



NEIGHBORHOOD NEWS Richmond

| SPRING ISSUE 2022 | THE OFFICIAL PUBLICATION OF THE RICHMOND NEIGHBORHOOD ASSOCIATION |
| OPEN BOARD MEETINGS THE SECOND MONDAY OF EVERY MONTH - CHECK WWW.RICHMONDPDX.ORG |

Coming up Saturday, May 21: Richmond Spring Cleanup & More

by Allen Field

We're back: After a two-year pandemic hiatus, the Richmond Spring Cleanup is returning this month. The very popular Cleanup - which consists of disposal/recycling/donations, a U-Price-It home and plant sale, and free auto tail light bulb repair - will be Saturday, May 21, at the Central Christian Church parking lot (1844 SE Cesar Chavez Blvd) from 9am to 1pm.

This event is sponsored by Metro, so there is no charge to drop off your items. However, the Richmond Neighborhood Association gladly accepts and appreciates donations to cover our excess costs.

Want to pitch in? This event is made possible by many neighborhood volunteers. We ask volunteers to help out for at least one shift. Shifts run from 8:30am to 11:30am, and 11am to 2pm. If you'd like to join our volunteer team or have a question about the Cleanup, contact richmondnasecretary@gmail.com.

Spring Cleanup:

The Spring Cleanup offers a great opportunity to make the most of your spring cleaning. As you're cleaning out your garage, basement, closets, and drawers, just bag or collect items you need to dispose of or recycle, drive them over to the Central Christian Church parking lot and we'll help you unload.

ITEMS ACCEPTED: Mixed and bulky waste (loose debris must be bagged), electronics, Styrofoam, scrap metal, scrap lumber, old appliances (but NO air conditioners), carpet pads, all your reusable items for the U-Price-It sale (except the items excluded below).

ITEMS NOT ACCEPTED: Construction, demolition, or remodeling debris, and anything that might contain asbestos. We also cannot accept typical curbside recyclables, such as cardboard, paper, glass, or plastic bottles.

U-Price-It Plant Sale:

The U-Price-It Plant sale is a great way to get greatly discounted plants, seeds, bulbs, and veggie starts.

U-Price-It Home Sale:

With the U-Price-It sale, you can either provide items that might be reused by a neighbor, without having to organize your own yard sale, or you can come search through what we collect and find some useful items for your home. As indicated by the name, you set the price – pay whatever you are willing to pay for an item. Please NOTE:

- No couches, stuffed chairs, mattresses, building materials, or chemicals accepted.
- No items accepted after 12 noon.
- We have discretion to refuse items – if a thrift store won't take it, we can't take it.

To access the U-Price-It sale only, enter Central Christian Church from the SE driveway on SE 40th.

Auto Tail Light Bulb Repair:

The RNA is partnering with CNB-SEEN to provide tail light bulb repair to help people, especially BIPOC individuals, avoid pretext stops by the police. Automotive Products is donating tail light bulbs and All Around Automotive is providing technicians to replace the bulbs. The taillight repair will be in the north parking lot, so enter from SE 40th, the north driveway.

We look forward to seeing you on Saturday, May 21 (9am-1pm) at Central Christian Church for this event!



Photos: (left) A neighbor helping with the Cleanup in a recent year. (right) Styrofoam collected for disposal.

Book Review: “High Conflict: Why We Get Trapped and How We Get Out”

by Debby Hochhalter and Heather Flint Chatto

At a time when we are witnessing both social and political unrest, *High Conflict: Why We Get Trapped and How We Get Out*, by New York Times best-selling author Amanda Ripley, is a timely resource. Ripley explores the common traps that turn minor issues into intense and divisive conflict, and how actually leaning into the conflict and digging down to find the root source can create an opportunity to transform relationships.

Throughout the book, the author examines many types of conflicts, introduces the participants, shares their perspectives, and prompts questions upon which we can reflect if we find ourselves similarly entangled in seemingly intractable conflict. Examples in the book include a Colombian soldier attempting to extricate herself from war, a leading expert on conflict resolution that finds himself embroiled in a local neighborhood political conflict, and a gang leader in Chicago who learns the vendetta he has long carried in his heart was not based on the real story.

Work to get to the root of problems, so that you can move past them.

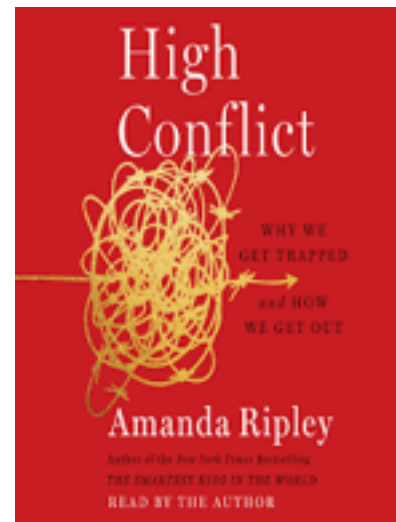
To illustrate how divisive conflict can create a trap that’s nearly impossible to escape, the author uses the metaphor of the La Brea Tar Pits, where the remains of thousands of animals were discovered after heavy oil trapped them in place. She describes how one animal (or a person) gets stuck, leading others to wade in to the sticky situation (either to help or take advantage of easy prey), creating a cycle where more and more participants get trapped over time. Ripley differentiates between healthy conflict and high conflict, where a high conflict devolves into a binary “us vs. them” mentality, or “good vs. evil” trap. She encourages approaches to transform high conflict into a good conflict where there is an opportunity for healing. Lessons from the book include some essential tactics that can aid in transitioning out of high conflict:

- 1) “Lean in” with understanding and patience, and practice active listening and deep communication.
- 2) Work to get to the root of the problem(s), so that you can move beyond them; and
- 3) Reframe those deemed as the “other side” as more than their identity within the singular conflict.

The author finds that often the source of conflict is not actually the thing we are fighting about; instead, it is more typically about respect, power, and belonging. By shifting the blame-shame language that so often happens in a “bad-good”, “right-wrong” binary trap, we can better access the compassion and understanding that help us think differently and work more collaboratively

together to get to the core issues and help us get unstuck. These are just a few of the insights gleaned from the book; it’s full of many more ideas about how to productively engage with folks with whom you disagree.

Ripley has many YouTube videos, but one in particular gives a broad overview of the book: The 2021 National Summit on Education, where she was the morning keynote speaker. It’s about an hour long, and she is a very engaging and dynamic speaker. Video here: <https://excelined.org/2022/01/11/eie21-video-release-amanda-ripley/>



High Conflict: Why We Get Trapped and How We Get Out, by Amanda Ripley, is available as a paper book, eBook, or audiobook from the Multnomah County Library.

Livability Focus: LED Lighting

Over the past 8 years of living in the Richmond neighborhood, RNA Board member Albert Kaufman has been looking for ways to make small changes that improve life in the neighborhood for everyone. Says Albert:

“The issue I’m currently focused on is outdoor lighting. With new LEDs coming to market, everyone is rushing to install the new lights. They save money and are more energy efficient, but if done wrong, they can also create a lot of glare that affects people and animals. There are two keys to making the most of LEDs. First, face them down, towards the ground, as opposed to out, facing people and animals directly. Second, pick the warmest color (in other words, more yellow) you can find, as opposed to blue light, which is glaring. Just a small moment of thoughtfulness can make your outdoor lighting friendly to people and animals walking around at night. To learn more, you can find great resources on this topic at darksky.org.”

A Message from the RNA Board Chair

Dear Neighbors and Friends,

Happy spring! I hope everyone is enjoying the beautiful colors of trees leafing out and flowers blooming!

Your Richmond Neighborhood Association has been meeting via Zoom for a long time now, and I am hopeful that we will be able to resume in-person meetings this summer or fall, in our new location: Central Christian Church, 1844 SE Cesar E. Chavez. We will revisit that possibility in the next few months.

Over the past few months, we have hosted speakers, provided a platform for lively discussions, and planned activities and projects in our neighborhood.

We meet the second Monday of every month (except January, which is reserved for a Board retreat), and you can always visit our website (www.richmondpx.org) to catch up on the news in our neighborhood.

Meanwhile, if you have a questions, an idea for a topic for discussion or project for our neighborhood, don't hesitate to reach out to me at Richmond.pdx.chair@gmail.com.

We hope you will join us at an upcoming meeting or activity! Everyone is welcome!

Kind Regards,
Debby Hochhalter (she/her)
Chair, Richmond Neighborhood Association

Richmond Neighborhood Association Board

Debby Hochhalter, Chairperson
Kamal Belkhatay, Vice Chairperson
Allen Field, Secretary, Liquor Licenses & GNAs, RNA Representative to SE Uplift
Simon Kipersztok, Treasurer

Members-At-Large: Heather Flint Chatto, Madeleine Anderson-Clark, Claire Cofsky, Brian Hochhalter, JoAnne Knowles, Denise Hare, Albert Kaufman, Ann Sandvig, Hope Townsell, two additional positions open.

Notes

Correction (winter 2021 issue): In the previous issue, we included a picture of Charlie White next to a fall that was mistakenly labelled as "Multnomah Falls." The actual location is next to Palouse Falls in Washington State. According to Charlie, the Palouse Falls are the "most spectacular falls in the Northwest."

A Message from the (New) Newsletter Editor

Dear Richmond Neighbors,

My name is Matt Tucker, and I recently volunteered to become the Newsletter Editor for the Richmond Neighborhood Association. I wanted to take a moment in this first issue to introduce myself and share what I'd like to do with this newsletter going forward.

My family (consisting of me, my partner, Lauren, and our dog, Piper) moved to Portland in late summer 2020 for Lauren's new job. After a few months of looking for a home here, we were lucky enough to find a wonderful house on the Clinton St. Greenway. On weekends, you'll often find us hanging out on our front porch, walking or biking around the neighborhood, supporting local shops, bars, and restaurants, or (if we're being really honest) doing yardwork.

One of the things we've loved most about living here so far is how friendly everyone is. We've met so many of our neighbors (far more than we ever did living anywhere else), and it has been wonderful getting to know folks in the area. As editor of the newsletter, I'm looking forward to meeting even more of you.

My main goal as editor of this newsletter is to connect you with your neighbors, by making folks who live here and work here visible, represented, and celebrated. I want to highlight your accomplishments, milestones, projects, and dreams for what our neighborhood can be. I want this to be a fun read that represents the best of everyone in Richmond.

I would love to hear from you about what you'd like to see in these pages in the future. If you've got an idea to share, please contact me at RNAnewsletter@gmail.com. I look forward to hearing from - and meeting - you!

Matt Tucker

Richmond Boundaries



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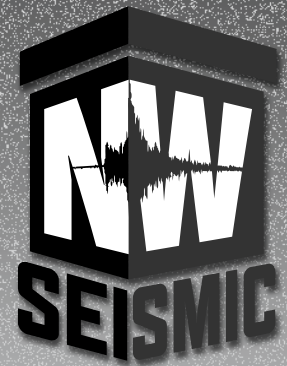
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