



NEIGHBORHOOD NEWS Richmond

FALL ISSUE 2023 | THE OFFICIAL PUBLICATION OF THE RICHMOND NEIGHBORHOOD ASSOCIATION
OPEN BOARD MEETINGS THE SECOND MONDAY OF EVERY MONTH – RICHMONDPDX.ORG; RICHMOND.PDX.CHAIR@GMAIL.COM

Neighborhood Street Tree Pruning

Sat 11/11 & Sun 11/12

Lise Gervais

You may start seeing some door hangers on porches around the neighborhood in early November. People with intermediate or higher pruning skills would be great, but please join us if you're interested in learning more about tree pruning. We will be getting permits through PP&R Urban Forestry and they will be loaning us some tools-- and fabulous neon-colored vests. Join us to get some of the young street trees pruned so that they can do better with winter storms.

We could also use some help getting the flyers out. Please let us know if you would like to canvass some of your neighbors for this event.

To sign up for the pruning event, or for more information please contact richmondtreeteam@gmail.com.

Tree Planting - dates to be determined (November through March): Long-time Richmond Tree Team member Eric Swehla and the rest of the tree team would like to help get more trees in the neighborhood this planting season. Let us know if you're interested in planting a tree in your parking strip or in your yard. As longtime tree planters and neighborhood coordinators, we may be able to help you obtain trees and help you get them planted correctly so that they have the best chance of surviving. Please contact richmondtreeteam@gmail.com.

For trees planted in your parking strip a permit is required: There is no charge for the permit, but the processing time is about 3 weeks currently. The planting permit is valid for a year. Let us know if you would like to chat about the permit process.

For planting yard trees, no permit is needed: A credit on your water bill is available from the [Treebates](https://www.portland.gov/bes/grants-incentives/about-treerebate) program ([portland.gov/bes/grants-incentives/about-treerebate](https://www.portland.gov/bes/grants-incentives/about-treerebate)) when you plant a yard tree before April.

If you have room in your yard for a large tree, the City of Portland has a free yard tree giveaway program.

Trees can lower temperatures, reduce stormwater runoff, increase property values, create habitat for birds and other pollinators, and have other benefits. But according to a report by the City of Portland, our urban canopy is decreasing. At a time when we need trees more than ever, planting more trees correctly and caring for them properly can help increase the likelihood that they will survive and thrive. Proper structural pruning on young trees can help them live long and grow to the size where they provide the biggest ecological value. Join us this winter to help us improve our urban canopy.

Hidden Garden Gem in Richmond

Ann Clack

Did you know that nestled right in the heart of your neighborhood there's a hidden gem? Allow us to introduce you to the Van Veen Heritage Garden, a place with a history as rich as its flora.

Established in 1925, the Van Veen Nursery has been nurtured by three generations of Van Veens. This four-acre haven, located at 42nd and SE Franklin, holds not just plants, but a deep-rooted passion for rhododendrons. The last Van Veen, Kathy, envisioned this nursery to be a hub for learning about the genus rhododendron.

In 2017, Kathy's dream was cemented when the nursery was bequeathed to the Portland Chapter of the American Rhododendron Society. This act of generosity gave birth to the non-profit Van Veen Heritage Garden, dedicated to nurturing the nursery and realizing Kathy's vision.

On November 18th at 9am join us for an introductory tour of our facility. Immerse yourself in the world of rhododendrons and discover the history behind this botanical oasis. Right after the tour, we're offering a unique volunteer opportunity. This is your chance to be a part of the nursery's growth story!

Event Details:

Date: November 18th at 9:am

Location: 42nd and SE Franklin

Parking: Limited street parking

RSVP: acclack73@gmail.com.

www.vanveenheritagegarden.org

Independent Bookstore in the Heart of Richmond

Walker Mallison

It would be easy to think of the strip around 33rd and Division as the unofficial heart of Richmond. Modern, four-story mixed use buildings head to the west, young and old queuing up in front of Salt & Straw, and institutions like St. Honore Boulangerie hosting regulars, at their usual table. And to my daughter's elation, Tea and Tea just opened a fourth Bubble Tea location, which she claims with confidence "is the best in Portland!" I think, however, the true heart of Richmond sits just one city lot south on 33rd Ave, that store is Third Eye Books Accessories & Gifts.

In 2019, Michelle Lewis and Charles Hannah had a vision to be the number one supplier of African centered books, accessories, and gifts in the Portland area. They are focused on the belief that their products "can be used as a tool to motivate, inspire, restore or enhance a person's cultural pride and to bring forth happiness and healing into the hearts of our customers." Third Eye Books Accessories & Gifts is a 100% Black owned and operated business.

Charles & Michelle believe in practicing cooperative economics "by giving back to the community and supporting community-based organizations that uplift and empower Portland residents. Third Eye Wholistic Wellness uses vibrational sound, Reiki, and other energy therapy techniques to induce a state of relaxation, clear disturbances in the energy field, and restore the body's natural flow of energy. Owner Michelle Lewis, has her BS in Human Services from the University of Phoenix, and a MSW from Portland State. She has a tenured career in human services, and mental health.

Michelle applies a combination of anti-oppressive practice, liberation psychology, empowerment theories, and strengths perspective to inform her practice when working with community members. Her drive to understand the complexities of the world has led her to study African Spirituality, meditation, Kemetic Reiki, Usui Reiki, astrology, apothecary, and herbalism. Through her own physical health struggles Michelle has gained a wealth of knowledge about herbal medicine, spiritual and natural healing modalities. She is passionate about helping others, empowering individuals to make informed decisions not only about their mental, physical, and spiritual health, but about their total lifestyle. Michelle is a Reiki Master, Sacred Woman Practitioner and Vibration Sound Therapist.

In addition to hosting authors, book signings, and connecting with local schools and youth agencies, they can facilitate your single or bulk book order. Third EyeBooks and Accessories is looking towards the future. They have created a Freefinder.com account to create a "good olde fashion bookmobile with a modern twist," hoping to bring diverse reading material to children and families in their community, school, home school, etc. "This will allow us to recapture that feeling of community, and hopefully boost literacy efforts in the community."

A second fundraiser has a goal to make the business more accessible to community members with disabilities, by working with a local contractor to build a ramp or lift to fulfill this goal. And don't forget the free mini library right out front! At the time of writing this, I was sad to learn about recent vandalism that occurred, with an individual caught on camera breaking out two windows, so fundraising is also being used to make necessary repairs.

The term anchor store is often used to describe the big department store at the mall. Maybe we should rethink that term for a neighborhood, and recognize Third Eye Books and Accessories as one of Richmond's anchor stores. Perhaps you are already a regular customer thinking of that next book for your group, or you find yourself overdue for addressing your own wellness? Maybe you are looking for the perfect gift for a friend? After grabbing your next Salt and Straw or Bubble Tea, head across the street with the whole family to see Charles and Michelle for some local inspiration.



Overheard in Richmond:

Should we get an air freshener for the car?

... I think I'd rather get fresh microgreens instead.

– O'Reilly Auto Parts on Powell and Cesar E. Chavez

Volunteer to be a Neighborhood Emergency Team (NET) Member

Eric Swehla

In the event of a citywide or regional emergency such as a severe winter storm, flood or major earthquake, households need to be prepared to be on their own for at least a week. Neighborhoods need to be prepared for self-sufficiency, too. Volunteer neighborhood rescuers will likely be first on-the-scene when firefighters and police are slowed by impassable streets or overwhelmed by calls for help.

Neighborhood Emergency Teams (NETs) are Portland residents trained by the Portland Bureau of Emergency Management and Portland Fire & Rescue to provide emergency disaster assistance within their own neighborhoods. NET members are trained to save lives and property until professional responders can arrive. These volunteers are specially trained to help others without putting themselves in harm's way. NET members are:

1. Prepared to be self-sufficient for two weeks during any emergency.
2. Able to provide emergency assistance to their family and immediate neighbors.
3. Able to work within an emergency response team to save lives and property in their neighborhood.
4. Able to guide untrained volunteers who want to help others during a disaster.

WHAT YOU GET

- FREE training that will provide you with the core skills you need in order to respond safely and effectively in a major disaster.
- An introduction to a network of neighbors, emergency response professionals, and other community leaders concerned with preparing for a major disaster.
- After completing basic training, access to advanced training opportunities, exercises, and classes such as CPR/AED certification, Mental Health First Aid, De-escalation Training, Wilderness First Aid, HAZMAT awareness, radio comms training, and much more.



WHAT YOU GIVE

- About 28 hours for basic training, usually done over the course of four Saturday or Sunday classes.
- At least twelve hours of volunteer time every calendar year. This can include anything from talking with neighbors about emergency preparedness, participating in training exercises and simulations, incident deployment, team organization and management, and taking advanced training classes. There are no minimum physical requirements, and there is an important role for everyone!
- Deployment opportunities (always optional) such as down power line safety perimeters, public outreach events, event first aid stations, emergency evacuation shelters, severe weather shelters, emergency transportation dispatch, and Logistics operations.

For more information and to sign up:

<https://www.portland.gov/pbem/neighborhood-emergency-teams/volunteer>

Atrium Movement and Events

Chris Calarco

Atrium Movement & Events opened in January 2023 inside The Breathe Building at 2305 SE 50th Ave. Atrium offers a diverse range of over 30 weekly classes across a wide range of movement modalities including Yoga, Fitness, Dance, Qigong, Pilates, Roller Skating, Meditation and more. Atrium is based on the belief that variability and balance in our movement and exercise habits is the optimal way to build vitality and functionality as we age. Atrium aims to share a welcoming, grounded, and non-competitive approach to movement and has a dedicated and dynamic team of experienced instructors.

Atrium is more than your average gym. Beyond the weekly classes, they offer co-working opportunities, an on-site cedar sauna bookable by the hour, and a frequently rotating series of workshops. Recent workshops have included Pre-Season Ski/Snow Sports Training, Death Cafes, The Artist's Way Book Club, and many more.

There are many ways to try Atrium's offerings, including a \$99 Unlimited Introductory Month, 10 Class Packs, an Unlimited Membership, and sliding scale drop-in pricing.

Atrium also offers event rental opportunities for small and medium sized events ranging from 5 to 200 people. Three indoor spaces and two outdoor spaces (rooftop and courtyard) can be combined in various configurations for your next gathering. Meetings, classes, retreats, and fundraisers are just some of the possibilities.

You can learn more about Atrium at [.breathebuilding.com](https://www.breathebuilding.com) or reach out with questions to info@breathebuilding.com.



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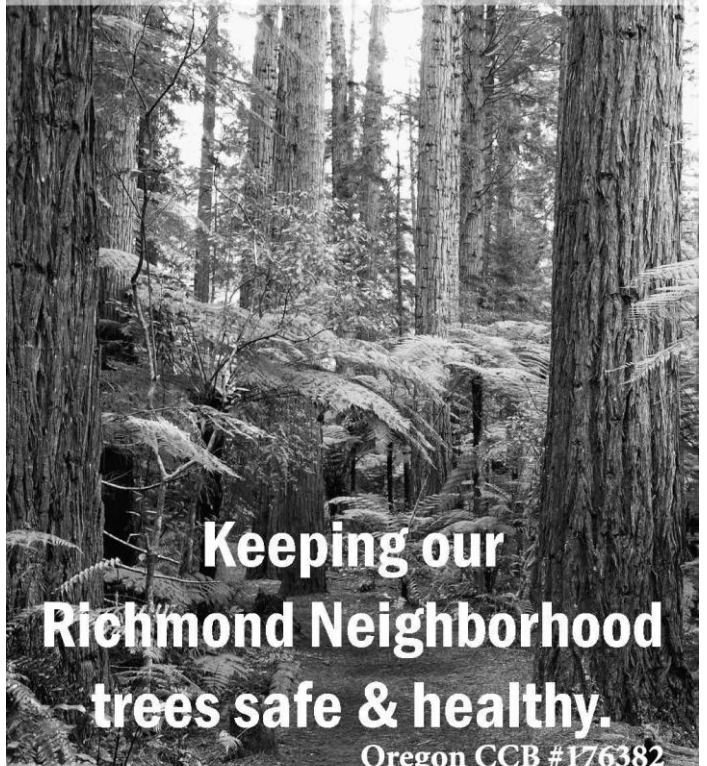
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DELIVERY
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Contact:
RichmondNAsecretary@gmail.com

oregontreecare.com
Certified Arborist . PN-6405A



Keeping our
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trees safe & healthy.**

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