



## Debunking Misinformation About Climate Science

November 29, 5:30pm - 7:30pm

\$1-2 donation appreciated to cover rental. Space limited to 50 people [portlandcccl.org/citizens-climate-education](http://portlandcccl.org/citizens-climate-education).

Submit events to [events@necoalition.org](mailto:events@necoalition.org)

# Shellmire Unlimited PC: Redefining Health and Wellness

By Shireen Hasan, Eliot neighborhood resident

Ray Shellmire is the founder of the Shellmire Unlimited PC. Shellmire offers individual, family, small group and organizational counseling services. Shellmire provides services for range of issues from personal development, wellness, domestic violence, depression, anxiety, the harmful effects of racial oppression, discrimination/inequality, and other "bio-psycho-social" issues.

Mr. Shellmire began his practice in 1991. His previous employment revealed that clients were specifically respondent to how he fulfilled their needs for counseling and support services. Leasing space at Oregon Association for Minority Entrepreneurs (OAME), he provided a therapeutic environment for clients. A year later his practice grew; so he was able to train other clinicians to provide culturally specific services. By year 2000, he had an entire wing



Shellmire Unlimited has two offices. Pictured above is their office at 55257 NE Martin Luther King Jr Blvd.

at OAME. In 2012 he moved and expanded to Gresham and Vancouver, and is now at Mid-K Plaza in NE Portland.

According to Ray, "Our treatment philosophy is based on the ancient African-centered concepts of opti-



Clinicians are trained to understand the impact of inter-generational, historical and current trauma.

mal health. The ancient Africans saw health as multi-dimensional; consisting of intellectual, emotional, physical, spiritual and socio-economic health."

Shellmire Unlimited's mental health and wellness services are trauma informed. Clinicians are trained to understand the impact of inter-generational, historical and current trauma. Although they prioritize services for members of

# PCC Cascade to Host Humboldt Neighborhood Market

By Abraham Proctor, Portland Community College, Cascade Campus Community Relations

The Humboldt neighborhood will converge on Portland Community College's Cascade Campus in October for the first-ever Humboldt Market at PCC. The market will take place from 3 to 7 p.m. Tuesday, Oct. 3, in "The Quad" between the Student Union and Cascade Hall buildings, 5575 N. Albina Ave.

The event will feature food, fresh produce, wares from local vendors, live music, and more, including information on how to enroll in classes at PCC. Admission is free, and people of all ages are encouraged to attend.

"We've wanted to hold a gathering like this in our neighborhood for a long time," said Humboldt

Neighborhood Association President Anne LaBorde, "and PCC Cascade has been looking for opportunities to bring the neighborhood to campus. So it's a perfect match, really."

The Humboldt neighborhood has seen significant changes in recent years, as a host of new businesses have revitalized the commercial district near the intersection of North Killingsworth Street and Albina Avenue, where the PCC Campus is located.

"We're excited to be a part of this vibrant community," said Cascade Campus President Dr. Karin Edwards, "and we're happy to partner with the Humboldt Neighborhood Association to host

this market. It's a point of pride for us to be an educational and social focal point of this neighborhood, and we're hoping that the Humboldt Market at PCC is the first of many more to come."

To learn more about the Humboldt Neighborhood Association, visit [www.humboldtneighborhood.org](http://www.humboldtneighborhood.org). For more information about PCC's Cascade Campus, visit [www.pcc.edu/cascade](http://www.pcc.edu/cascade).



the African diaspora, underserved and disadvantaged communities; the agency does serve the general public, as well. Viewing its mission as optimal health for everyone and everything. Yet Ray points out, "The knowledge of optimal health can be used for and applied to all humans."

Shellmire Unlimited's goal is to share the conceptual framework for optimal health, with the

aim of helping members of the African and African American communities throughout Portland-Metro and SW Washington to get on the path to optimal health. Sharing knowledge that transforms lives helps people to make positive and permanent change. This knowledge motivates community to get healthier and have better results in their everyday lives.

"We do this with children, adolescents, and adults. Our model is that people have boundless potential; so we want to help people to develop the knowledge, skills and tools, in order to put them on their path to elevating themselves to their greatest potential."

Shellmire mentioned several ways that the community can provide support, including:

- making a donation and earmark that you want to help others get well
  - participating in our events/activities such as Bike and Bite, Tai Chi classes, What Black Men Think; or join us by working as a volunteer, and sharing resources.
- To donate or learn more visit their website [www.ShellmireUnlimited.com](http://www.ShellmireUnlimited.com) or one their offices at 5257 NE MLK Jr Blvd., Ste. 202E, or 3311 NE MLK Jr Blvd, Ste. 104, or call 503-946-3484. The accept most insurance except Kaiser/HealthShare.

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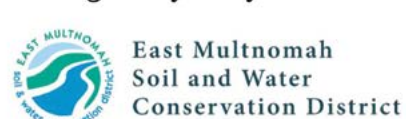


Saturday, October 28  
9:00am - 1:00pm

NE Coalition of Neighborhoods Office  
4815 NE 7th Ave.

Register online at: [www.emswcd.org/workshops](http://www.emswcd.org/workshops)  
Information: 503-222-7645

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