



Community

Fall 2002

in Motion

A Newsletter for the Residents of PCRI

PCRI Celebrates 10 years

PCRI celebrated 10 years of existence on May 10th with a public lecture and evening reception. Guest speakers Cedza Dlamini and Naomi Tutu spoke of unity in our neighborhoods and the importance of recognizing those who contribute quietly but greatly-like PCRI. More than 100 people attended a reception at Self Enhancement, Inc. that evening to celebrate PCRI's accomplishments with us. Maxine Fitzpatrick, PCRI's Executive Director who has been around for 9 of its 10 years, felt that the anniversary celebration enhanced our presence in the community.



"Residents can look forward to the larger community having an improved appreciation of their worth in the community and hopefully an improved level of support when it comes to supporting families in need of affordable housing," she said.



Guest speakers Cedza Dlamini and Naomi Tutu

PCRI's 4th Annual BBQ

Nearly 200 residents, staff and friends attended PCRI's fourth annual Resident Barbecue on Sunday, August 4th in Columbia Park. Residents enjoyed food while they listened to African drumming and waited eagerly to hear if their name would be called for the next prize. The grand prize, a \$100 cash prize, went to DeJuan and Monique Chesterfield. Kids kept themselves busy dancing, getting their faces painted, playing games and making masks at the art table. Charlotta Eissfeld, a resident and member of the PCRI Parents' Network, had a great time. "I got Children's Museum tickets and we have never been there," she said. "I thought the prizes were great and almost everyone won!" Thanks to the Parents' Network for all of your work in planning and volunteering at the event.

Thanks to these sponsors for making our BBQ a great success!

- Albina Community Bank
- Chez What
- Trillium Artisans
- Aesthetic Earth
- NW Natural
- OMSI
- CM2 Children's Museum
- NW Children's Theater
- Nature's
- Susan Barrett
- Mimosa Studios
- Window of the Sky Acupuncture



Guess which PCRI staff members these are?

Meeting Our Housing Challenges



Your housing represents the single largest, on-going expense you will ever encounter. Conversely, it is the single, greatest source of wealth for most homeowners. Housing has a major impact on our national economy, the health and growth of our community and family stability. Housing is linked to access jobs.



Without a job, there is limited opportunity for adequate housing, particularly homeownership. For many lower income families, the absence of affordable housing has led to an economic imbalance. Although federal assistance for rental housing helps almost six million families annually, this effort does not address the need. The most significant housing challenge is affordability, which grows in severity for families with lower incomes.

Almost 28 million American families report paying more than 30% of their income on housing. And the federal government has permitted some communities, Portland being one of them, to allow low-income residents to pay up to 70% of their

income on housing. The federal housing policies are being evaluated. It is recognized that housing assistance programs are in need of reform. Housing programs must work to improve communities and the lives of individual residents and they are not accomplishing this goal. Affordability and lack of decent housing are a growing problem, particularly for low-income families. I have found that solutions are best funneled through from the people who are experiencing the problem. On a national level, through a series of focus group meetings, solicited input and a variety of organizational reports, the consistent ideas expressed to resolve this problem were:

- ◆ **The creation of housing that is financially and physically sustainable for the long term**
- ◆ **Address housing issues at the local level**
- ◆ **Understand that housing impacts education, economic opportunity and transportation**
- ◆ **Require private sector involvement in the elimination of this problem**
- ◆ **Don't concentrate low-income families in certain neighborhoods, create and develop mixed income housing and communities**
- ◆ **Enforce fair housing laws**
- ◆ **Require the cooperative efforts of the various housing programs**
- ◆ **Require homeownership counseling to make homeownership programs work better for low-income families**

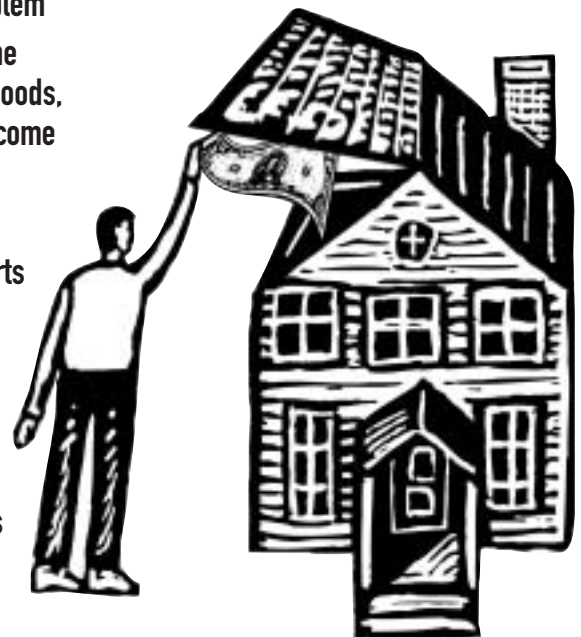
At PCRI, we will advocate for these ideas because we know and believe they are valid. We will continue to address low-income housing issues, advocate for increased funding and be a visionary for ways to build assets and create wealth for lower income Portland residents. We will continue to work with our local government, state government and federal government to address your housing needs. We are committed to housing low-income families and constantly seek ways and opportunities for you to some day reach the American dream of home ownership. **I encourage and urge you to listen, read and learn what you can personally do to address this problem with us.**

"We must realize that our future lies chiefly in our own hands"

– Paul Robeson

Sincerely,

Maxine Fitzpatrick
Executive Director



Housing Development



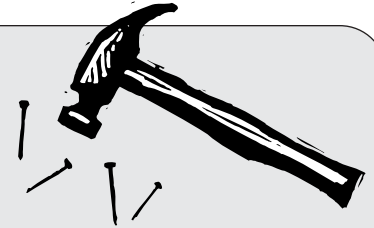
PCRI's newest sustainable addition.

PCRI, Building Green

It's been an exciting time for PCRI's Housing Development Dept! In July of this year we completed our first green building rehabilitation of an old house built in 1915 (that's WW1 era) - in the Woodlawn Neighborhood. It originally had 2 bedrooms/1 bath and now has been upgraded to 4 bedrooms/1.5 baths. Green building practices offer an opportunity to create environmentally-sound and resource-efficient buildings by using an integrated approach to design. Green buildings promote resource conservation, including energy efficiency, renewable energy, and water conservation features; consider environmental impacts and waste minimization; create a healthy and comfortable environment; reduce operation and maintenance costs; and address issues such as historical preservation, access to public transportation and other community infrastructure systems. The entire life-cycle of the building and its components is considered, as well as the economic and environmental impact and performance.

Green building features in this remodel include:

- Low V.O.C. (Volatile Organic Compound) paint – fewer volatile organic compounds means less toxic gases escaping into the air.
- No carpet, flooring included refinished hardwoods, painted fir and Marmoleum (a name brand natural linoleum).
- High efficiency gas furnace (80%) with sealed ducts.
- New gas water heater to replace the electric one.
- Blown-in cellulose wall insulation.
- Lead paint hazards stabilized.
- Fluorescent light bulbs.
- Humidity-activated bath fan.
- Double-paned vinyl windows.
- Low-maintenance landscaping with native plants.



Upcoming green building construction projects include:

Russet and Morris Greenplexes

- 76 NE Russet, Piedmont Neighborhood - 2 and 3 bedroom duplex.
- 523 NE Morris, Eliot Neighborhood - 1, 2 and 3 bedroom unit triplex including a special needs unit and a wheelchair-adaptable unit.

* This new construction project will be completed in Summer, 2003.

Fab Four Rehabs

- 916 N Webster, Humboldt Neighborhood - 2 bedroom house
- 6822 N Albina, Piedmont Neighborhood - 4 bedroom house
- 58 N Skidmore, Boise Neighborhood - 3 bedroom house
- 4006 NE 8th Ave., King Neighborhood - 1 and 2 bedroom duplex

* This multi-site rehabilitation project will be completed in Spring 2003



Spotlight on Families

The Art of Arguing

by George Cartner, PCRI Parents' Network

One of the first great achievements of children is the art of arguing. They become masters at the art of sucking the parent into a no-win argument and never ending rationalizations.

Parent: "You are three hours late," says the angry parent.

Child: "So what?"

Parent: "Do you know how much your mother and I have been worrying?"

Child: "She's not my real mother. Besides what do you care? Since you married her, she's the only one you have been paying attention to."

Parent: "How can you say that? You know how much we love you. Both of us. How can you not realize..."

And so the argument goes. You notice the child has changed the focus of the argument from being late to the step-mother. Kids of all ages learn this. When caught in an obvious wrong the child must defend him or herself or give up. To win the argument becomes the focus, not what the argument is about. The goal of the argument now is to get the parent so involved in the argument that the problem is lost.

Another technique is the rationalization of the problem. The child will go on and on with explanations or questions to divert the parent from the problem. This becomes very successful when a parent is in a hurry. Young children have not thought out this process in the detail explained. But they know what works and will return to what works. Let's revisit that parent and see how they might handle it in a different manner.

Parent: "I'm really glad you're ok. I was really worried about you."

Child: "So what if I'm late?"

Parent: "I'm too tired to talk about it now, and I sure don't want to argue about it. Try not to worry about it. We will talk about it in the morning."

First the parent takes care of themselves. This parent knows they are not emotionally ready



to talk about this right now. They let the child know they will revisit this later. This allows the parent to calm down and gives them some time to think of a good response and not an angry one. Also it allows the child some time to think about what the parent is going to do. Jeffery hates peas. Guess what is part of dinner tonight. Are peas worth an argument?

Child: "Are those peas? You know I hate peas."

Parent: "Really?"

Child: "They make me throw up."

Parent: "That's sad."

Child: "I will throw them away if you put them on my plate."

Parent: "Really, Jeffery, are you going to use nice words at dinner, or are you thinking you want to skip a meal?"

Child: "I'll be nice. But if you really loved me you wouldn't have peas for dinner."

Parent: "Nice try, Jeffery."

If mom or dad would continue to discuss peas the argument would just escalate or go on and on. Being a successful parent is knowing how to not argue and how to listen. We model for our children what we want. We want to model for our children how to listen and be responsive to one another's needs. When there is no arguing going on there is conversation and relationship building going on. That is the goal of a successful parent.

Measure 26-33: the Portland Children's Initiative

This year has been extremely difficult for Oregon's children. As schools and other children's services were cut so were the hopes of many Oregonian families. The Portland Children's Initiative is one small step towards creating a better

future for our local youth.

The Portland Children's Initiative is a property tax levy that will cost the average homeowner about \$5.00 a month or \$60.00 per year. The initiative will raise a total of \$50 million over five years for early childhood, after-school/mentoring, and child abuse prevention programs.

Funds raised through the initiative will go to programs with a proven track record and can be used to win matching funds.

Research has shown that investment in early childhood programs leads to a reduction of crime in the larger community. This initiative will not only help children get the services they need, it will benefit all members of our community. On September 19th Marian Wright Edelman, America's leading child advocate will be in Portland to speak about the Portland Children's Initiative. If you are interested in learning more about the initiative please consider attending the rally. For more information about the initiative or the rally call Arika at PCRI, and remember a vote for children is a vote for community.

Upcoming Events

September 19th 2002

Marian Wright Edelman Rally for the
Portland Children's Initiative
Westminster Presbyterian Church

1624 NE Hancock at 7:00pm

This will be an inspiring rally. Audience members will learn about the Children's Initiative and will be able to participate in a question and answer session with local and national children's advocates.

Free event with child care

October 10th

Love and Logic Workshop for
Parents

6-8pm Providence Child Care Center

George Cartner, a PCRI parent network member and child care provider, will be offering an introductory session on the Love and Logic curriculum. Follow-up sessions may be offered based on interest.

Child care and dinner provided. Contact Arika to reserve a spot!

Recent Maintenance Changes

Hello everyone. This year there have been some changes and cutbacks in the Maintenance Department. Some of this change was due to budget constraints. Marlene, our "Lead Queen", Stewart Wall and Bennie Jack are no longer working for PCRI. So, the Maintenance Department now operates with three less employees. As a result, I have moved staff around to compensate for the reduction as much as possible, but unfortunately we now have two full-time employees to service your work order requests where we previously had three. Our refurbishment crew is now three people instead of four. We have had a 25% reduction in our maintenance department staff.

You may have noticed a slow down in our response time to your work order requests. I do apologize for this, but please know that we are all working very hard to meet your request as soon as possible. All incoming work orders are sorted out into level of priority. If you have a health and

safety issue, myself or one of the Maintenance Technicians will still try to be out that same day or within the week. You all deserve this immediate service. Additionally, any water leaks or clogged drain lines will be addressed as high priority. Unfortunately, work order requests that come in for broken blinds, paint, landscaping, caulking around the tub, peeling paint in the tub, broken door bells, broken window screens or any cosmetic type requests are being put on hold until all higher priority work orders have been addressed.

Please know that PCRI owns and manages over 260 properties. So, please be patient with our techs when they do show up at your home. They are doing the best they can and they are working very hard to take care of your needs.

Also, I should talk about ants, like I usually do. Sugar or Grease Ants only come into your home looking for a food source. If you leave dirty dishes out overnight, dog/cat food

in unsealed containers, pop cans etc., they will come and stay for as long as the conditions exist. Once the ants are in your home it takes a while for treatments to work.

Maintenance will come out and treat for ants on the initial visit to evaluate house keeping, look for nests, spray the perimeter of the foundation and place bait stations. The remainder of the gallon and a half of spray will be left with you to treat for future uses.

Ants will always return. In my six years of experience, there is no magical exterminator treatment that will eradicate ants from your home for longer than two months. Unfortunately, once one colony has been exterminated another colony will soon establish themselves and will be back inside again. PCRI asks you to help us keep our expenses down and please be proactive in helping deal with these ant problems.

—Bryant Edwards
Maintenance Supervisor

Recycling 101

Separate your recyclables as shown below. Place your recycling at the curb by 6 a.m. on your garbage pick-up day.

Use ONE BIN and a PAPER BAG for Paper Items

Place loose in the BIN:

- Newspapers (everything that comes with the newspaper, can be recycled with it)
- Magazines and catalogs
- Telephone books
- Brown kraft paper bags

Combine into the PAPER BAG:

- Milk cartons and other gable-top cartons such as milk, juice, and soy milk cartons; rinse and flatten, remove any plastic pour spouts.
- Drink boxes empty, dispose of straws, and flatten.
- Scrap paper and junk mail includes cereal, cracker and shoe-type boxes, paper egg cartons, coupons, post-it notes, wrapping paper and greeting cards without foil. No absorbent papers (paper towels, tissues, etc.), no frozen food boxes, food contaminated containers or wax coated boxes or paper, no pet food bags, no paperback or text books.
(Secure materials in the paper bag to prevent litter.)
- Corrugated Cardboard - flatten (small pieces in bin; larger pieces, up to 36", secured under bin or tied with twine

to prevent from blowing into street and causing a litter problem); no pizza boxes or wax coated boxes.

Use the SECOND BIN and PAPER BAG for containers and scrap metal. Place loose in the BIN:

- Milk jugs remove caps and flatten.
- Aluminum cans food trays, foil.
- Tin cans removing paper labels is optional; removing both ends and flattening is also optional.
- Aerosol cans must be empty, remove lids but leave nozzle.
- Scrap metal remove any rubber, plastic or other foreign materials; no more than 30" in any direction or 30 lbs.
- Plastic bottles remove caps, lids, spray pumps; no bottles that contained petroleum based products (e.g., motor oil), pesticides or herbicides. No tubs, yogurt containers, bags, styrofoam, or any plastic container that doesn't have a neck or screw-on top.

*Note: Rinse all containers — cans, plastic bottles, milk jugs, glass jars and bottles — to remove food particles and liquids.

Combine into the PAPER BAG:

Glass Jars and Bottles

- Place colored and clear together in a paper bag, labels are OK; if lids are metal, put them with tin cans. Place the paper bag into the bin. No light bulbs, flower vases, cookware, ceramics, drinking glasses, window glass, etc., no broken glass. Place the paper bag of glass into the bin.

Used Motor Oil

- Pour into a clear plastic container (such as milk jugs) with a screw-on lid, no larger than one gallon. Container needs to be well rinsed and air-dried before using. Do not include any other fluids. Place next to bins.

*Note: After oil sits in a container for a while, it might separate. This indicates contamination from water or other fluid. Recycling drivers cannot take the oil. If your oil is left with a notice, call Metro Recycling Info at 503-234-3000 to find out where you can drop it off.

Ninety-eight percent of the material set out at the curb gets recycled into new products by manufacturers using the recyclables. What doesn't get recycled - light bulbs, plastic tubs, drinking glasses, styrofoam, pyrex, plastic bags - isn't supposed to be put in recycling bins in the first place. These unacceptable items have to be sorted out by the haulers, then get thrown in the garbage and add cost to the recycling program.





Community Resources

The following are commonly asked questions about voting in Oregon

✓ **With Vote By Mail, how do I vote?**

You must be registered to vote to receive a ballot. A ballot will automatically be sent to all registered voters who are eligible to vote in the election 18 to 14 days prior to the election. Once you vote your ballot, just place it in the secrecy envelope, seal it and place it in the return envelope. Make sure to sign the return envelope after verifying your name and current residence address is correct. Remember that all ballots must be received at the elections office by 8:00 p.m. on election day. Postmarks do not count!

✓ **What if my ballot doesn't come?**

If your ballot does not arrive within 5 days after they have been mailed, please call your county elections office. After checking your voter registration status the county elections office will send you a replacement ballot.

✓ **What if I make a mistake on my ballot?**

Remember to use a #2 pencil. If you make a mistake, clearly erase the incorrect mark then mark the correct oval. If

you make a mistake that cannot be corrected, you may call your county election office and request a replacement ballot. Otherwise, you may pick up a replacement ballot in person at your county election office.

✓ **Will my vote still count if I don't vote on all measures and/or candidates?**

Yes, the ballot will still be counted.

✓ **What If I forget to sign my return envelope and I have already mailed it?**

Your ballot will be returned to you for your signature, unless there is not time to return it by mail. Otherwise, you may come into our office and sign it. Please call our office at 503-988-3720 to check on your ballot status.

✓ **Do I have to return my ballot by mail?**

No. You have the choice of mailing your ballot or returning it to any county election office or any designated drop site. The times and locations of drop sites in Multnomah County are listed in each

Voters' Pamphlet or on our website, www.co.multnomah.or.us/dss/elections/.

✓ **How do I know if my ballot was received?**

You can always call your county election office and ask if they received your ballot. A record is kept showing each voter whose ballot has been returned.

✓ **When are the ballots counted?**

All ballots are counted on election day - none are counted before. No results can be announced until 8:00 p.m. on election night. The Tuesday before election day, county election officials may begin preparing the ballots for counting by opening the return identification envelope and the secrecy envelope. The ballots are secured until election day.

✓ **What if I have more questions?**

Call Multnomah County Elections, 503-988-3720, and our elections staff will be glad to assist you.

You may register to vote if:

- You are an Oregon resident.
- You are a U.S. Citizen or will become one before Election Day.
- You are 18 years old by Election Day.

You need to update your registration if:

- You move or change your mailing address.
- You change your name.
- You wish to change your party affiliation.

Where can you can find Voter registration cards?

- At your County Elections office.
- In the Qwest Telephone Directory Government Pages (blue border)

- At most banks, post offices, libraries, schools and DMV offices.
- In a PDF format at the Oregon Secretary of State Web site at: www.sos.state.or.us/elections/other.info/vreg.htm.

What is the registration deadline?

In order to vote your registration card must be postmarked or received 21 days prior to Election Day (October 15th for November 5th election). Party registration changes must be received at an elections office by the registration deadline.

What if I've moved?

If you are currently registered to vote in

Multnomah County, but have moved within the county, you may update your registration by giving us signed written notice of your new address. You can fax that update to us at 503-988-3719, or mail it to us at: *Multnomah County Elections, 1040 SE Morrison St., Portland, OR 97214.*

What if I become a U.S. Citizen after the Registration Deadline?

If you are planning on becoming a U.S. Citizen after the registration deadline you must register by the registration deadline. A special registration form is required. Please contact our office at 503-988-3720 for more information.



Community Resources...con't

Join Community Basket

For a membership fee of \$15 per year (or \$5 every four months), each month you get:

- ▶ involved with people of your community
- ▶ A newsletter each month about your community
- ▶ A bonus bag of surplus grocery items
- ▶ Fresh fruits and vegetables (as available)

How to sign up:

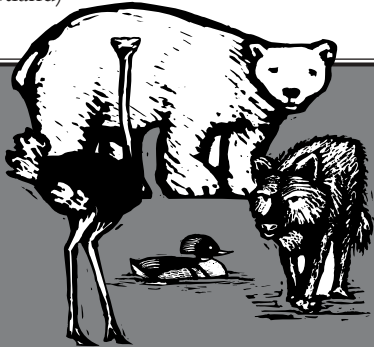
1. Come in on distribution day to site nearest you
2. Fill out an application and pay yearly or quarterly fees
3. Come back each month to help run the program, get news about your community, and pick up your groceries (items may be condiments, cookies, crackers and other foods)

Northwest Portland Site:

St. Andrews Church-Gymnasium
806 NE Alberta Ave.
1st Thursday of each month
Call: 503-281-1005 for more information

North Portland Site:

Columbia Villa Community Room
8920 N Woolsey Ave.
3rd Friday of each month
Call: 503-802-8585 (Housing Authority of Portland)



Visit the zoo FREE

on the second Tuesday
of every month
1 pm until closing.

K'Lyn's Korner

Build Your Very Own Flower Box!

This flower box can sit on the ground, porch railing, or be hung underneath a window sill, whatever you choose. And making it is as easy as learning your ABC's.

Tools needed:

- Measuring tape
- 12 Finish nails 1" long
- Hammer

1. Go to Parr Lumber or somewhere else where the staff will cut the wood to size for you. Ask for one 1/2" x 4" by 10'-0" board made of finished wood.
2. Ask to have the wood cut so that you end up having:
 - Two 5" long boards (A)
 - Two 3'-0" long boards (B)
 - One 3'1" long board (C)
3. Make sure every thing is even and that the A's, B's and C's match up. If you want to, sand the edges down until they are smooth. After the wood is smooth, you can stain or paint it.

4. Set the A boards flush on each end of the C board. Attach each end piece, using two nails, through the bottom of the C Board.
5. Set the B boards flush on top of the C board (they will make the walls of the flower box). Attach the boards by nailing through the outside of the A boards, two nails on each end
6. You're done! Put some gravel or pebbles in the bottom for drainage, get yourself some dirt and flowers, and enjoy your handy work!

K'Lyn is a Maintenance Technician at PCRI. Every newsletter, K'Lyn will share do-it-yourself tips for projects to beautify your home. Please call or write in your own ideas, and we'll feature them in future newsletters! The number to call is 288-2923.

