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www.rcpna.org

At least 4 issues per year - *The Official Newsletter of the Rose City Park Neighborhood Association* - [Submissions Welcome](#)

Published in both digital and hard-copy formats!

Our delivery crew volunteers hand-deliver hard copies of the newsletter to every neighborhood home and business. It is also published digitally and circulated via email, our website, on Facebook and Nextdoor Events Calendar.

PLEASE JOIN US AT THE JANUARY GENERAL MEETING!

January 26, 7-9 pm (video access available at 6:45)

We cordially invite you to our first RCPNA General Meeting of **2021**

Join us on ZOOM (meeting information at www.rcpna.org)

- ◆ Local Rose City Park Businesses Share Pandemic Experiences and Challenges



- ◆ Upcoming Proposed PBOT and Development Projects to be presented by Libby Winter (TriMet), Barry Manning (BPS) and Kate Drennan (PBOT) including the redevelopment of the Hollywood Transit Center as the Hollywood Hub (<https://hollywoodhubpdx.com/>). First phase of the project will deliver 105+ units of affordable housing, community spaces, and fully integrated transit hub; followed by the possible future extension of streetcar and other high transit options to Hollywood



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CHAIR'S CORNER

By TAMARA DERIDDER, RCPNA Chair



Hello neighbors!

I am writing to you from inside our warm house on this blustery winter's day with a warm mug of tea and a cat by my side. January is the time of year when I take stock of life and review my gratitude list. And that list has grown much longer in the face of the year 2020's passing! What is it they say? Adversity builds character? Or is it that adversity reveals a person's true character? I think both are true from what I have witnessed on the local and national front.

Never before have I witnessed people more willing to come together to help each other out as I have this past year. The thought of it brings tears to my eyes and builds hope in my heart. Throughout the community people have stepped up in ways big and small - many with no wish to be recognized. But, every action counts! From Cheryl Juber's "Let's See If We Can Help Each Other Out" rallying cry on the <https://NextDoor.com> news feed to pantry items dropped off at St. Rose Catholic Church for distribution to those in need. In this time where the police funding cuts have escalated petty thefts by the removal of Community Policing many of us are experiencing an awakening. Our tithing through taxes cannot remove us from our personal humanity that we need other people in order to survive. A healthy community works together to lift all ships and to divert its members from tragedy. We are starting to notice and care for neighbors as we take needed excursions from the safety of our homes.

In my mind, the year 2020 truly lived up to its name. The Pandemic, fires fueled by Climate Change, the presidential and local elections. The clarity of sight has revealed injustices great and small. Those in power creating diversions such as inciting bigotry through elections while quietly opening up wildlife sanctuaries to be auctioned off to the highest bidder. Witnessing local Black Lives Matter protests being infiltrated by white protesters bent on destruction. Realizing I rise daily in a home built on forcibly ceded Kalapuya Tribal land. Knowing now my words matter as do my actions in the face of these injustices. Knowing that the show on the surface may well not tell the whole story. It is not necessarily a light way to start the new year. But, I am blessed with the knowing that the scales of indifference are falling from my eyes, allowing me to truly see.

It is with great humility and a humble heart I ask you to continue with me on this journey of striving for a healthy, welcoming community for all of us.

Happy New Year!

Are you on our email list?

You can sign up at www.rcpna.org to get our Newsletter issues sent to you directly, as well as other announcements and notices from RCPNA!



ABOUT RCPNA

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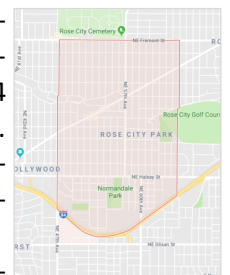
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The Rose City Park Neighborhood Association (RCPNA) is part of Portland's network of neighborhood associations, which represent their neighborhoods' interests in a wide variety of ways, including interfacing with public agencies and governing bodies. RCPNA's mission is to work to maintain and improve the livability of the neighborhood.

Membership in RCPNA is open to all persons of voting age who reside, own property or operate a business, government agency or non-profit organization within the boundaries of the neighborhood area (NE Fremont St. to I-84 and NE 47th to NE 65th Avenues). There are no dues or other requirements preventing a neighbor from becoming or remaining a member.

RCPNA is governed by a board of directors, unpaid volunteers who are elected annually at a general membership meeting, and it operates under the aegis of Central Northeast Neighbors, one of several area coalition offices that provide support to Portland's 95 neighborhood associations. Learn more at www.rcpna.org. For information about partner Coalition members, check out www.cnncoalition.org.



LAND USE & TRANSPORTATION COMMITTEE

BY KELLY DAVIS, CO-CHAIR

The LU&T Committee meets regularly on the 3rd Thurs. of every month from 7-9. During the Pandemic, we are using Zoom meetings. Information on joining the meetings will be posted on Facebook, NextDoor and on our website at <https://www.RCPNA.org>. The next Committee meetings are scheduled for January 21, 2021 and February 18, 2021. Interested? Please attend! All are welcome.

Hollywood HUB Project

There will be a presentation by Tri-Met on the Hollywood HUB project at the 42nd Avenue transit center at the January General Meeting. Notes and visuals will be posted after the meeting on the RCPNA website. Phase 1 of the development plans for between 105 and 215 permanently affordable homes with community and amenity spaces. Phase 2 could include another 60 to 100 units with 80,000 SF of office space.

Rose Lane Project

There was a December 1st Zoom meeting with Zef Wagner and April Bertelsen from PBOT explained the plans for the Rose Lane Project.

The preliminary proposed plan is to add bus lanes to Sandy Blvd. which will reduce motor vehicle capacity on the street. The basic concept is to make the right hand lanes where Sandy intersects with Prescott, Fremont at 72nd, Broadway and Glisan priority lanes for buses, and right turn only for all other motor vehicles thus diverting traffic on to the angled cross streets. In Hollywood, the proposal is to remove parking on the North side of Sandy and extend the curb lane for traffic using the I-84 entrance ramp. There will be only one full service lane each direction through most of the Hollywood District.

At 57th and Sandy, the concept is to make Alameda one-way westbound for motor vehicles between 57th and 56th. No motor vehicles could enter Sandy from Alameda thereby giving more green signal time for Sandy traffic. The bicycle signal will remain in place. No changes were proposed for Sandy at 82nd. PBOT is planning to have an explanatory website up December 9th with a survey and an interactive map. Since the Sandy Blvd Rose Lane project is being described as a pilot project, there will not be a full blown community outreach program.

RCPNA will continue to monitor the project and report back to neighbors on the impact to Rose City Park.

NE 72nd Avenue Proposed as One-Way as part of the PBOT 70's Bikeway Project

The LU&T Committee has reached out to PBOT to understand more on their proposal to make NE 72nd Avenue one-way through the golf course. Stay tuned for updates as more is learned.



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ROSE CITY BUSINESS PROFILE: NOMAD CYCLES PDX

By Nate Ramsey, Rose City Park Neighbor and Ongoing Contributor

Have you ever been riding your bike around Portland and wished you possessed a bit more power than your legs could supply? Perhaps you were struggling your way up a hill – maybe towing kids or groceries – and aching for a boost to reach the top. Or maybe you just sought the enjoyment of cruising at 20 miles an hour without straining to pedal feverishly. As many readers are likely aware, power-assisted bicycle rides are now possible thanks to electric bikes, better known as “e-bikes.” What readers may not know is that the bike currently sitting in their garage, or the one they’ve been contemplating purchasing, can be converted to an e-bike. Such customized conversions of standard foot pedal bikes to e-bikes are the specialty of Nomad Cycles PDX, located at 5820 NE Sandy Blvd.



Nomad Cycles PDX is the brainchild of Brad Davis. I recently visited Davis at Nomad’s storefront and shop to find out more about his e-bike conversion business. My first impression was that Nomad is a down-to-earth bike shop, devoid of any pretension. Davis’s longtime friend, business partner, and front desk manager, Jean Abbot, warmly greets customers entering the store. The front door opens directly to the showroom, which displays a wide variety of electric-converted bikes: drop handle bikes, flat handle bikes, cargo bikes, kid haulers, commuters, cruisers, tricycles, recumbents, and even something resembling a thin-framed motorcycle. Davis says that just about any bike with wide-ish tires and disc brakes is ripe for conversion (this rules out most road bikes, which are usually lighter and have skinny tires).

The technology operates by way of a battery-powered electric motor mounted to the bike’s frame and connected by wires to its gears. The motor is about the size and shape of a 30-ounce water bottle. Two devices attach to the handle bars that allow riders to control how much to engage the motor. The automatic assist option lets riders specify their preferred level of power assistance (using dial ranging from 0 to 9) either before or during their ride. The other option is the throttle, which riders engage by pressing down on a button not much larger than stamp.

Davis learned the trade at the hands of an e-bike pro he met during a chance encounter at the Oregon Country Fair years ago. After honing his skills developing electric assist motors for e-bikes at the Portland-based company Eco-Speed, he eventually opened Nomad in 2017. Applying the conversion technology to a bike takes approximately two days’ worth of work. The cost starts at \$1,300 and tops out at \$2,100 for the highest performance option. Sales at Nomad have increased between 20-30% each year for the past two years, keeping Davis and his three staff members plenty busy. Its success can’t be attributed to advertising, as Nomad doesn’t do any besides its light social media presence. It relies on word-of-mouth and the fact that the e-bike market in the US continues to grow rapidly.

Most cyclists seek out Nomad’s services *after* deciding to convert to an e-bike, with the vast majority taking place on one of three bike types: commuters, cargo (i.e. child) haulers, and adaptive bikes. The latter category is definitely the most noteworthy. Adaptive bikes are modified in some way to help individuals overcome some barrier to cycling. Converting an adaptive bike to an e-bike can enhance one’s riding ability exponentially. Since opening, Davis and his

staff have converted bikes to electric power for Portland cyclists with ALS disease, spina bifida, severe obesity, heart conditions, as well as numerous octogenarians just seeking to maintain their fitness in their golden years. After talking with Davis, it’s obvious he’s passionate about helping current and prospective riders overcome whatever barriers they might have to cycling. “The city of Portland has put a lot of effort into making cycling safe,” Davis says. “But using a bike is still a reach for most people. E-bikes help bridge the gap by providing a tool that allows them to ride anywhere in the city.” Ride on.



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Church Continued Annual Christmas Food Drive During COVID



Nearly 140 volunteers were involved in St. Rose's neighborhood food collection. Over 12,000 pounds of food was collected by parishioners, school families and friends in a matter of six hours—both on foot and by car.

On November 21, 140 volunteers from St. Rose of Lima Church gathered outside—distanced and masked—to obtain their assignments. They then fanned out to canvass six Northeast Portland neighborhoods for non-perishable food donations. The food drive was just one event in a pre-Thanksgiving to Christmas tradition that resulted in over 12,000 pounds of food collected in six hours.

A parish planning committee worked since early October, coordinating assignments and donations aimed at preparing over 200 boxes of food for delivery to almost 100 families in need just days before Christmas.

Fr. Matt Libra adds, "Covid has changed so much and hindered so much of what we 'normally do' as Portlanders. I am so grateful that there are those among us who would not let Covid exempt us from feeding the hungry. Thank you to all the organizers and volunteers who found a way to make it safe to engage in this corporal work of mercy, for all our amazingly gener-

ous neighbors who gave over 2,000 lbs MORE than we've collected in previous years so that the needy among would not be left out of love."

In addition to those gathering food, many others distributed donation bags with instructions during the week of November 9. Eighth graders from St. Rose School's Student Leadership Team and their teachers spent a weekend distributing these door hangers around the neighborhood and promoting the food drive. Boy Scout Troop 100 took on nearly one quarter of the houses, while parish and school families took on smaller sections—all adding up to 6,500 houses in total.

"Since the pandemic started, our St. Vincent de Paul conference has been committed to meeting the needs of our most vulnerable population," adds St. Rose parishioner and conference president, Mark Pinder. "In order to do this, we changed our procedures to ensure safety for our clients and volunteers and still get food, rent and utility assistance to those in need."

On collection day, volunteers received and sorted donations outside to maintain safe conditions amidst pandemic restrictions. A limited number of additional helpers from the parish's Knights of Columbus conference then carried the food inside to store it in St. Rose's own St. Vincent de Paul Food Pantry.

On December 19, many of the same families who gathered the food delivered it to needy families in the Beaumont-Wilshire, Cully, Rose City Park, Hollywood, Grant Park and Roseway neighborhoods. Non-perishable items were paired with fresh produce donated by local businesses. The parish and neighborhood were blessed by many people's generosity and willingness to help.

Those in need of food are urged to call St. Vincent de Paul's emergency line at 503-235-8431.



Past issues of the Rose City Park Review are available online at <http://www.rcpna.org/past-issues>.


A collection of RCPNA-related public documents is also online at <http://www.rcpna.org/documentarchives/rcpnapublicdocuments>.

Rose City Park Student Earns Coveted Girl Scout Gold Award



The RCPNA Review was originally approached by Cameron Aalto and family with a request to publish an article by Cameron to assist with meeting the requirements for achieving the Girl Scout's Gold Award. The Gold Award is the highest award bestowed by the Girl Scouts and it includes significant planning, coordination, execution and education requirements. In the time since the original request was made, the Gold Award was bestowed on Cameron. Congratulations Cameron! The RCPNA Board is publishing the article as submitted although the original request reason no longer exists.

Cameron Aalto has been a member of Girl Scouts since the second grade, and is still a member of his troop as he goes into his second term at Southern Oregon University. Unlike many Girl Scouts, Cameron represents a demographic of transgender male identified folx. As a whole he has seen a lack of information and education surrounding the LGBTQ+ community in his neighborhood.

For his Gold Award Project, Cameron decided that he wanted to create a resource where people can work to educate themselves and become a part of the change to acceptance and awareness. Before starting this project, he decided that his community alone was not enough. He wanted to find a way to offer resources to people all around the world who were curious and wanted to educate themselves. With this in mind, Cameron created a YouTube channel that would become a safe platform for people of all identities and orientations to hear stories and learn from experiences that he had to share about what it's like for him to be in the LGBTQ+ community, or experiences and stories those in the greater Portland community had to share. His goal for this project was to create a space for people to listen and be curious. In order for learning and growth to occur, there needs to be a safe environment for questions to be asked and stories to be heard. Cameron hopes this YouTube channel can offer that environment for you! <https://tinyurl.com/y2pudmtv>. Information about the Girl Scout Gold Award can be found online at: <https://tinyurl.com/> 

(This is a paid advertisement)

How to Solve Back Pain Even When Nothing Else Has Worked

- By Leading Back Pain Expert, Dr. Carl Baird DC, MS



Have you ever invested time and money on a solution to your back pain only to have the pain return weeks (if not days later)? Do you find yourself needing monthly adjustments, massages, or other treatments just to hold yourself together?

Or worse, maybe you've convinced yourself that nothing will work because these so called 'solutions' only leave you with temporary relief and a slightly emptier wallet. As a result, you tell yourself that you've tried everything and come to 'accept' back pain as part of your life and feel forced to give up all the activities that bring you so much happiness.

My name is Dr. Carl Baird and every day I work with adults aged 40-70 who have tried so many different therapies in hopes of solving their back pain only to be let down again and again.

Having helped 100's of people overcome back pain and get back to doing what the love – I can confidently say that a solution to your back pain does exist.

But it won't be found in some new therapy, pill, or surgery. It will only be found when we are willing to change our whole approach. When we address underlying causes of back pain that are commonly overlooked by your doctor, chiropractor, and even physical therapist.

In fact, I wrote a book on this very topic titled, ***"Life Without Limitations: A Complete Guide to Overcoming Pain – Regardless of Age."*** The book offers a new approach to getting back to your favorite activities GUARANTEED to get you out of pain - even when nothing else has worked.

And for a limited time, we're giving away free copies for readers of the Rose City Park Neighborhood Newsletter

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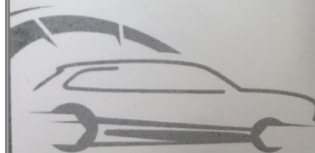
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RCPNA General Membership Meeting

Tuesday, January 26, 2021 - 7:00-9:00 pm

Virtual Public Meeting (opens at 6:45)

Conducted remotely live on ZOOM.

Invite will be available at www.rcpna.org the week prior to the date

(To view the live stream or to access the recording afterward, search YouTube for "rcpna video.")

PROGRAM (preliminary)

Welcome and Announcements

Mini-Presentations by Neighborhood Businesses

Local Developments featuring discussion about the Hollywood Hub and Reintroduction of the trolley on NE Halsey St

Libby Winter of Trimet

Barry Manning, Bureau of Planning and Sustainability

Kate Drennan, Portland Bureau of Transportation

Committee Reports

Neighborhood songwriter, Larry Wilder shares *My 2020 Vision for America*

Adjournment

Details to register for the Zoom videoconference or phone access can be found on the RCPNA website (www.rcpna.org), on FaceBook (www.facebook.com/rcpna.com) and on NextDoor Events Calendar. Also check there for the latest information.

All neighborhood meetings are, by City Neighborhood Standards, public meetings open to all.



RCPNA CALENDAR

All RCPNA meetings are open to the public.

Rose City Park neighbors and business owners/operators are especially welcome.

Until further notice, General, Board and the LUTC committee meetings will be held via Zoom, and live-streamed (where viewers can ask questions) and recorded for later viewing on YouTube.

Search "rcpna video" on YouTube to access both the live streams and recordings.

Communications Committee meetings will be conducted via Zoom but will not be streamed or recorded.

Jan. 4, 7-8:30 pm, Communications Committee	Feb. 18, 7-9 pm, Land Use & Transportation Committee
Jan. 21, 7-9 pm, Land Use & Transportation Committee	Mar. 1, 7-8:30 pm, Communications Committee
Jan. 26, 7-9 pm, GENERAL MEMBERSHIP MEETING	Mar. 18, 7-9 pm, Land Use & Transportation Committee
Feb. 1, 7-8:30 pm, Communications Committee	Mar. 22-26, PPS Spring Break
Feb. 2, 7-9 pm, Board of Directors	Mar. 30, 7-9 pm, GENERAL MEMBERSHIP MEETING



Visit strosepx.org to register for our virtual

OPEN HOUSE

Wednesday, January 20 at 6 pm

Online applications now open for 2021-22!



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