



NEIGHBORHOOD NEWS Richmond

|| FALL 2021 ISSUE | THE OFFICIAL PUBLICATION OF THE RICHMOND NEIGHBORHOOD ASSOCIATION ||
|| OPEN BOARD MEETINGS THE SECOND MONDAY OF EVERY MONTH | CHECK WWW.RICHMONDPDX.ORG ||

A Message from the RNA Board Chair

Dear Richmond Neighbors & Friends,

Part of the purpose of the Richmond Neighborhood Association is to share information with our community.

Given the complications of the pandemic, we have been limited in our ability to meet and hold our regular activities and projects. However, our monthly Zoom meetings have been productive forums for discussing issues impacting our neighborhood. We have had many guests over the past year that have been invaluable resources, and we appreciate them sharing their expertise with us.

This may be our last newsletter for a while, as our esteemed newsletter editor is stepping away from that position. Thanks, Simon! If there is anyone interested in filling that role, please let me know. The Newsletter Editor need not be a board member or live in Richmond. It would be a great opportunity for a high school student interested in journalism.

We take the month of January off for a board retreat. Meanwhile, I'd like to thank our board members for stepping forward in service to our community.

I wish all our neighbors a safe and healthy holiday season!

Be well, cheers to 2022 and I hope to see you at our February Zoom meeting.

Debby Hochhalter (richmond.pdx.chair@gmail.com)
Chair, Richmond Neighborhood Association

A Message from the Newsletter Editor

Dear Neighbors,

Fall is a season in which we get to experience its unique seasonal beauty: trees with shades of different colors, cooler weather after the summer heat, rains long awaited, and the time to celebrate my favorite holiday – Thanksgiving. It is a time when many families and friends can get together and appreciate the presence of each other. A time of distinctive aromas and flavors that for some recall memories of sheltered childhoods. It's a time for celebrations and preparations for the winter months that will bring its own set of pleasing changes.

There is no denying that this has been a tough year but, I think, better than the last one. The pandemic has gotten into much better control, mostly for those who chose to be vacci-

nated. We are learning more about the virus that threatened our lives, confined our liberty, and impeded most of us from pursuing happiness. The more we know about the virus, the better we can control it.

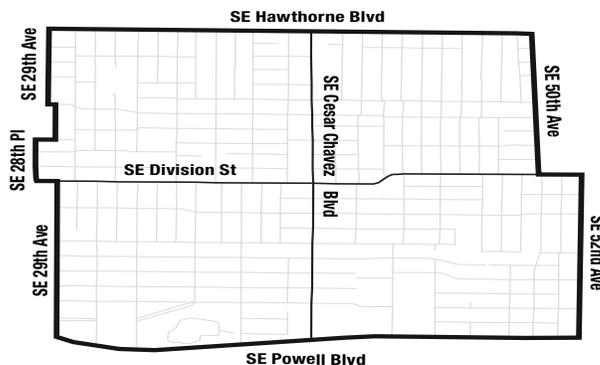
We have witnessed that many of the social troubles that have affected the city, such as homelessness, gun violence, and others have the attention of those able to effect positive changes. I feel there are good reasons to remain hopeful that their efforts will succeed.

This is the last RNA newsletter edition where I serve as its Editor. The task of being the RNA Newsletter Editor has been demanding but at the same time enjoyable in that I have learned quite a bit from it. I had to learn how to use a very versatile editing program needed for publication that I was not familiar with, learned about the neighborhood history, architecture, and social concerns such as the need for foster parenting. I have met some amazing people that are involved in painting murals and establishing a tool bank that we all can borrow from. I am deeply thankful to the many members of the RNA Board, and local friends who took interest in the newsletter editions and helped me with the editing process or by contributing articles.

I hope that a motivated person steps up and volunteers to become the new Editor. To the new prospective Editor I pledge that I will assist him/her to have a smooth transition into the position and be available as a resource to carry on the task.

Simon Kipersztok
RNA Treasurer and Newsletter Editor.

Richmond Boundaries



RICHMOND ARE YOU READY?

By Dennis Hopkins

Richmond Ready Committee Member

Are you ready for the “Big One” or any emergency: wind storm, ice storm, power outage?... you get the picture. If you think you’re not, I’m going to help you get started. I’ll just concentrate on Earthquakes and talk about “kits”. (Remember kits will work in any emergency). Kits are where you keep your emergency supplies. Do you need just one “kit”? Will one kit do for everywhere? Well, no is the answer. How many kits should you have? Not sure? then ask yourself these questions:

- What if the earthquake occurs when you’re at home?
- What if you’re driving in your car?
- How about if you’re asleep in your nice cozy bed?

Great, you survived the quake, but now you don’t have electricity, water, or natural gas. What do you need? Correct! enough supplies and water to last until emergency help arrives. That’s where the kits come in. I’ll identify the kits by where they’re kept.

Car kit in your car

Day pack: 1.5 L bottled water, warm sweaters, emergency ponchos, flashlight + batteries, emergency rescue blanket. Gallon plastic bag with: package of water purifier tablets, 6-8 power bars, bag of trail mix, bag of mixed nuts, bag of dried fruit.

Bedroom kit placed by/under your bed

Hard hat for each person, leather gloves for each person, flashlights/headlamps, hard sole shoes, socks, extra pair of prescription glasses tucked into shoes.

By outside second story window

Escape ladder, step stool.

Go kit - kept in a daypack near an outside door

Bottles of water, hand sanitizer, Leatherman or Swiss Army knife, emergency rescue blankets, emergency radio and batteries, leather gloves, water filter or purification tablets, flashlight + batteries, emergency ponchos, small first aid kit, whistle, dust masks, power bars, trail mix, bag of dried fruit.

Stay kits are just what the name implies, enough supplies to last until emergency help arrives. Stay kits are big. For more information on what you need in a stay kit or any of the kits go to: <https://richmondpxd.org/richmondready>.

It’s a bit overwhelming to think about putting together all these kits, so start with one kit at a time. Remember “Don’t be scared, be prepared.”

CHILDREN’S CORNER

By Lucy Green-Mitchell



Lucy Green-Mitchell is the guest artist for this edition. She and her brother Isaac spend quite a bit of time at the Richmond house of their grandparents Miriam and Tom. She is in kindergarten and enjoys art projects.

The picture on the left is titled “A fern green print”. The one on the right is titled “My grandparents house”.

POETRY CORNER

Song for Autumn

By Mary Oliver

In the deep fall

don't you imagine the leaves think how comfortable it will be to touch the earth instead of the nothingness of air and the endless freshets of wind? And don't you think the trees themselves, especially those with mossy, warm caves, begin to think

of the birds that will come - six, a dozen - to sleep inside their bodies? And don't you hear the goldenrod whispering goodbye, the everlasting being crowned with the first tuffets of snow? The pond vanishes, and the white field over which the fox runs so quickly brings out its blue shadows. And the wind pumps its bellows. And at evening especially, the piled firewood shifts a little, longing to be on its way.

Copy of a poem submitted by Miriam Green-Mitchell, a retired Social Worker and long time Richmond resident. She is an avid jogger, has participated in several marathons and enjoys poetry. The poem was posted in one of the neighborhood houses she passed through during one of her daily jogs.

The American poem author, Mary Oliver (1935-2019), was profoundly inspired by nature from an early age. She won the Pulitzer Prize for Poetry in 1984 and the National Book Award in 1992.

IF YOU WANT TO BE ADDED TO THE RNA LISTSERV TO GET MEETING AGENDAS AND NOTICES EMAIL TO RichmondNAsecretary@gmail.com

Battling Global Warming

By Albert Kaufman

Have you ever left your vehicle idling for more than 10 seconds while waiting to pick up your child at school or while at the drive-up window at the bank? Most of us have. Here are some very good reasons to rethink this common habit.

Vehicle emissions are the largest contributing factor to air pollution. The combustion of fossil fuels releases several types of air pollutants that are detrimental to our health. These include sulfur dioxides, particulate matter, carbon monoxide and other toxins contributing to the formation of atmospheric carbon dioxide (CO₂) levels.

Children are particularly vulnerable to air pollution. Children breathe 50 percent faster and inhale more air per pound of body weight than adults. Studies have shown a direct link between many respiratory diseases and pollutants found in vehicle exhaust. In fact, asthma is the third leading cause of hospitalization for children under the age of 15.

Excessive idling is expensive. Over 10 seconds of idling uses more fuel than restarting your engine. Idling for 10 minutes a day uses an average of 22 gallons of gas per year and gets zero miles to the gallon. Excessive idling is not good for your vehicle either.

For the children, for yourself, and for the environment, please remember to keep your emission down and turn off your car if it isn't moving!

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Allen Field – Secretary; Tree Planting Committee; Community Spaces Committee; Liquor Licensing/GNA Committee; Alternate Representative to SEUL

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PEOPLE IN THE NEIGHBORHOOD

by Simon Kipersztok

For the present edition of the newsletter, I thought it would be interesting to interview a Richmond resident, senior enough to give a personal insight about his/her life, and how Richmond and Portland have changed over several decades. Being a newcomer, I asked fellow RNA Board members for suggestions. One of them recommended that I talk to Charlie White. It was the only response I received. Not knowing Charlie then, I had hoped for a few suggestions that I could scrutinize and then choose the one I thought would be most interesting. I could not have predicted then that my initial hope would quickly make me realize that the single recommendation I received was a great one and, highly likely, the one I would have chosen anyway.

My RNA Board colleague who made the recommendation knew Charlie from their activities at the Sewallcrest Community Garden (CG) and described him as an affable, congenial, and kind gentleman in his 90s who retired from Portland State University (PSU). I got Charlie's email and after a couple of exchanges he agreed to talk to me. With the kind assistance of his wife Dawn, we set up a video exchange. During our chat lasting close to two hours Charlie was not only generous with his time but also patient and humorous. It was a wonderful conversation that led to many more email exchanges not only about his life and local, regional events but extended to global issues. I am very appreciative for sharing so candidly his knowledge and information.



Charlie and Dawn

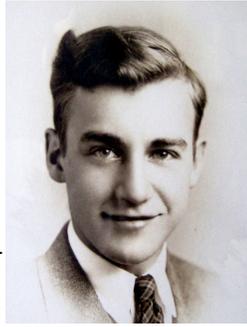
So, what are some of Charlie's insights about Portland, Richmond, the country, and the world through the years? Charlie recently celebrated his 97th birthday. Only a few age-related physical limitations can attest to his chronological age. Otherwise, during our conversation he was very insightful in his observations and keenly aware of changes that have taken place around him in his long and productive life. He produced a large amount of very interesting personal, local, national, and international information that only space limits putting it all in writing.

Charlie was born on November 3, 1924, in Mackinaw City, a village on the northernmost tip of Michigan's lower peninsula. He was the youngest and only son of five children. His father was a postal clerk on the RPO (Railway Post Office) car that was part of the Detroit to Mackinaw daily passenger train. The job entailed standing in the moving train for the entire 291-mile trip, sorting letters and packages picked up en route. It is interesting to note how much has changed since then in that most of the exchange of personal and business communications that many take for granted today are done electronically through the internet. The smaller amount of postal mail today is sorted by zip codes that were introduced in 1963 and are mostly read by machines).

When Charlie was four his family moved back to their former hometown of West Branch, about 120 miles south of Mackinaw City, so that his mother could take care of her own ailing mother. The country was then recovering from the trauma and economic burden of having participated in World War I and

about to enter the Depression Era that lasted through 1939 when World War II (WWII) erupted.

During those difficult years, life was tumultuous in the country and the world. Charlie's mother died when he was ten but despite the sad loss and the tumult going on Charlie describes his childhood as "ideal." After his mother died, his oldest sister, Vera Virginia, became his caretaker. Charlie stated, "Vera probably favored me to guard against me thinking she favored her own children." She and her family made sure he had all the emotional and physical needs he required. In particular, he enjoyed family meals where politics and religion were discussed. These discussions would eventually influence his career choice and general outlook in life.



Charlie at age 16

Freedom to play without adult supervision is one of the childhood memories that he cherishes. He notes that when he participated in neighborhood games such as scrub baseball, tag football, and pitch and catch or pass and catch, there were never any parents present. At that time, there were no little leagues, television or other electronic devices as they exist today. Children had little choice but to participate in neighborhood games they organized by themselves.

When he observes today's environment in which children grow up, on the one hand, he regrets that many caretakers feel the need to supervise children much more closely than when he was growing up. He feels that this kind of close supervision can weaken the development of a sense of independence, adventure, and the ability to make responsible choices and learn from them. On the other hand, he points out that the close adult supervision can increase a sense of security and enhance safety in today's world that seems to be much less safe than the one he grew up in. It seems to him that nowadays many of the parents attending their children's games feel compelled to make loud comments and, at times, in a manner that may be overly directive. He feels that this kind of behavior may have become more prominent as the United States and other countries experienced more urbanization between the 1960s and 1990s.

Growing up, only boys participated in neighborhood games. I asked Charlie how about girls? He indicated that no girl ever showed up in their sandlot. But the West Branch High School he attended was unusual in that shop class, required for boys, had a required month of home economics, and girls, who had to enroll in home economics, had a month of required shop. Nowadays, of course, girls and women participate in all the sports and activities once reserved only for boys and men. Not infrequently, in some sports like softball, co-ed teams play against each other.

During high school Charlie excelled academically and in sports. He was an active member of his school's football team where "I played every minute, was quarterback and called signals (coach did not) and carried the ball or passed often and was captain in my senior year." Swimming pools were not as accessible as they are today, so involvement in water sports was not very common. Track and field sports were not available in his high school either. In comparing his high school experience with that of his grandchildren and great grandchildren, he wishes he could have had access to acquire the technological skills that

they have today, especially with computers. But only in 1971 would a computer first become commercially available in the United States.

Charlie graduated high school in 1941 and enrolled in Michigan State College (MSC, now Michigan State University) in East Lansing, where he received a full scholarship. Tuition was \$25 a term. He arrived at MSC with total assets of 25 cents and trousers that had a hole mended with a safety pin. He had a place to stay with relatives nearby and hitchhiked back and forth to school. At MSC he was assigned a National Youth Administration (NYA) job compiling temperature data from Siberia and North America. The NYA was part of President Roosevelt's New Deal to help young citizens between the ages of 16-25 through the Depression era when unemployment in the country and poverty reached very high levels. He was paid 25 cents an hour, enough to get lunches that usually consisted of a bowl of ice cream and toast for a total of 13 cents.

Charlie heard about the Pearl Harbor attack from a car radio when he was passing Flint as he was hitchhiking from his home to school. This fateful event resulted in the United States joining the Allied Forces fighting in World War II. As a result, all male college students were then required to enroll in Army ROTC (Reserve Officer's Training Corps) in preparation for military service. With the Declaration of War, all those enrolled in ROTC were automatically enlisted into the Army. He was first sent to Central Michigan State College where he could combine his academic courses and receive military training. Ultimately, he managed to transfer to the Navy, his preferred military branch.

In 1944, as WWII progressed Charlie was transferred again from Central Michigan State College to Midshipmen School at Columbia University in New York City in preparation for active duty in the Navy. There, he tried for and made the school track team and ran in the NCAA track meet, an activity he was not able to participate in high school since it was not available. After 90 days' training, he was commissioned an ensign, the first Navy rank assigned to commissioned officers after completing their training. Nowadays training takes much longer than 90 days. That's why during World War II ensigns like him were called "90-day wonders" because of the shortened training they received.

After completing his training, Charlie was commissioned to the Pacific Fleet and served first on a destroyer and then on an LST (Landing Ship Tank) as a navigator and communications officer. He recalls he loved navigating through and seeing the Pacific Islands, even those to which his ship carried soldiers assigned to participate in invasions. Today Charlie is one of only three shipmates alive from a complement of 125 sailors.

On a light note, Charlie shared a story from his time at the Midshipmen School. It reveals the mischief typical of some younger recruits. Trainees were obligated to attend one of three available religious services on Sunday evenings, an order he was not very thrilled about. Recruits could choose to attend one of three available services: Catholic, Protestant or Jewish. Even though Charlie grew up in the Protestant tradition he decided to attend Jewish services. I asked him why? He told me that there were no officers attending Jewish services which were held in a basement where there was brighter lighting than in the other two services. With no superiors to supervise the midshipmen and

better lighting he felt more at ease to read his secular book in plain sight without being admonished while the Jewish service was conducted.

After the war, upon his discharge from the Navy, he re-entered Michigan State College graduating with a Bachelor of Arts, with Honors, and a Master of Arts, with Distinction, in History and Political Science. He attributes his interest in the courses he chose to the regular conversations his family had at the dinner table when growing up. Enrollment in a Ph.D. program in History with a Political Science minor followed at the University of Southern California (USC). He finished his course requirements for his Ph.D. in 1952 and then moved to Portland.

During his doctoral studies in California, Charlie went through a spiritual transformation. He grew up in a religious home. However, he stopped attending church services regularly when he realized that, in many cases over humankind history, religion had become the “creator of wars” instead of the “creator of peace,” a situation he felt was against his personal moral values. At one point in this transformation, Charlie’s Boys Club connected with The Church of the Brethren, a branch of Christianity that originated centuries ago in Germany. It is one of three “Peace Churches” whose members get automatic government exemption from the military draft, though they are welcomed to Civilian Public Service.

Although he later joined the Unitarian Church, Charlie describes his earlier connection with the Church of the Brethren as “a great success.” The connection fit Charlie’s philosophy that advocates the continuation of Jesus’ message of life, love, and hope through a commitment to peace and justice, and by reaching out worldwide to mend the damage caused by war, poverty, ignorance, exploitation, and catastrophic events. It also exhorts its members to live a simple life where all people deserve being treated with attentive compassion. Whether one is a Christian or not, such philosophy promotes a peaceful coexistence among humans and is congruent with the philosophy of many other non-Christian religious traditions.

Charlie’s personal and professional life was clearly guided by it. Moreover, his participation in the Boys Club and the Church of the Brethren got him and his group involved in sports that led to many city titles. The group also participated in hikes and mountain climbs, common activities in the Northwest that would keep his interest in the area in the front of his mind.

Generosity and helping the less fortunate have been a hallmark of Charlie’s life. Among acts of compassion for the plight of the less fortunate, he was for many years the gardener at Sewallcrest Community Garden in Richmond that took extra produce to local charities. He remarked that Sewallcrest gardeners are generous and productive members of the local society since “[in addition to eating] fresh produce...the gardeners in some years gave more than a ton of food to charity.”

I inquired what brought him to Portland, Oregon of all places? He admits that for the longest time since he was young, he had read about Multnomah Falls and determined that the place should be on his “bucket list.” So he had Oregon’s natural beauty in his mind for a long time before moving to the area. The answer to my question also highlighted the impression I had



At Multnomah Falls

formed that Charlie is a naturally nice and friendly person. He told me that during his studies at USC, he befriended the History Department chair secretary. She and her husband and their two kids would have lunches together with Charlie. Close to his graduation she alerted him about a recruiter from the Portland State Extension Center (today Portland State University) who was coming to seek faculty candidates. Those were the days when there was no internet, computer, or websites so such information was much more difficult to come by than it is today. The basic history courses at the early PSU were in desperate need of junior faculty to teach them. The recruiter offered Charlie a position as an Instructor which he promptly accepted.

In his first year at PSU, five hundred students enrolled in his courses, and he had no teaching assistants, a task that was enormous for a newly appointed junior faculty member. He soon realized that many students enrolled in the course because it was needed to fulfill basic academic requirements for graduation and not particularly to complete prerequisites for a major in History. Therefore, he set out as his goal to help the students complete the course successfully while learning the required material. As a result, he became a very popular teacher. Many years later, after a successful teaching career and many additional academic accomplishments, he would retire as a Distinguished Emeritus Professor of History from PSU.

In Portland he bought a house in Multnomah Village, had two children: Mike, born in 1953, and Barbara, born in 1955. Over the years the family would grow to include six grandchildren, all female, and twelve great-grandchildren. Coincidentally, his 25-year-old great-granddaughter is currently serving in the Navy.

Over the years, Charlie has had many interests beyond his academic endeavors. His early intent to place Multnomah Falls on his bucket list was more than fulfilled in that after settling in Portland he led tourist tours along the Columbia River and its gorge for 50 years. Ultimately, he became a volunteer at the Falls’ Visitor Center and at the most recent annual meeting of the Friends of the Multnomah Falls he received a beautiful pin for his 25 years service as a docent.

Another preferred interest has been community gardening. Charlie has had a Community Garden (CG) plot since 1978, almost for as long as the CG Program has existed in Portland. He got his first Sewallcrest plot in 1982 shortly after moving to Richmond and after marrying his wife Dawn, an Oregon native who graduated from Cleveland High School. At the Sewallcrest CG he is known as the “Corn Man.” As a good academician, he has kept a garden log to the extent that he can compare his vegetable yield between two dates years apart.

Because of a mild imbalance problem, he gardens mostly in a prone position: “You can’t fall if you are already lying on the ground.” He also enjoys travelling to watch baseball games. One of his most enjoyable recent trips was to Walla Walla, Washington where a friend of Charlie’s had persuaded the local Sweets baseball team to select Charlie to throw out the ceremonial first pitch. Charlie was surprised to learn the Sweets throw an onion, not a baseball.



I asked Charlie what have been the most prominent changes he has observed in Richmond and Portland over the

time he has lived here? He replied that there has been a substantial increase in the population density in the area placing it 25th in the country, as of the most recent census. When he first moved here the concept of Additional Dwelling Units (ADUs) did not exist. Also, double house lots were common but are disappearing and being converted to multi-unit buildings or duplexes. This change, of course, needed to accommodate a larger population of new residents that moved into the area. The increase in population density has also resulted in increases in the cost of housing that leaves those with limited financial means at a disadvantage and, sadly, increases the rate of homelessness. That was a discussion we agreed to leave for another time.

It is clear to me that Charlie has had a remarkable life that certainly matches well to a most notable man who with his presence embellishes the Richmond neighborhood. The space limitation imposed by the newsletter publication prevents me to list all the great highlights of Charlie's incredible life story:



many academic articles written, books edited, recurrent recognitions for excellence in teaching, chairing of and participation in important university committees, guest lectures in the country and abroad, travels around the world, etc. – ninety-seven-years' worth of happenings and accomplishments.

The conversation I had with Charlie felt to me more like a very exciting private lesson where I learned not only History but also how one can be a better person to others, to one's community and to the world.

Highlights of recent RNA Board Meetings

The RNA has monthly meetings that are presently held via Zoom every second Monday of the month except in January when the Board holds a retreat. Registration is necessary to attend the meetings. It is easily done through the RNA website. Anyone can participate in the discussions. Voting on Board resolutions, however, is limited to Board members. The monthly meetings are chaired by the Board Chairperson, are taped, and published in the RNA website at www.richmondpxd.org together with minutes of each meeting.

Enclosed are a few highlights of recent Board-approved minutes:

- 9-13-21 Kathy Doherty-Chapman from the City of Portland Bureau of Transportation gave an update on the 5-minutes fast stop pilot program in the city. There was a discussion about the formation of a DEIA (Diversity, Equality, Inclusion, Access) committee within the RNA. There was a presentation by the recently formed Sustainable SE Community Coalition (SSCC). Q/A followed.
- 8-9-21 Sgt. Ty Engstrom from the PPB Traffic Division updated attendees on the then proposal (now adopted) Street Takeover Ordinance and Code to address problems of street racing and drifting/sliding in the city.

There was a discussion and update about the Fred Meyer South Entrance Doors. At the time of the discussion the south entrance doors had been closed since they were vandalized last Thanksgiving weekend. The RNA Board was actively involved in promoting the re-opening of the doors. The south entrance doors are now open.

- 7-12-21 A local developer presented his plans to convert two vacant houses on Cesar Chavez into a 55-unit, three level apartment building with part of the basement allotted to houseless youth and family. The developer indicated he will give regular updates to the RNA Board as the project goes through approval by the City.

The RNA is involved in many aspects that touch the wellbeing, safety, and enjoyment of the neighborhood residents. The more Richmond residents participate in its affairs the stronger the neighborhood will be. Therefore, please make an effort to attend the next RNA meeting!



ON COLD WEATHER By Amanda Westervelt

Fall is here, and with it, time to prepare for winter weather! [This FEMA video](https://www.youtube.com/watch?v=XVpGJ_Xl_w) (https://www.youtube.com/watch?v=XVpGJ_Xl_w) is a quick, fun review of winter weather prep and how to safely get through a winter storm. FEMA also has a comprehensive, easy to read [PDF on Winter Storms](https://www.ready.gov/sites/default/files/2020-11/winter-storm-information-sheet.pdf) (<https://www.ready.gov/sites/default/files/2020-11/winter-storm-information-sheet.pdf>). Before the cold hits, weatherizing your home is a also great idea, and [there are programs](https://www.multco.us/dchs/weatherization) (<https://www.multco.us/dchs/weatherization>) that exist to help low-income residence pay for this (211 can help you find out if there's a program for you). And don't forget to create a car kit visit www.cdc.gov/disasters/winter/beforestorm/prepare-home.html#Car in case you get stranded in your car when it's cold!

If you or a loved one have a medical condition that makes you particularly vulnerable to cold weather, they should register with their utility company. This information helps utility companies prioritize their work and help those who may need it most. PG&E's program is called the [Medical Baseline Program](http://www.oregon.gov/puc/Documents/OregonMedicalCertificate-Program.docx.pdf) (www.oregon.gov/puc/Documents/OregonMedicalCertificate-Program.docx.pdf). Contact your utility company for more information and to register.

If you have kiddos in school, the [PPS inclement weather page](https://www.pps.net/Page/124) (<https://www.pps.net/Page/124>) can help you prepare, and can also help you sign up for text alerts regarding weather-related delays and closures. If you have pets, keep them warm, too - [here's how to keep them safe](https://www.humane-society.org/resources/five-ways-protect-pets-winter): <https://www.humane-society.org/resources/five-ways-protect-pets-winter>). During severe winter weather events, call 211 if someone needs severe weather shelter information or transportation to a warming shelter.

And finally, some advice on ice! Homeowners are responsible for their sidewalks. Shovel your walk to avoid snow being packed down into ice and to keep it from partially melting and refreezing into ice. Ideally you will have some salt or sand before the storm hits, and put it down before the storm or after your sidewalk shoveled. While putting sand on snow and ice can increase traction, putting salt directly onto snow or ice makes holes into what's there and can cause limited melting which then just refreezes into ice.

Multnomah County's new web page [Care for When It's Cold](https://www.multco.us/care-when-its-cold) (<https://www.multco.us/care-when-its-cold>) has a lot of very useful, local information. It's still being updated, so check back as winter weather looms. For more general information on winter storm preparedness, the Red Cross has a [Winter Storm Safety page](https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/winter-storm.html), (<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/winter-storm.html>) this is the [Ready.gov - Winter Weather site](https://www.ready.gov/winter-weather): <https://www.ready.gov/winter-weather>; this is [Oregon's Winter Storms site](https://www.oregon.gov/oha/PH/Preparedness/Prepare/Pages/Prepare-ForWinterStorms.aspx): <https://www.oregon.gov/oha/PH/Preparedness/Prepare/Pages/Prepare-ForWinterStorms.aspx>, and the CDC has a page about [Preparing for a Winter Storm](https://www.cdc.gov/disasters/winter-beforestorm/preparehome.html): <https://www.cdc.gov/disasters/winter-beforestorm/preparehome.html>.

Newsletter Editor Comment:

In the 2020-2021 winter edition of the RNA newsletter, I mentioned the childhood house location of Professor Linus Pauling on Hawthorne Blvd. He was a Portland, OR native and a twice Nobel laureate American scientist whom I have greatly admired.

Since then, I learned a few more interesting facts about Professor Pauling's wife Ava Helen Pauling, and his research legacy. I thank my RNA colleague Heather Flint-Chatto for directing me to the "Pauling Blog" at: <https://paulingblog.wordpress.com/> where I learned that Ava Helen Pauling became an influential national and international personality on human and women's rights on her own merit.

I invite a motivated high school student, or anyone who might be interested, to write an essay on Mrs. Pauling inspiring life and work. She was an Oregonian, like her husband, and an Oregon State University (OSU) alumna. The essay can then be published in a future edition of the RNA newsletter.

One more fact I learned about the Paulings is about their affiliation with OSU. The Corvallis university houses the Linus Pauling Institute (LPI) whose mission is to research the effects of micronutrients on health. This was one of Dr. Pauling's main research areas of interest in his latter years, particularly with regards to vitamin C. Neighbors interested in the research and effects of food on health can subscribe to the LPI's newsletter at their website: <https://lpi.oregonstate.edu/>.

CLIMATE CORNER

by Richard Bruno, MD, MPH,

FAAFP, FACPM, AAHIVS

Family & Preventive Medicine physician

(he/his/him)

As a new neighbor in Richmond, I'm thrilled to write for the RNA Climate Corner. I'm a family medicine and preventive medicine physician, and member of Physicians for Social Responsibility, who does a lot of work on climate change and health. I work at a federally qualified health center. I take care of many uninsured people, many people who are living with HIV and have compromised immune systems, many people who have been stricken with coronavirus or passed away from COVID-19, many people who are vulnerable to the effects of climate change, and who suffered from heat exhaustion this previous hot summer.

Climate change has worsened forest fires, droughts, hurricanes, and heat waves over recent years. In Oregon, we are seeing many environmental effects of climate change as well, "from sea level rise, intensified winter storms, and increased erosion to alternating droughts and floods, damaged infrastructure, and changing populations of fish, animals and plants," as communicated by the Oregon Shores Conservation Coalition.

The effects of climate change on human health have exacerbated the catastrophic results of the COVID-19 pandemic. Over the past 2 years 45,979,056 of our fellow Americans have been diagnosed with COVID-19 infection, and 746,021 died from it. We also know that people who live in areas of poor air quality because of pollution, likely a result of climate change, are more likely to die of COVID-19. Sadly, Portland neighbors without stable housing can be the most vulnerable to diseases aggravated by climate change. We know that climate change worsens infectious diseases like Lyme disease and malaria. Many other medical conditions are worsened by climate change, and I use the acronym HEATWAVE formulated by Dr. Cheryl Holder of the Florida Clinicians for Climate Action:

- Heat illness
- Exacerbations of heart/lung disease
- Asthma
- Traumatic injury
- Water/foodborne illness
- Allergies
- Vector-borne disease
- Emotional stress

Myself and many of my fellow health professionals, believe that climate change is worsening the health of the people we care for. Many of us took the Hippocratic Oath to "first do no harm," but we also believe that second to it we must prevent harm when we can. Inaction often leads to injustice, and we recognize the importance of acting for justice in our communities.

President Biden and members of congress are currently working on passing the Build Back Better framework, which would invest \$555 billion in clean energy and climate efforts: to implement 50% reduction in greenhouse gas emissions by 2030, to repair and create a greener infrastructure and promote environmental, climate and economic justice in our country. The lives of many Portlanders depend on these important efforts that should be supported and acknowledged.

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