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SCA BOARD MEMBERS

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 (503) 961-3702
 clayveka@gmail.com

VP | Communications

Chair: Diane Benson

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Secretary: Cara Frey

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Land Use/Transportation

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 rach.c.lee@gmail.com

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- Randy Ward
- Bill Youngren
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NEWSLETTER TEAM

Editor: Erin Brasell
 (202) 641-5028
 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

OnGoing Community Still Going After 24 Years

At 24 years and counting, the OnGoing Community is easily Sabin Neighborhood's longest-running co-housing community. While its membership has ebbed and flowed as some members have moved away over the years and others have taken their place, co-founder Diane Meisenhelter is the one constant.

In 1991, Meisenhelter and her late husband Steve Apotheker were among four Sabin families who had a vision to share their talents, tools, meals, and ideas for creating a more sustainable, social life. The friends bought and remodeled five older homes near the intersection of Northeast 19th Avenue and Going Street. They planted large organic gardens and orchards. They installed pens for goats and chickens to provide fresh goat milk and plenty of eggs.



Among the 20 or so members of the OnGoing Community co-housing group are from left, Cleo Chappell, Colin Platt, Keegan Heron, Julian Dominic and Diane Meisenhelter. Members collectively raise goats and chickens, and they grow organic fruits and vegetables on their urban farms.

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Whole Foods Bag Credit Raises \$688 for Several Sabin Community Association Projects



"Would you like to donate your bag credit?" For many Sabin residents, this is a familiar refrain when checking out at the Whole Foods on Fremont. From mid-April

When Whole Foods selected the Sabin Bee-Friendly Garden Project as a recipient of the bag credit funds, the SCA hoped to raise \$500 through this campaign. When the results came in on July 7, we were delighted to learn the donations totaled \$688!

The money raised will go into the SCA general fund and will be used to support not only the Sabin Bee-Friendly Garden Project but also other Sabin projects and activities.

until early July 2015, Whole Foods shoppers who brought their own shopping bags had the option of donating their five-cent bag credit to the Sabin Community Association's Bee-Friendly Garden Project. To date, SCA has distributed approximately 45 signs to Sabin neighbors who pledge to keep their gardens pesticide free and safe for local bees.

Thank you to the many shoppers who donated their bag credits to SCA, and thank you to Whole Foods! For more information on the Sabin Bee-Friendly Garden Project, visit our website (sabinpdx.org) and select the Bee-Friendly Garden Project tab or contact Diane Benson at dcb1810@yahoo.com.

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:

September 14
October 12

EVENTS CALENDAR

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

Tuesday, September 22

Author talk: Daniel Forbes at Albina Library, 6:30 p.m.

Tuesday, September 29

August (Wilson) in September at Albina Library, 6 p.m.

Sabin Community Association



NORTHEAST COALITION
OF NEIGHBORHOODS

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Sabin Briefs



Residents gathered at Sabin School on August 24 for the almost-end-of-summer neighborhood picnic. Families brought blankets and picnic baskets for dinner while kids and adults enjoyed playing games and running around in the summer evening air.

Buy Groceries and Support Sabin School

If you shop at Fred Meyer or any Kroger stores, did you know that you can sign up for their Community Rewards program? Sign up to link your Rewards Card to your favorite nonprofit, and whenever you use your Rewards Card, you will be helping that organization earn a donation from Fred Meyer. Sabin School received \$350 from April 1 to June 30 simply from families doing their usual grocery shopping. To sign up, visit <https://www.fredmeyer.com/topic/community-rewards-4> and select Sabin School #85955 as your community partner.

Sabin Orchard Work Parties Start Again in October

Sabin Community Orchard 2015 work parties begin next month, but Portland Fruit Tree Project harvesting parties take place throughout the month in September. Harvesting Parties bring people together to pick fruit and make it available to people in need. Half of the fruit goes to a local food bank, and the rest goes home with harvest participants. Harvesting parties are open to anyone (suggested donation of \$5-\$25 sliding scale). For more information and to sign up for a harvesting party, visit <http://portlandfruit.org/harvest-programs>.

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Sabin-King Volunteers Inventoried Street Trees in June

This summer, many residents likely noticed teams of people in bright yellow vests walking around the neighborhood with clipboards and measuring tapes. These groups of trained volunteers were participating in the Tree Inventory Project, a Portland Parks and Recreation Urban Forestry Department's initiative that began in 2010. In June and July the groups inventoried over 800 trees in Sabin and King neighborhoods.

Urban Forestry Volunteers are guided by Urban Forestry staff, who provide training, tools, and event organization. Together, information is collected on tree species, size, health, site conditions, and available planting spaces. The data collected will be presented to neighborhood stakeholders at an annual Tree Summit at the end of the season in November. For more information on the Tree Inventory Project, visit the Tree Inventory website: <https://www.portlandoregon.gov/parks/53181>.



Volunteers gathered on May 30 for the annual Sabin Clean-Up, where residents brought unwanted household goods and garbage for disposal, reuse, or recycling. On the left, the Community Warehouse accepted household goods for reuse, and on the right, dumpsters were lined up to collect items that were not suitable for reuse or recycling.

Thanks to Volunteers: 2015 Sabin Clean-Up Was a Success

We had great, sunny weather for the clean-up event this year, and many volunteers returned from previous years, making the day run much more efficiently. The clean-up is sponsored by the NE Coalition of Neighborhoods, the City of Portland Bureau of Planning and Sustainability, and Metro, which provided free waste disposal. Whole Foods also donated food for those working the clean-up.

Thanks to clean-up coordinators Lindsey Maser and Lauren Gross, the Sabin Community Association had one of our best years yet. This year we collected 145 car loads of goods, beating last year's count of 98. About 12 volunteers helped guide clean-up participants to one of several repositories. Overall, we collected a lot of stuff:

- 5 drop boxes (8.43 tons) of garbage
- 1 drop box (2.5 tons) of yard debris
- 2.5 tons of metal for recycling
- 1 ton of electronics for recycling
- 53 household goods donated to the Community Warehouse, including furniture, mattresses, and small

household appliances

- 2 bikes and 3 tires donated to the Community Cycling Center
- 24 home and garden tools donated to Tools4Troops
- 25 items to Goodwill

Proceeds from last year's Clean-Up benefitted Sabin School's playground renovation, the Sabin Community Orchard, the Bee-Friendly Garden Tour, and provided matching SNAP funds for the King Farmer's Market. The SCA board looks forward to using this year's proceeds to again fund important neighborhood projects.



Two volunteers measure an 84.2-inch diameter at breast height Lombardy Poplar at NE 20th and Ridgewood Street. Some of the more unusual trees they surveyed included: Sourwood, Sycoparrotia, Yellow wood, and Sweet chestnut trees.

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OnGoing Community Still Going

Continued from page 1

"We wanted to be very thoughtful about how we went about living," Meisenhelter says, "especially because of the inequities in the world."

Today, the community includes about 18 adults, and two to three young children attend meals occasionally. "This is the third generation of kids who have come through our co-housing community," notes Meisenhelter, whose daughter, Jesse, a recent college graduate, was among the second generation. Thanks to the OnGoing Community, Jesse, an only child, never lacked for playmates.

"We act as an extended family to each other," says Meisenhelter. "One family hosts each meal — which usually includes a soup, a salad, a main dish, a side dish, and sometimes a dessert. Sometimes it's a vegetarian meal, or it may include grass-fed meat. Usually it's gluten-free and sugar-free."

During meals, members discuss the ideas and issues they feel most strongly about, explains Colin Platt, who has lived in the home at the northeast corner of Going and 19th for the past 14 months.

"When I interviewed for this house, I liked the idea of sharing the dinners," Platt says. "But after I moved in, I discovered other benefits, like sharing resources, having a lower waste-stream impact, and the collective grass roots actions we do together."

Platt explains that because community members all have organic urban farms at their homes, they all believe eating healthy foods is important.

"So we did a flash-mob for the GMO labeling movement," he adds. "When there are more of you, you have more of an impact." Since the beginning, co-housing group members have been active in community organizing and education.

Meisenhelter had been a union organizer in Chicago and earned a Ph.D. in social history and women studies from the University of Michigan. She later moved to Portland from Chicago with her husband in 1989. In 1991 in Portland, she helped start the Sabin Community Development Corporation (Sabin CDC), then served as its first executive director for five years. The Sabin CDC continues to provide affordable housing in several inner Northeast neighborhoods. Today, Meisenhelter continues her anti-poverty work for Impact Northwest, mostly in Southeast Portland.

Her late husband's passion for sustainable living and his extensive knowledge of recycling — Apotheker was one of Oregon's top recycling experts before he died from a degenerative neurological disorder in 2011 at the age of 58 — influenced the OnGoing Community to reduce its carbon footprint. Even before there was citywide composting, the co-housing group composted table scraps and reduced waste to one garbage can between several houses. Members installed solar panels, added rain barrels to reduce use of city water and used recycled lumber and other green building products for remodeling projects.

Co-housing members formed a "buyer's club" to save money by buying organic products in bulk. In 1997, they joined with other neighbors to expand their buying power. The club eventually became the Alberta Cooperative Grocery, which opened in 2001.

OnGoing Community members continue to be involved in groups such as the Bicycle Transportation Alliance and the Village Building Conveyence. They work on the Oregon Climate Change Declaration, they are involved in permaculture, and they are actively supporting Bernie Sanders for President in 2016.

About once a month, the community holds a storytelling night around a fireside, usually with a theme, and members invite others to attend. "It's a nice way for us to give back to the community," Meisenhelter says. "People tell their stories. It's very heartfelt. It creates face-to-face, real-life connections instead of screen time."

— Susan Goracke

Sabin Community Association is on Facebook

Over 450 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.

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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