

The New Columbia Neighbor

The Tamaracks Welcomes New Intern

**November
2011**

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Elaina Rance Lecher

Elaina is the Tamarack's new Resident Services intern as of October 18th. She comes to us from Portland State University where she is earning her Masters in Social Work. A North Portland resident, she is looking forward to meeting and working with residents and community partners.

Elaina brings with her a passion for outdoor recreation and sports. Her favorite pastimes, to name a few, include bicycle touring and racing events, bike repair, and mountain climbing. Mt. Adams is a favorite destination; she climbs it once a year. This passion will also express itself in her new role. She already has plans to organize community soccer matches in the new field next to the Boys and Girls Club. So suit up and stay tuned!

Elaina will be on site two days a week from 9-5 pm on Tuesdays and Thursdays, until the end of the school year. Her office is located at 4215 N Alaska, #55. While not bi-lingual, she describes herself as conversant in Spanish. She studied in Spain for 6 months while exploring her Basque heritage. Please congratulate her and extend a warm greeting.



Safety



When should I use 9-1-1?

Use 9-1-1 to save a life, report a fire, stop a

crime. 9-1-1 is the right number to call in an emergency when a prompt response is needed. There could be a fight or an assault occurring right now, a fire burning, or a medical problem occurring now which could be life threatening.

The person who answers your 9-1-1 call is a trained dispatcher. They will ask you questions to determine what kind of help you need - Fire, Police, or Medical. Be prepared to state the nature of the emergency, and please answer all the questions. **Answering questions does not delay response.** As they ask their questions, keep your answers as short and direct as possible.

Questions could include:

- What happened?
- What is the location?
- Where are you calling from?
- What is your name?
- What is your phone number?

While on the phone with the call taker, EMERGENCY help is being dispatched. Staying on the line, if asked to do so, will NOT delay help from responding units. If it is possible and does not compromise your safety, **do not hang up the phone** until the 9-1-1 call taker says it is okay to hang up.

What if I call 9-1-1 by mistake?

Please stay on the line if you call 9-1-1 by accident, and tell the dispatcher that everything is OK. If you do not stay on the line we may have to send a police officer to your home to make sure there is not a problem.

When should I use the non-emergency number?

503-823-3333 is a ten digit non-emergency number which you can dial 24 hours a day in Multnomah County for non-emergency help. Using the non-emergency number keeps 9-1-1 available for true emergencies.

Some examples of times when you should call 503-823-3333 are:

- Your house or car was broken into yesterday.
- Your runaway child has returned home.
- You need to add additional items to the burglary report you made last week.
- Your car was stolen sometime overnight.
- Someone stole your bike while you were at school.

www.portlandonline/911

Public Safety Forum



Wednesday, November 16, 2011

6:30 – 7:30 pm

New Columbia Community Education Center

Stop in and see your New Columbia Police Officers. Come and meet Officer Brainard, Officer Hansen-Tuma's replacement. Bring your questions, concerns, and ideas. This is an informal open session. Drop-ins are welcome!





Albina Head Start/Early Head Start Home Based Program/Visitas en Casa

- Help your child get ready for school using fun parent-child activities
- Family support and help with resources
- Services provide by certified Parents as Teachers Parent Educators

YOU are the child's first and most important teacher!



Free Program
Programa gratis

**Now accepting
Applications/Estamos
aceptando aplicaciones**

Call/Llama:
503.236.9389

For more information

*For prenatal parents and families with
children birth to 5 years old/Para
madres embarazadas y familias con
niños recién nacidos hasta 5 años de
edad.
También proveemos servicios en*

Youth

College Bound Families

A Roosevelt High School & Home Forward Program

Workshop Schedule:

6:00 – 8:00 pm

| | |
|-------------|--|
| November 21 | Family Communication New Columbia CEC |
| December 13 | Scholarships/Financial Aid Roosevelt |
| January 9 | Genogram Conversations New Columbia CEC |
| February 7 | Scholarships/Financial Aid Healthy Conversations Roosevelt |
| March 12 | Technology World Workshops New Columbia CEC |
| April 10 | Portfolio Showcases Roosevelt |
| May 15 | Fabulous Family Financials New Columbia CEC |

For more information contact:

Nike Greene:
Roosevelt High School
503.916.5260, Ext 71432

Nazareth Gazai
Home Forward
503.943.5674

Roosevelt High School

SENIOR TRANSITIONS
Tuesday November 29th

College & Career Transition Center
5:30-8:00 Cafeteria

Contact: School Counseling Department 503.916.5260

Activities



Winter Fitness Classes

Work up a sweat and get fit! New fitness sessions begin November 7 for ages 14 & up.

Offerings include: Zumba, Aerobics, Kick boxing, Yoga, Pilates & Fitness Boot Camp.

Please call (503) 823-3631 for class information.

University Park Community Center

Game Room

Free Game Room

Check out the new hours for University Park's Game Room. It's free and open to the public!

Features: a pool table, gaming systems, a big screen TV, and more!

New! Seniors (55+): M-W-F, 12– 3 pm
 Youth (6-17): M-F, 4:30 – 7:30 pm
New! Youth (6-17): Sat, 2:00 – 4:00 pm
 No School Days: 3:00 – 6:00 pm

Free Computer Lab



New Hours!

| | |
|----------|--|
| Adults | 10:00 a.m.2:00 p.m., Monday, Wednesday, Friday |
| Youth | 4:00 p.m. – 6:00 p.m. Monday – Friday |
| All Ages | 12:00 p.m. – 2:00 p.m., Saturdays |

University Park Community Center

Events

Regence Boys & Girls Club

Invites You To A

Family Thanksgiving Dinner

**Raffle Prizes
Bingo**



**Tuesday, November 22, 2011
6:30 – 8:00 pm**

**In the Cafeteria of the
Regence Boys & Girls Club
4430 N Trenton Street
503.853.8678**

All current Regence Boys & Girls Club members and their families are welcome to attend!



Cycling News

New Columbia Bike Committee Meetings

Meetings for the New Columbia Bike Committee will start back up this month. It will meet on the 1st and 2nd Tuesday of every month in the CEC from 6-8 pm beginning Nov. 1.

November Meeting Schedule:

Tuesday, 11/1/2011
&
Tuesday, 11/8/2011

6:00 pm – 8:00 pm
CEC



FREE Thanksgiving Feast

Thanksgiving Day, November 24, 2011

12 - 4pm

8131 N Denver at Kilpatrick
TriMet 4, 6, Yellow MAX -Kenton Station
Portland OR 97217 | More info: info@properusa.net
or call Michael at 503-936-3704

PROPER is sponsoring its 9th annual FREE Thanksgiving Feast on Thanksgiving Day, 12-4pm. Including traditional, and vegan and vegetarian menus. Live entertainment, including Award Winning Singer & Storyteller Anne-Louise Sterry and friends. Come and enjoy good food and community on this special day. Volunteers and donations welcome.

Community Resources

2nd ANNUAL FREE ORMOM DENTAL CLINIC

Oregon Mission of Mercy (OrMOM) is a large-scale dental clinic where dental treatment is provided at no cost to individuals who cannot access and/or afford dental care. This event is completely volunteer driven and is possible because of the generous support of OrMOM partners.

Who Should Come:

- Adults and children
- If you do not have enough money to pay for dental care
- If you do not have a regular dentist

Dates:

- **Monday, November 21, 2011**
- **Tuesday, November 22, 2011**

Time

- Come early! We'll open the clinic doors at 4:00 am.
- Treatment is from 6 am - 6 pm on both days.
- No appointments will be taken or are necessary.
- Patients are seen on a first come - first serve basis.
- The number of patients seen will be limited by clinic capacity.

Location:

Oregon Convention Center
777 NE MLK Blvd
Portland, Oregon 97232

Patient FAQs

Our main goal is to relieve pain and restore smiles. We provide extractions, fillings and cleanings as well as some other dental procedures that can be appropriately done in a mission setting. We do not provide cosmetic dentistry, full dentures or braces. Further, we may determine that we cannot take care of all of your dental needs at OrMOM, so that we can relieve pain for the greatest number of patients.

Attention Childcare Providers

Are you an in-home daycare provider who is interested in providing high quality child care? Do you want to increase your income?

The **Childcare Improvement Project (CCIP)** is a free program that will help you enhance the quality of your service and support your professional development.

Services include: monthly training, peer support, improvement grants, field trips, Child Care Tuition Assistance, home visits, and more!

Contact Sherrena Torrence at 503.246.1663 ext 3104 for more information.

Or, visit them on the web at
www.childcareimprovement.org

Holiday Bike Drive

The Community Cycling Center is now accepting applications November 1st through November 30th for their annual Holiday Bike Drive.

Requirements:

- Children must be between 3 and 8 years old
- Must be between 30 inches and 57 inches tall
- Must qualify for free or reduced lunch
- Must live in Multnomah County
- Must need a bicycle and not currently own one
- Families must pay \$5 per bicycle at the time of registration.

To sign up please contact one of the following community partners:

UPCC (The "Rec")
Boys & Girls Club

Rosa Parks Elementary
NC Resident Services

Community Resources

Free Workshop: Understanding Accents

The community is invited to participate in an interactive workshop, **Understanding Accents**, presented by Judith Wild. Judith is a Portland resident and retired PSU Instructor for English as a Second Language (ESL). This workshop will address challenging situations people face understanding accents and highlight practical techniques for listening and responding to people from diverse, multilingual communities. Embrace the rich, interwoven tapestry of community in Portland!

WHEN: Wed, November 16th
from 6:30 PM – 8:30 PM

WHERE: Our United Villages
Conference Room
3625 N. Mississippi Ave.

Free and open to the community. Space is limited; **please RSVP by Fri, November 11th to 503.546.7499 or outreach@ourunitedvillages.org.**

Light snacks provided. Childcare (9 and under), interpretation, and transportation provided with 48 hours notice.

Free Walk-In Health Sessions through December 9th

Thursdays, 1:00 – 3:00 pm
or
Fridays, 10:30 – 12:30
University Park Community Center

Visit with a University of Portland Student Nurse. Talk about your health. Learn to live well with diseases like diabetes or hypertension. Find out about healthy choices and community resources.

Check your medications Check your blood pressure
Check your weight and Height

Oregon Families Support Network (OFSN)

Oregon families supporting Oregon families with children and adolescents with emotional, behavioral, mental and/or physical challenges and special needs. Some of the services provided are: support groups, mediation, grassroots empowerment, outreach and education.

Please contact: 503.675.2294

www.ofsn.org



New Columbia Residents:

Keep your eyes out for news about a brand new free class:

Basic Writing for Americans and Advanced ESL Students.

Improve your life in many ways by working on your writing skills!



Volunteers are our most valuable community resource

November/Noviembre

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|---|---|---|-----------|
| | | 1 NC Bike Committee 6-8 pm 4625 N Trenton Bike Drive Starts | 2 | 3 Sewing Class 6:30-9:30 pm Fountain Room (Every Thursday) | 4 | 5 |
| 6 | 7 | 8 NC Bike Committee 6-8 pm 4625 N Trenton | 9 | 10 | 11 Understanding Accents 6:30-8:30 pm 3625 N Mississippi | 12 |
| 13 | 14 Village Market Store Advisory Mtg 6:00-7:30 CEC | 15 Portsmouth Nbhd Assc Mtg 7:00 – 9:00 pm 4625 N Trenton | 16 Public Safety Forum 6:30-7:30 pm 4625 N Trenton Understanding Accents Wkshop 6:30-8:30 3625 N Mississippi | 17 | 18 | 19 |
| 20 | 21 Family Communication Workshop 6-8 pm 4625 N Trenton Free Dental Clinic 4:00 am – 6:00 pm Convention Center | 22 NC Owners Assoc Mtg 6-8 pm 4625 N Trenton Free Dental Clinic 4:00 am–6:00 pm Convention Ctr Family Dinner 6:30-8pm B&G Club | 23 Parent Campus Day 9:00 – 11:30 Roosevelt High | 24 Thanksgiving Day Campus Offices Closed Proper Feast 12-4 pm 8131 N Denver | 25 WorkSource Express Closed | 26 |
| No school all week (Parent /Teacher Conferences and Thanksgiving) | | | | | | |
| 27 | 28 | 29 Parent Campus Day 9:00 – 11:30 Roosevelt High Senior Transitions 5:30-8 pm RHS | 30 Bike Drive Ends | | | |

| Important Numbers to Know | | | | | |
|---|--------------|---------------------|--------------|---------------------|--------------|
| NC Leasing Office | 503.286.1500 | NC Event Line | 503.286.0335 | Rosa Parks | 503.916.6250 |
| Police Non-Emergency | 503.823.3333 | Emergency | 911 | Traffic Safety | 503.823.7233 |
| WorkSource XP | 503.943.5642 | UPCC "The Rec" | 503.916.6250 | B & G Club | 503.853.8678 |
| Room Scheduling | 503.943.5601 | NC Info & Referrals | 503.943.5674 | Community Resources | 211 |
| Visit us on the web at www.newcolumbia.org | | | | | |
| Follow the Portland Police on Twitter at www.twitter.com/ppbnewcolumbia | | | | | |