

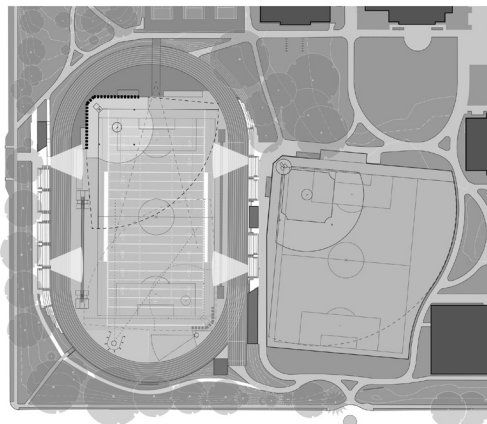


Grant Park

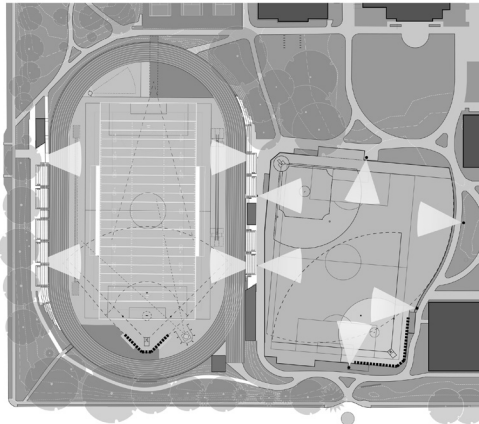
Neighborhood Association

P.O. Box 13102, Portland, OR 97213

Spring 2020



Base Master Plan - Grant Bowl Field Lighting Plan



Alternate Master Plan - Grant Bowl and Upper Field Lighting Plan

Grant Park Field Improvements Shift Focus

by Ken Peterson

Last issue we reported on plans by Portland Public Schools (PPS) to improve the Grant Park Bowl. The draft plans for the Bowl originally called for adding a girls' softball diamond in the south end of the Bowl both for competition and practice. Recently, the Design Advisory Group, or DAG (comprised of community, school, and parks-related members that oversaw the Bowl redesign process) recommended adding a competition softball diamond on the south end of the upper field, while retaining the previously planned Bowl diamond for practice purposes. Following that recommendation, PPS instructed its architects, BORA, to create a plan to accommodate the new diamond and new location.

For those unfamiliar with the geographically relevant location terms used above, the "upper field" is located east of the bowl adjacent to U.S. Grant Place and currently provides playing space for soccer and boys' baseball. In some planning documents the upper field is also called the "south field" to further confuse matters. It is not the field adjacent to the off-leash dog area, which is the "north field." There are no current plans to change any facilities at the north field.

The revised Alternate Master Plan from BORA is dated February 7, 2020. It was not proactively publicized by PPS after receipt. On February 17, David Pietka, a Grant Park resident living adjacent to the planned new field location contacted GPNA to inquire whether the neighborhood association knew about the revised plan and to request assistance. GPNA contacted the PPS Project Manager, Jamie Hurd, and learned by email dated February 19 that the new plan would come before the School Board on February 25. Given the short time available, no GPNA meeting to consider the issue and obtain public input could realistically occur before the School Board meeting. A poll of GPNA board of directors members produced a clear majority in favor of appearing at the School Board meeting to request a short delay in voting on the proposal so that neighborhood input could be obtained and considered. I testified at the meeting to request such a delay, but the School Board elected to vote on the proposal and approved it. The Board did, however, instruct PPS to hold another public engagement meeting concerning the approved Alternate Master Plan.

continued page 5

2020 MEETINGS:

April 14 (Annual),

June 9 (Board),

September 15 (General), &

November 10 (Board)

LOCATION:

Grant High School, 2245 NE 36th Avenue, main entrance, Room 198

PLEASE NOTE THE CHANGE FROM OUR FORMER MEETING LOCATION AT GRANT PARK CHURCH.

To check the meeting schedule and agenda, or to suggest an agenda topic, please go to: <http://grantpark-na.org/meetings-minutes/> GPNA

MEETINGS:

Our Annual Meeting, when elections are held, is in April. Special or emergency meetings, when needed, may be scheduled at any time. Meetings are open to the public. ALL persons living or working within its boundaries are members of Grant Park Neighborhood Association. If you need special accommodation, please contact a Board member.

GPNA

EXECUTIVE BOARD:

President:

Ken Peterson

Vice President:

Ron Laster

Treasurer:

Ron Laster

Secretary:

Jane Comeault

At Large:

Neon Brooks, Mary Cal Hanson, Marion James Horna, Vivek Kothari, Marisa Morby, Laurene Mullen, Lois Okrasinski, Stacey Tipp

Land Use Chair:

Ken Peterson

Contact the Board at:

general@grantpark-na.org

Changes Coming to the Neighborhood Cleanup

by Katherine Davenport

Save the Date: Saturday May 2, 2020

Hours: 9am – 1pm

**Location: Beaumont Middle School,
4043 NE Fremont St.**

Cost:

- car/small SUV \$15;
- small pickups/minivan \$20;
- full-size truck or van \$30;
- trailer/U-Haul \$60;
- electronics (anything with a plug) \$2 extra.

Did you notice the change in location? Remember it! The Grant Park Church parking lot used in the past will NOT be a cleanup deposit location this year! You may also notice another change: the requested donation has also gone up somewhat because our costs have increased.

This year the Grant Park and Beaumont-Wilshire Neighborhood Associations will team up with Beaumont Middle School for a combined neighborhood cleanup. This is your annual chance to de-clutter, clear out, and pass on all that stuff you've been meaning to get rid of.

As usual we will accept household junk for disposal, scrap metal, electronics and batteries. You can also bring cardboard this year, but not yard debris of any kind. Once again we will have a reuse area where you can leave or find those treasures that do not need to go in the trash. Suggested items include: clothing, bedding and towels, furniture, mattresses, glass, even plants.

We will NOT accept any hazardous materials, large appliances, home remodel waste, fluorescent bulbs, paint, chemicals, or liquids. Please do not bring any waste you can get rid of curbside.

Items accepted may change so please stay tuned.

The net profit will be split among the two neighborhood associations and the school, helping to fund community and educational enhancement projects. Organizers need volunteers to fill 2-hour shifts on May 2. If available to help, contact BWNA Vice President Kathy Campbell by phone at (503) 515-6225 or email at campkat219@gmail.com.

Broadway Weidler 2040 Main Street Plan

by Nick Falbo, Senior Transportation Planner, Portland Bureau of Transportation (PBOT)

PBOT is very excited to initiate what we are calling the **Broadway Weidler 2040 Main Street Plan**. This is an update and expansion of the 1996 Broadway Weidler Corridor Plan and will contain recommendations for the main business streets and surrounding areas from the Willamette River to Sandy Boulevard. The plan will directly focus on supporting prosperous main streets and will recognize that all stakeholders share an interest in supporting local businesses. We'd love to meet with neighborhood leaders about this in advance of broad project roll out, and expect to provide materials or offer brief announcements at your neighborhood association meetings in April.

Partnership with neighborhoods will be critical. The organizing ability of neighborhood associations along the business streets and ability to bring people to the table will be instrumental in hearing from neighbors. We are finalizing project launch materials including posters, flyers, and an initial PBOT survey to share with the community. We will work with Venture Portland [a city-sponsored organization that offers support to neighborhood businesses throughout Portland], Northeast Broadway Business Association (NEBBA) [a local organization of businesses spanning Broadway-Weidler from the Willamette river east to Hollywood] and Hollywood Boosters [a business organization that focuses primarily on businesses on or near 42nd Avenue as well as Sandy] to get these posters and materials in the windows on the street in March.

The project launch survey and our early engagement will

focus on raising awareness of the effort and learning directly from community members about needs in the areas. April and May will be full of early engagement opportunities, where community members can meet, share and talk about the street. This includes presence at Farmers Markets and pop up events on the street at points all along the main streets. We're starting our discussion at a high level to get a better understanding by asking about "what works, what needs help, and what we should look at in our planning effort." This seems like a great opportunity for community collaboration.

The summer months will be spent with a deeper dive into each neighborhood. We expect to have main street visitor surveys to understand who visits those streets and how they get there. We plan to host multiple neighborhood-specific workshops, including business-oriented workshops to hear more about specific needs at different main street nodes along the length. What we hear during these workshops will guide us in identifying solutions and future alternatives.

At the end of the summer we expect to have a solid understanding of your community needs and opportunities along the corridor and at specific neighborhood nodes. We will also work with the community to develop the Vision and Goals for the future streetscape design. A community and stakeholder group will inform our identification and analysis of design options for a future streetscape.

Grant High Constitution Team Heads to Washington D.C. Again!

by Mairi Kidd

The Grant High School Constitution Team placed second in the We The People State Competition on January 25, 2020. Their efforts earned them a wild card spot at the national competition in Washington DC April 24-28, 2020. 1200 students from across the US will be competing. This is the sixth consecutive year that Grant has qualified for the national competition.

The team consists of six units, each of which focuses on a specific area of constitutional interest, including history, philosophy, and modern implications. The competition simulates congressional hearings. Each unit participates in 20-minute hearings before a panel of lawyers and judges. Students present four-minute opening statements, prepared ahead of time, in response to specific questions. They then answer questions from the judges, supporting their positions with constitutional references, supreme court rulings, and extensive research. A typical question could be “What is the difference between procedural and substantive due process, and what are the origins of these principles? Are the protections of procedural due process more fully guaranteed in an adversarial or inquisitorial system of justice? Does procedural or substantive due process cause more conflict between the national and state governments? Why?”

Judges score the units based on the teams’ application of constitutional principles and depth of knowledge. The teams with the ten highest scores advance to the finals on the third day. The Grant High School team will also have the opportunity to meet elected officials and go sightseeing.

You can learn more and see the rich history of Portland schools at the national competition here: https://en.wikipedia.org/wiki/We_the_People:_The_Citizen_and_the_Constitution

Please help the Grant Constitution Team raise the \$90,000 necessary to send 32 team members and their volunteer coaches to the national competition. **You can support the team with a tax-deductible donation:**

Online:

[Grantboosters.schoolauction.net/con2020/give](https://grantboosters.schoolauction.net/con2020/give)

By Mail:

Grant High School Constitution Team
c/o Jen Maas
2325 NE 20th Ave.
Portland, OR 97212

WE THE PEOPLE:
THE CITIZEN AND
THE CONSTITUTION

NATIONAL FINALS



Help us raise \$90,000 to send 32 GHS students to compete in Washington D.C. with your tax-deductible donation today!

Online:

[Grantboosters.schoolauction.net/con2020/give](https://grantboosters.schoolauction.net/con2020/give)

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GPNA Board Adds New Members-at-Large

by Ken Peterson

At a recent GPNA meeting, the Board of Directors voted to add two new Members-at-Large. They are:

- **Marisa Morby:** Marisa initially contacted GPNA about traffic concerns on her street, and thereafter decided to seek a position on the board. Marisa and her partner, Jason, moved back to Portland two years ago and happily settled in northeast Portland to be close to friends and family. Before moving back she lived in Austin, TX and spent two years in Europe, Southeast Asia, and Japan. “Getting involved locally was really important to me after moving around a lot, so I’m very excited to be involved and help out in our neighborhood.”
- **Marion James Horna:** After working for many years as a mechanical engineer, with an emphasis on wind power generation, Marion recently retired and moved with his wife to Grant Park to be close to his two youngest grandchildren and their parents. A Commissioned Naval Officer and Vietnam veteran, Marion served as board member and chair of the Community Foundation of Ogden Valley. In addition to his GPNA position, Marion currently sits on the Building and Grounds Committee for the North East Community Center.

GPNA welcomes our two new Members at Large!

Steve's Famous Rice Balls (Arancini di Riso)

Rice balls are commonly made in traditional Italian families to use left over rice. My brother in law Steve learned to make these as a child from his live-in grandmother. In my household we don't wait for leftover rice. They can be an appetizer or a meal depending on the variation.

INGREDIENTS

1 pound ground meat (beef, Italian sausage chicken etc.)
 3 cups raw rice (can be any kind but Arborio works well because of its stickiness)
 8 ounces ground Romano or Parmesan or blend
 1 small onion
 2 cups breadcrumbs
 2 eggs
 ¼ tsp salt
 2 cloves minced garlic or ½ tsp garlic powder
 ½ tsp pepper
 oil for frying

You can also add vegetables such as cooked chopped spinach, finely chopped cooked broccoli, chopped tomatoes, or peas. You can leave out the meat for a vegetable only version. You can add hot pepper flakes if you like.

INSTRUCTIONS

1. Cook rice and set aside. This can be done ahead of time,
2. Brown meat in skillet. Add onions, garlic and pepper to taste. Remove from heat and drain excess fat. Cool slightly. Next add meat and or vegetables to the rice and mix well. Then add the grated cheese a little at a time. The consistency of the mixture will get stickier as you add more cheese. Once all the ingredients have been mixed let stand for at least 15 minutes. You can also refrigerate at this point and continue later or the next day.
3. Beat eggs in a bowl. Set up a deep pan with the bread crumbs. Scoop rice mixture into your hand and shape into a ball. The ball can be any size. Small golf ball



sizes are nice for appetizers while slightly larger are good for main courses. Dip ball into egg and coat all sides. Then roll in breadcrumbs till well coated. Place into a pan as you make them.

4. After all are made set aside and let set for about 30 minutes. You can also refrigerate at this point and complete later.
5. Prepare a large skillet with enough oil to cover at least half a ball. Let oil heat up, drop the rice balls in and cook until golden brown.
6. Alternatively you can bake in oven (350 to 375 oven) till brown (about ½ hour). Sprinkle with some olive oil and turn at least once.

These make a great meal with tomato sauce and accompanied by a salad.

Buon Appetito
 Barbara Trepiccione

Jean Johnson
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Jean's doctorate is in Applied History where she studied public policy. Expect an extra layer of expertise on your next real estate transaction.

Grant Park Church

Where All Are Welcome

Sunday Worship 11:00 AM
Reverend Jeremy Richards

We're at 2728 NE 34th Ave.
 503-282-5596

Visit: www.grantparkchurch.com

Annual Meeting and Elections Coming Up!

Just as April brings new blooms, Grant Park Neighborhood Association annually hopes for fresh volunteers to help shape our neighborhood and what goes on here. This is your chance! If you receive this newsletter, you are a member of the Grant Park Neighborhood Association (GPNA) and are eligible to hold office. Come to the annual meeting on Tuesday, April 14, (Grant High School, 2245 NE 36th Ave, Portland, Room 198, just inside main entrance to the school, commencing at 7 p.m.) and consider running for office! The GPNA board recently added some new energetic members at large, but several vacancies remain. Remember the old saying that if you are not part of the solution, you could instead be a part of the problem!

In Portland, a neighborhood association is the officially designated, recognized organization for a specific geographic location. Each association is self-governed, has citizen-written bylaws that determine boundaries, the election and function of officers, and the frequency of meetings. The GPNA Board strives to enhance the livability of Grant Park and to act as liaison for our neighborhood with various government entities, groups, businesses, and other Portland neighborhoods. The Board is also responsible for maintaining and updating the bylaws; ensuring the fiscal well being of the association; developing transparent, open and objective processes; and acting for the association on time sensitive issues.

At the annual meeting, the board will recommend a slate of officers, and nominations will be taken from the floor. Any member of the neighborhood can nominate themselves. There are five elected positions on the board:

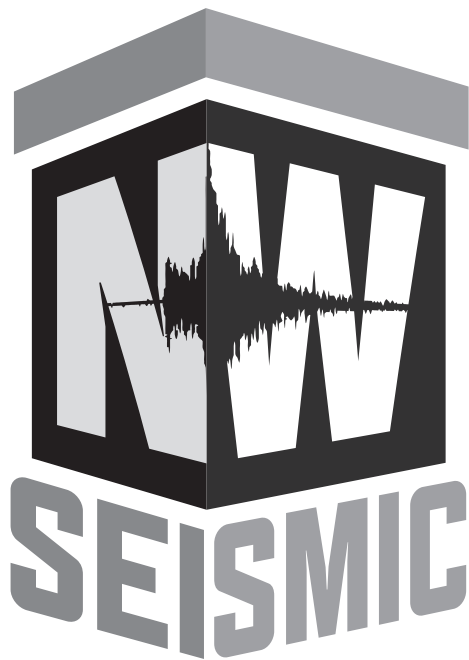
- President - the chief executive officer of the GPNA corporation, who presides at all meetings of the membership and the board;
- Vice President (one or two) – acts as president when the president is unavailable;
- Treasurer - responsible for funds;
- Secretary - manages correspondence and takes the minutes of meetings, maintains lists of meeting attendees.
- Communications - maintains the website.

Aside from these officer positions, there can be up to 10 “At Large” board members. At large members have no specifically designated duties other than to attend meetings and vote on issues, although they often serve on subject specific committees. Becoming an at large member is a good way to find out if serving on the GPNA board works for you. For additional information please contact any current board member (listed on page 1 of this newsletter) or through our general e-mail: general@grantpark-na.org To view a complete copy of the current GPNA bylaws follow this link: <http://grantpark-na.org/wp-content/uploads/GP-NABylaws09192017.pdf>

Grant Park Field Improvements, continued

Shortly before the publication deadline for this issue, GPNA learned that the meeting will occur on **Wednesday, April 8 from 6-8 p.m. at Grant High School**. According to Hurd, Parks will put out lawn signs advertising the event. PPS will send postcards, and will post updates on the PPS website. Anyone interested should plan to attend.

The accompanying graphics show the original draft proposal for the Bowl and upper field, as well as the newly approved Alternate Master Plan. Among the primary changes, note that the location of the softball diamond within the Bowl is different, and the number of proposed lighting stanchions increases from four to ten, including the upper field. The southern boundary of the upper field will also move 20 feet closer to U.S. Grant Place. To view the plan in full detail, follow this link: https://www.pps.net/cms/lib/OR01913224/Centricity/Domain/219/2020-02-07%20Grant%20Bowl%20Master%20Plan_Final.pdf Other relevant information can also be found here: <https://www.pps.net/Page/14612>



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Even Small Children Can Be Friends of Trees

by Carolyn Latierra

A brief tale with a touch of joy: on January 20, Martin Luther King Day of Service, I had the great pleasure of working with a group of preschool children and their parents to help restore a local park. It was amazing how much those small hands could do. In the weeks since then my thoughts keep returning to what these youngsters learned as they contributed to the better health of a neighboring park: team work, focus, using a tool, following directions, the value of giving their time and energy, and the playful pleasure in it all. We pulled invasive ground ivy for 45 minutes, adults and children together, using shovels, hand trowels, and muscle.

I would hear shouts of glee as a little one uprooted a trail of ivy longer than they were tall. Ivy will re-root so we were making a tall pile with the least possible ground contact. The tiniest boy walked to and fro adding his small handfuls to the growing heap. We celebrated our four foot high pile and took a break before planting 30 sword ferns and 30 low Oregon grapes in the cleared area, both native plants integral to the restoration. Digging the holes for those gallon size plants was an exciting project for small hands with special kid-size tools. They listened carefully and followed the plans well. In fact, somewhat better than a few adults. After the planting, attention began to fray. We moved on to the process of mulching, which was easier and more fun. Making those protective rings when you are barely three feet tall and the ring is as wide as you are high is a big accomplishment. We shared great satisfaction as we loaded up our tools and headed back to the staging area. Parents said they will return to watch the growth of “their plants” over the years.

Now a small pitch for an antidote to the stresses and fears of life in these times — volunteer — especially if it takes you out of your usual patterns and activities. It usually costs nothing beyond time and transportation and the rewards far outweigh the personal investment. Plus there's likely a match for everyone's interest/passion. The above work day was part of my weekly engagement with Friends of Trees. In January 2019 I discovered their Green Space program. Like many of you I knew the organization from their street tree plantings in neighborhoods — you have likely seen their friendly signs announcing a tree to come or tagging a newly planted tree in our neighborhood. The Green Space program does restoration work in the margins, of parks, alongside developments, along waterways, to restore wetlands and other sensitive areas. We may re-



move invasive species (as above) before planting or we may simply plant a thousand or more native shrubs as well as native trees on a Saturday morning.

I did a day of training and am now a crew leader most Saturdays from autumn into April. This investment of my time is the best tonic I have discovered. I meet marvelous, generous people willing to get dirty, work hard, be possibly cold, wet, muddy and often in a place unfamiliar to them. Although we do get folks who live near the project, frequently they do not. I have met

birthday party groups, scouts, high school service groups, and a great diversity of people willing to get dirty working hard because healthy open spaces and clean waterways matter to everyone. Even hard-working three and four year-olds can do this, with proper parental supervision, of course!

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Grant Park NET Team Speaks Clearly

Jointly authored by Chris Blumenthal, Jason Hieggelke, Peter Maxfield

“Good morning, choppers! Do we have a teal for you! The burst five customers to -psstt- at the front desk will get a free -zzzbt- just for showing up!”

Say that again? We have all experienced a garbled message, perhaps at the grocery store, a bad cell phone connection, or a subway announcing the next stop. In most cases, we can rely on prior experience to fill in the gaps. Other times, we may wind up two stops past where we intended to get off the train!

The Portland NET teams are trained in basic radio communication to ensure we can keep each other up to date with new information, a change in plans, or verifying a course of action. Using standard handheld radios (walkie talkies), many team members can stay in contact, without depending on the cell network or internet.

Each neighborhood has a dedicated channel to help reduce cross-talk in the case where a large number of NET members may be needed, such as a seismic event. Radios have equal utility for much smaller situations, such as a downed power line from a wind storm.

Grant Park is unique in that we have a very large, flat neighborhood, made up largely of one or two story homes. Just recently, the FCC allowed personal radios to transmit at a higher 2 Watts of power, increasing their reach considerably. Still, getting a clear signal from as far East as 47th Ave, to as far West as 26th Ave, can be a challenge.

On a clear Saturday afternoon this February 22, the team continued building a “radio strength” map, to get a sense for how well we can hear each other from the Grant Park Church, at Knott and 34th Ave. This is our planned location where we would host our Command Post in the case of a major emergency; Fernwood School being the other potential location if needed during school hours.

Eight NET members were divided into four groups, heading to each corner of the neighborhood, with two team members remaining at the church. We were pleased to see that, with only a couple of exceptions, the signal strength from the far reaches of the Grant Park neighborhood was readable. NET members were able to practice calling into the NET Command and relaying information.

In addition to team building and communication, one unexpected outcome of the exercise was the discovery that some GP NET members' radios worked better than others. Unfortunately, most team members are using radios that are no longer recommended by Portland Bureau of Emergency Management (PBEM). Because of this, the GP NET is going to look into possible technical improvements in equipment that will further enhance communication during a neighborhood deployment.

As always, we encourage the community to learn more about preparedness. Connect with us at bit.ly/GrantPark-NET.



PAID ADVERTISEMENT

Back Pain: Which of These Costly Mistakes Will You Make When Trying to End Back Pain?

– By Leading Back Pain Expert, Dr. Carl Baird DC



When back pain starts, it's easy to think "oh it's just an ache and will go away tomorrow". Or maybe you assume you just tweaked during your daily routine or activity with friends. Even worse, maybe you think "it's normal" because you're getting older.

But months (or even years) have gone by and you're still suffering with the daily, annoying, back pain that is making **it hard to really enjoy your favorite activities**. Is that how you're feeling right now? If so, you're no alone....

Over the last 10 years I've been working with people aged 40+ find relief from chronic back pain — and what I've found is many start with false beliefs that have been repeated to them by family, friends, or even their doctors!

These false beliefs lead to costly mistakes that leave you suffering with back pain for much longer than you should.

In no particular order, here are the most common mistakes people aged 40+ make when looking to overcome back pain:

- Believing that it will be fixed with more rest and pain killers.
- Assuming it's a normal part of getting older and you have to 'live with it'
- Thinking that because therapy hasn't worked in the past means it won't work now.

These mistakes lead to people feeling unsure about what to do next. And as a result, they wait weeks, months and years without doing anything – only to make the back pain worse! We want to help give you some answers...

Get Started with a Free Conversation with a Back-Pain Specialist.

We've helped 100' of people overcome back pain and almost all have started with a free conversation with our doctors. To schedule a call, all you have to do is send an email to hello@performance-healthcarepdx.com or call (503) 954-2495 and we will reach back out to you!

Letters to the Editor and Articles

Grant Park Neighborhood Association (GPNA) welcomes letters to the editor and original articles for publication from those residing or working within neighborhood boundaries. Letters concerning prior published articles must be submitted within 30 days of newsletter distribution. Letters or articles that include profanity, libelous statements, personal attacks against individuals or specific organizations, or that are unreasonably long, will be rejected. Articles should be original or with attribution stated, and should address topics of local interest. Letters and articles submitted anonymously will be evaluated on a case by case basis for publication, but the editor must be able to verify the identity of the writer to ensure authenticity. Letters or articles that support or oppose individual candidates for public office cannot be published, but those concerning ballot measures will be considered.

GPNA Newsletter Ads

The GPNA newsletter reaches over 2,000 homes and businesses between NE Broadway and NE Knott and from NE 26th to NE 47th, with some overlap around the outside edges. Distribution of the newsletter occurs quarterly.

Ads need to be print ready about three weeks before delivery of the next issue.

There is a per-issue standard rate, due upon receipt of an invoice with an attached copy of the issue in which the ad has run, and a per-year 10% discounted rate, which must be paid in advance. A copy of each issue will be sent to the advertiser.

For copy information contact Ron Laster, printresults@aol.com, 503-287-9566.

RATES/SIZES

Business card	2"H x 3.5/3.625"W	per issue \$45	per year \$162
Quarter page	4.5"H x 3.5/ 3. 625"W	per issue \$75	per year \$270
Half page (horizontal)	4.5"H x 7.5"W	per issue \$120	per year \$432
Half page (vertical)	9.5"H x 3.5/ 3. 625"W	per issue \$120	per year \$432
Full page	9.5"H x 7.5"W	per issue \$210	per year \$756