On September 1, 2013, the Portland Roots Festival made a big splash with raving reviews from residents and attendees. Our first ever culturally specific festival celebrated the rich heritage of the African diaspora through food and culture in Portland's Pioneer Court House Square.

The free celebration lasted from 12pm-8pm with nonstop performances from local poets, musicians, dancers, and many other artists.

We also had foods from Ghana, Belize, Morocco, Ethiopia, the Caribbean, and soul food from right here in Portland.

Keynote speaker Will Allen, founder of Growing Power, emphasized the importance of growing foods from our backyards and community gardens. He shared a message that we all deserve healthy, organic, and sustainable foods despite our income status.

The Portland Roots Festival also celebrated PCRI’s Healthy Foods Access Initiative. We wanted to share our healthy food journey and justice movement with the greater Portland.

PCRI residents Irene Hill and Joanne Rhodes participated in the marketing vendor program. They sold fresh and delicious vegetables that they proudly grew for their backyards and made a nice chunk of change at the festival.

We look forward to the next phase of the Healthy Foods Access Initiative and your growing support.

See you there next time!
Above: Performer Blaque Butterfly

Below: Former PCRI Resident and his business, Gamila Moroccan American Cuisine

Above: Dancing and drumming with Mathias Galley

Below: PCRI Residents vending produce grown in our community gardens
Healthy Food, Healthy Life

Doro We’t
(Chicken Stew)
Adapted from The Soul of a New Cuisine: A Discovery of the Foods and Flavors of Africa by Marcus Samuelsson

This classic Ethiopian recipe serves 4. You can make a double batch of doro we’t and freeze the extra. Like any good stew, it will reheat beautifully. Also, try making extra sauce and toss it with cooked pasta for a quick meal.

Ingredients
- ¼ cup olive oil
- 5 garlic cloves, minced
- 5 red onions, finely chopped
- One 2-inch piece ginger, peeled and minced
- 1 Tbsp. tomato paste
- 3 Tbsp. berbere
- 8 skinless chicken legs
- 1 tsp. ground cardamom
- 1 Tbsp. salt
- 3 Tbsp. or unsalted butter
- 3 cups chicken stock
- 1 cup dry red wine
- 1 lb. collard greens, finely shredded
- 4 peeled hard-boiled eggs
- ½ cup cottage cheese

Instructions
For a traditional Ethiopian meal, serve doro we’t with injera bread, or give it an international flair by accompanying it with couscous or steamed rice. Whichever way, it’s a wonderful dish you’ll find yourself coming back to again and again.

1. Heat the olive oil in a Dutch oven over low heat. Add the garlic, onions, and ginger, and cook, stirring occasionally, until softened, about 30 minutes. Add the tomato paste and berbere and cook for another 15 minutes.

2. Season the chicken legs with the cardamom and salt. Add the chicken to the sauce, along with the spiced butter, chicken stock, and wine. Bring to a simmer and cook until the chicken is cooked through, about 1 hour.

3. In a separate pot, bring salted water to a boil. Add the collard greens and cook until tender, about 15 minutes. Remove the greens with a slotted spoon and transfer to the chicken stew.

4. Serve with the hard-boiled eggs and cottage cheese on the side.

About the Ingredients
Berbere is a spice blend which includes chili pepper, garlic, ginger, and other spices. Look for it in African or Indian markets and stores with bulk spices.

For more information about growing herbs and spices, contact our Resident Services Coordinator - Nuhamin Eiden. Not only is she an Ethiopia native, but she can also connect you with resources for gardening and other Healthy Foods Access activities.

Nuhamin Eiden
Margaret Carter Neighborhood Network Center
626 NE Brazee Ave. Portland, OR 97212
503-281-1778
**Maintenance & Property Mgmt.**

**Maintenance Update**

Fall is here! It’s the time of year when we take steps to protect our homes from cold weather. Follow these basic steps to ensure your home is winterized:

Make sure your gutters are clear of debris and that downspout outflow is directed away from the house. Usually moisture entering basements and crawlspaces is due to downspouts dumping water near the foundation. If your gutters look clogged please call the office to place a maintenance request.

Check your furnace filters monthly. Dirty filters increase heating costs as your furnace works harder to pull heated air into your home. In some houses, if the furnace isn’t coming on, the thermostat batteries may need to be replaced. Make sure to check yours before calling the office to place a maintenance request.

If you have a crawlspace install foam blocks in your crawlspace vents. Inexpensive and available at any hardware store, these covers reduce the amount of cold air entering from underneath your home which reduces heating costs and helps protect your water pipes.

Install foam hose bib covers on all outside spigots. If there is an interior valve that turns the water off to the hose bib, it is good practice to shut the water off at that valve as well.

Keep walkways and steps clear of snow and ice to prevent slip hazards. Ice-melt, sand, or kitty litter are good items to sprinkle on walkways and porch steps to provide some traction on icy surfaces. Do not use products that contain rock salt—they may damage carpets and other types of flooring.

Have a safe and warmer winter season!

- Your Maintenance Team

**Property Management Update**

As of October 1st, 2013 PCRI closed our Affordable Housing waitlist for studio, one and two bedrooms due to the anticipated wait time for these units. However our three, four and five bedroom waitlists are still accepting applications at this time. We are also accepting applicants for our four and five bedroom Project Based Section 8 waitlist. Recently we reached 96% occupancy! We are excited to be effectively utilizing our portfolio to better serve the community. We greatly appreciate both our new and long term residents. Thank you for being a part of the PCRI community.

PCRI has also started being more aggressive in our Preventative Maintenance Plan due to the age of the units, so you may have received notice for a unit inspection from your property manager. If you have not you most likely will in the near future, as it is our goal to inspect all of our properties each year to make sure that the units are in safe and healthy condition. If you have any questions, contact your property manager for more information.

Have a wonderful fall and winter season!

- Your Property Management Team
Creating Safe and Healthy Homes

In fall of 2012, PCRI and Albina Construction began a project to extensively rehabilitate 10 of PCRI’s affordable rental homes, preserving these valuable assets for our community and helping ensure the stability of their neighborhoods. In September, rehabilitation was completed on the final home and new residents moved in, benefiting from the energy-efficiency, health and durability improvements that characterize the work being completed at each house.

The ten homes are located in eight diverse Portland neighborhoods, with each home near parks, community resources and frequent-service public transportation. New paint, which addressed lead-based paint hazards, makes a dramatic before-and-after comparison. Additional improvements to these and the other nine rehabilitated homes go much more than skin-deep, including improvements to efficiency and indoor health made according to Home Performance with Energy Star standards. Testing was performed upon completion of each renovation to ensure the homes are as healthy, safe, and energy-efficient as anticipated.

Many of the new homes will also benefit from kitchens and bathrooms redesigned for better usability. These newly-rehabilitated rooms will also benefit from cabinetry and flooring chosen not just because they look great, but also for their durability and the absence of unhealthy chemicals used to produce or finish them.

These rehabilitation projects also provide good paying construction jobs as well as training opportunities. As with prior projects, PCRI teamed up with Oregon Tradeswomen at several of the homes, where students developed their carpentry and teamwork skills building fences, installing floors and creating raised planter beds where the new residents can grow their own healthy produce.

How Does Your Garden Grow?

Just because the weather is getting colder, doesn’t mean things stop growing! PCRI has 3 community gardens at their community centers located at Maya Angelou, Margaret Carter and Park Terrace and our community gardener, Kirk Rea, is preparing to get the gardens ready for winter crops at each location. If you are interested in having a garden for your own tending or just to help out Kirk once in a while and take some herbs and vegetables home for dinner, please check with your nearest community center for their gardening hours and other information.

Is there an herb you can’t buy in grocery stores because it’s too expensive or you just can’t find it? We are taking suggestions for culturally specific herbs at each community garden. Talk to a Resident Services Coordinator about what you are looking for and we’ll do our best to get seeds for you to grow. The preparation of herbs and spices requires skill, knowledge and care, and we respect deeply the traditional belief that food is sacred, healing and nourishing.

Interested in composting? Talk to a Resident Services Coordinator about using the community compost to help make soil for the gardens. The more we put our waste to use through recycling and composting, the better stewards we are of our environment.

Nuhamin Eiden, Margaret Carter: 626 NE Brazee Ave. 503-281-1778

Jessie Blanchard, Maya Angelou: 4012 N. Borthwick Ave. 503-287-4009

Alyc’e Brannon-Reid, Park Terrace: 315 N. Alberta Ave. 503-282-1359
Financial Wellness

Financial Harmony with Greg Brown

A music lover and former banker, PCRI’s Deputy Director - Greg Brown brings you advice on keeping your finances in tune.

At PCRI we consider Asset-Building to be a critical tool to help low-and-moderate income individuals improve their financial wealth. Asset Building refers to strategies that increase financial and tangible assets, such as savings, a home, and businesses of all kinds.

One good reliable source to help you gain financial independency is Individual Development Accounts (IDAs). IDAs are special savings accounts that match the deposits of low- and moderate-income individuals. For every dollar saved in an IDA, savers receive a corresponding match which serves as both a reward and in incentive to further the saving habit. Savers agree to complete financial education classes and use their savings for an asset building purpose—typically for post-secondary education or job training, home purchase, or to start a small business.

In addition to earning match dollars, you learn about budgeting, saving and receive additional training before purchasing an asset. IDAs make it possible for you to build the financial assets you need to achieve the American Dream.

Staff Updates

PCRI has a new Homeownership Program Coordinator!

Andrea Debnam began working with PCRI in Spring 2013 as a Homeownership Retention Coordinator, providing post-purchase support to low-income seniors. In October 2013, she transitioned to the role of Homeownership Program Coordinator. As an experienced realtor, Andrea has counseled many families and individuals on their journey to first-time homeownership. She is happy to talk with PCRI residents about making their homeownership dreams come true.

For more information about PCRI's Homeownership program, contact Andrea:

503-288-2923, ext. 123
adebnam@pcrihome.org

PCRI welcomes Resident Services Coordinator Jessie Blanchard!

Jessie Blanchard became a Resident Services Coordinator at Maya Angelou Community Center in October 2013. Originally from Tennessee, she has also lived in Texas, Louisiana, and Pennsylvania. She has been a Portlander since 2008. With a Bachelor of Fine Arts degree in Theater from the University of Tennessee, Jessie brings numerous arts skills to the Maya community. From special effects makeup to costuming to puppetry, we are sure to see some exciting new activities. In her spare time, Jessie enjoys cooking, camping, and making things with her hands.

For more information about the Maya Angelou Community Center, contact Jessie:

503-287-4009
jessie@pcrihome.org
More Portland Roots Festival Fun!

Above: Audience members get a drumming lesson

Below: Showing off the delicious African roots of Belize!

Above: Friendship at the Portland Roots Festival

Below: Enjoying the Portland Roots Festival by bike.
The Healthy Home
Information for the PCRI community