

# The New Columbia Neighbor

## National Night Out

September  
2011

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This year's National Night Out topped the charts with well over 1000 people gathering to enjoy the festivities in McCoy Park. It was a remarkable evening.

Dozens of community volunteers were on hand to serve food, supervise activities, and help with clean-up.

Featured activities included live music by Home Brew, a climbing wall, dunk tank, bike repair clinic, bingo games,

henna painting, giant bubbles, a ring toss, and a button-making station. The FBI and Portland Police were also on hand to pass out toys and stickers, meet families, answer questions, and talk with young people about their jobs.

Thanks to generous donations from local businesses and the teamwork of community partners and volunteers, National Night Out in McCoy Park was voted, hands down, the best ever at New Columbia!

## Resident Community Builders

Resident Community Builders wanted!

This six month long program is available for residents who are in good standing, who are willing to take the initiative to work on community projects with Community Builders and other staff to create a positive community. Residents must call Nazareth Gazai in the Community Builders Office to fill out an application and go through an interview process. She may be

reached at 503.943.5674.

If approved, the Resident Community Builder will be rewarded financially for their community building efforts. This is a sliding scale and depends on the income of the participant. The Resident Community Builder is a representative of the community, and must be a leader and positive representation of New Columbia.

# Disaster Preparedness

## What to Do During an Earthquake

Stay as safe as possible during an earthquake. Be aware that some earthquakes are actually foreshocks and a larger earthquake might occur. Minimize your movements to a few steps to a nearby safe place and if you are indoors, stay there until the shaking has stopped and you are sure exiting is safe.

### *If indoors*

- **DROP** to the ground; take **COVER** by getting under a sturdy table or other piece of furniture; and **HOLD ON** until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture.
- Stay in bed if you are there when the earthquake strikes. Hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall. In that case, move to the nearest safe place.
- Use a doorway for shelter only if it is close by and you know it is a strongly supported, load bearing doorway.
- Stay inside until the shaking stops and it is safe to go outside. Most injuries occur when people move to a different location inside a building or try to leave.
- Be aware that the electricity may go out or the sprinkler systems or fire alarms may turn on.
- DO NOT use the elevators.

### *If outdoors*

- Stay there.
- Move away from buildings, streetlights, and utility wires.
- Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits and alongside exterior walls. Fatalities have been caused by falling debris from collapsing walls. Ground movement during an earthquake is seldom the direct cause of death or injury. Most earthquake-related casualties result from collapsing walls, flying glass, and falling objects.

### *If in a moving vehicle*

- Stop as quickly as safety permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires.
- Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that might have been damaged by the earthquake.

### *If trapped under debris*

- Do not light a match.
- Do not move about or kick up dust.
- Cover your mouth with a handkerchief or clothing.
- Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available. Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust.



# FEMA

## College Scholarships 2012

### Beat the Odds Scholarship

Deadline: September 16, 2011

Four \$2,500 renewable scholarships will be awarded in November 2011 for the 2012-2013 academic year.

This scholarship is renewable for up to four years provided the recipient maintains a 3.0 GPA or better, remains a full time student, and funding is available.

Applicants must be accepted to an accredited 2 or 4-year college program. All awards are paid directly to the college.

To apply visit:

[www.standleadershipcenter.org](http://www.standleadershipcenter.org)

### Horatio Alger Scholarship Programs

Deadline: October 30, 2011

This program offers both national scholarships and scholarships for Oregon students. Both programs are designed to assist high school students who have faced and overcome great obstacles in their lives, demonstrating integrity and perseverance, and who want to pursue higher education. Applicants must be graduating high school seniors who plan to pursue a bachelor's degree and who demonstrate critical financial need. 104 National Awards will be distributed in the amount of \$20,000 each. 8 Oregon awards will be distributed in the amount of \$5,000.

To apply visit:

[www.horatioalger.org/scholarships](http://www.horatioalger.org/scholarships)

# Youth

## IMPORTANT SCHOOL DATES

**School Starts:** Tuesday, September 6, 2011

**Kindergarten Starts:** Friday, September 9, 2011

**Late Openings:** All schools will open 2 hours late on the third Wednesday during the months of September, October, January, February, March, April and May. In December they will open late on the second Wednesday.

**Parent-Teacher Fall Conferences:** November 21-23, the week of Thanksgiving. Students have the week off.

**School Ends:** June 13, 2012

## Teen Suicide Prevention Focus Group

The Multnomah County Health Department in partnership with Home Forward held a focus group with Latino parents and youth to discuss suicide prevention. This focus group is part of a state-wide effort to learn more about suicide prevention needs. More than 20 families from New Columbia and Tamaracks participated in the discussion. They were cooperative, respectful, and supportive of one another as they shared their thoughts and feelings about this sensitive and difficult subject. Thank you, families.



## Career Connections

Professional Training and Internship Program

Fall 2011 Training:

Sept 26 – November 18

Open Meadow Career Connections is looking motivated Portlanders 18-24 years old who want to begin careers or college.

Start with a challenging five week professional training:

- opportunities to increase confidence, motivation, and hope
- Networking with local professionals & exploring career options
- Learning resume writing and interview skills that will get you noticed
- Identifying your strengths, skills, and passions

Followed by:

- Access to exclusive internships
- Intensive support for college admission and success
- Three years of career and college advising provided by staff

Attend an orientation to learn more about this unique opportunity!

Wednesdays at 10:00 am on  
September 7 and September 14

To apply and RSVP contact: Lee Ann Lawrence at 503.488.5181

# Youth

## New Columbia Ninth Grade Hangout Zone

Neighborhood House organized a Hangout Zone this summer as part of the 9<sup>th</sup> Grade Counts program. 9<sup>th</sup> Grade Counts is a city-wide initiative designed to help students transition successfully into high school. Enrollment at New Columbia was extended to include 8<sup>th</sup> and 10<sup>th</sup> graders as well. The Hangout Zone was organized by the energetic team of Andriana Alexis and Emma Colburn. They planned field trips to Brooks Staffing, NECN, The Skanner, OAME, and several other businesses in N and NE Portland. They also scheduled guest artists, poets, and musicians for special group presentations. It was a fun and impactful three weeks in August, a perfect lead-in to the start of school in September.

## Iraqi Young Leaders Exchange Program

The World Affairs Council's Iraqi Young Leaders Exchange Program came to visit New Columbia on July 27<sup>th</sup>. They were here to learn about our youth programs.

Iraqi Young Leaders is a four-week leadership exchange program based in the U.S. for Iraqi and American teenagers between the ages of 15-17. The program prepares youth for careers in public service.

Youth in New Columbia's Digital Connectors and K'Ching programs welcomed the visitors and gave them a tour of the community which included a visit to the Boys & Girls Club and the University Park Community Center.



The Digital Connectors

# Activities



## Movie in the Park

Thursday, September 1, 2011  
Columbia Park at N Lombard and  
Woolsey. Admission is free!

Pre-movie entertainment begins at  
6:30 pm:

**Portland Teen Idols**  
**Rock climbing Wall**

Feature film begins at dark:

**Harry Potter and the  
Deathly Hallows Pt 1**

## Sauvie Island U-Pick Farm Fresh Produce

Save money and have fun! Plan a family outing to one of Sauvie Island's U-Pick farms and stock up on fresh fall produce. Let kids get dirty and learn where their food comes from.

Columbia Farms will have raspberries, blueberries, tomatoes, and flowers in Mid-September and pumpkins in October.

They're located at 21024 N.W. Gillihan Road, 4.98 miles from the bridge. Open Friday through Sunday, 9-5 pm in the Fall. Call 503.621.3909 for more info.

## Senior Strolls

*Peninsular Park & Rose Garden*  
*September 7, 10:00 am*

Senior Strolls, sponsored by the City of Portland, offer seniors an easy, pleasant, social walking experience. The strolls are designed to help build confidence, endurance, and independence to consider walking as a transportation option. Meet at the SE corner of N Rosa Parks Way and N Albina by the round tree bench. Total distance: 2.5 miles. Served by Bus # 4.

# Events

## Portland Veteran's Stand Down and Job Fair

**Tuesday, September 20, 2011**

9 am – 4 pm

Oregon Convention Center

Exhibit Hall E

Portland Oregon

Resource Fair

Food

Hair Cuts

Employment Fair

Medical Services

Clothing

A free event that brings dozens of employers and agencies together to assist ALL Veterans. Attending veterans connect to job opportunities and needed services as well as with each other.

## Roosevelt High School



### Back to School Night

Do you have teenagers attending Roosevelt? You're invited to attend Back to School Night. Meet teachers, tour the building, and learn about school programs. Find out what your teens will be studying this year.

Where: 6941 N Central Street

When: Thursday, September 22, 2011

Time: 6:00 pm

### Homecoming and Varsity Football Game

Where: 6941 N Central Street

When: Friday, September 23, 2011

Time: Game at 7:00 pm

## *Cycling*



### All-Weather Cycling

This free class sponsored by the City of Portland will prepare you for all-weather riding. Learn tips from experienced cyclists on how to stay dry, comfortable, and safe riding all year 'round.

**Date:**

Tuesday, Sept 13<sup>th</sup>

**Time:**

6:30 pm – 8:00 pm

**Location:**

Peninsular Park

Community Center

700 N Rosa Parks Way

# Community Resources

## Village Market News



Michael Tetteh

Michael Tetteh is the new Project Manager of the Village Market. Please welcome him to the staff. He is an avid outdoorsman, hiker and cyclist. In fact, he plans to walk his 5-mile commute to work every day!

Michael will focus his talents on developing best practices for the market.

As a community driven business, the Village Market needs and welcomes your feedback and suggestions. Please take the time to leave a comment in our Suggestion Box.

All suggestions are carefully reviewed and taken into consideration by the Store Advisory Board, a committee of dedicated residents working to help the market meet the needs of the community.

## Free Walk-In Health Sessions

Fridays, 10:30 am – 12:30 pm  
Sept 9 – Dec 9, 2011  
University Park Community Center

- Discuss your health
- Learn to live well with chronic diseases such as Diabetes or Hypertension
- Check your medications
- Check your blood pressure, weight, and height
- Learn about healthy choices and community resources

Sponsored by University of Portland Student Nurses

## Bill Payment Assistance

**Your Next Step** offers one-time assistance with medical, utility, or rent payments. Grants up to \$200.00 are made to qualifying individuals who work at least 30 hours a week, are no more than 2 months behind on the bill they need help paying, and meet income qualifications.

For more information on how to apply, visit

[www.yournextstepgrants.org](http://www.yournextstepgrants.org)

## Community Food Pass Out

Thursdays  
Seeds of Harmony Garden

Fresh, free produce will be handed out at the Seeds of Harmony Garden every Thursday through the growing season. The garden is across from the Boys & Girls Club.

Youth with summer jobs in Village Garden's Food Works program grow the produce at an organic farm on Sauvie Island. Village Gardens is dedicated to addressing food insecurity.



*Volunteers are our  
most valuable  
community resource*

# September/Septiembre

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> <b>Movie in the Park</b> 6:30 pm Columbia Park	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> <b>Labor Day</b> All Community Campus Offices Closed	<b>6</b> <b>1st Day of School</b>	<b>7</b> <b>Senior Strolls</b> 10:00 am Peninsular Park	<b>8</b> <b>Walk-In Health Session</b> 1:00-3:00 pm Trenton Terrace Community Room	<b>9</b> <b>1<sup>st</sup> Day of Kindergarten</b>  <b>Walk-In Health Session</b> 10:30-12:30 UPCC	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b> <b>All-Weather Cycling Class</b> 6:30 – 8:00 pm Peninsular Park CC	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> <b>Owners Assoc Mtg</b> 6pm-9pm 4625 N Trenton	<b>20</b> <b>Stand Down</b> 9-4 pm Convention Center <b>Portsmouth Neighborhood Assn</b> 7pm-9pm 4625 N Trenton	<b>21</b> <b>Late Opening</b> Portland Public Schools	<b>22</b> <b>Back to School Night</b> <b>Roosevelt High</b>	<b>23</b> <b>Homecoming</b> <b>Roosevelt High</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	

## Important Numbers to Know

NC Leasing Office	503.286.1500	NC Event Line	503.286.0335	Alert Security	503.846.9607
Police Non-Emergency	503.823.3333	Emergency	911	Traffic Safety	503.823.7233
WorkSource Express	503.943.5642	University Park AKA "The Rec"	503.916.6250	B & G Club	503.853.8678
		Rosa Parks	503.916.6250		
Room Scheduling	503.943.5601	NC Info & Referrals	503.943.5674	Community Resources	211

Visit us on the web at [www.newcolumbia.org](http://www.newcolumbia.org)



Follow the Portland Police at New Columbia on Twitter as they respond to service calls and incidents. To view posts, simply go to [www.twitter.com/ppbnewcolumbia](https://www.twitter.com/ppbnewcolumbia). It is not necessary to create an account.