

March April 2007

Volume 12, Issue 2

Recycling is Not a Bunch of Garbage By Pam Pickens, Office of Sustainable Development

Table of Contents

- Recycling
- Men's Resources
- Buy a Car!
- Bed Bugs
- KidFest 2007
- Affordable Childcare
- Parent Support
- Need a Bike?
- Summer Camp
- ADHD Help
- Buy a House!
- Free Tax Help
- Paint/Repair-A-thon
- Budget Buy & Save
- Is It Spring Yet?
- Growing Gardens

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If you're like most Portlanders, you're good at recycling. You should be proud of it - Portland is a national leader in recycling.

Oregonians are also throwing away more trash than ever. The average person sends 4.5 pounds of garbage to the landfill **everyday!**

Recycling doesn't just save landfill space - it also saves a lot of energy. It reduces the energy used in harvesting natural resources and manufacturing new products. Just by recycling, Portland saves enough energy to power half the homes in Portland for an entire year.

Recycling is easy, here are a few tips:

What kind of recycling containers do you have?

Most apartment buildings have a central area for recycling. If you have this kind of system, look for the labels on your containers.

If you have **individual bins** for your recycling, here's how to separate your recycling:

- In one bin: plastic bottles / metals
- In another bin: paper of all types
- In a third container such as pail or plastic crate: glass of all colors

Common questions about materials and recycling:

1. Why can't I recycle plastic tubs (yogurt, margarine, sour cream) at home?

The type of plastic used to make tub-style containers makes them harder to recycle than other plastics. However, it is possible to recycle these items at local drop-off sites. Call the Metro Recycling Hotline at **(503) 234-3000** for more information.

2. What should I do with plastic bags?

Plastic bags cannot go in your bins because they jam the machinery at recycling facilities and cause safety risks for workers. Please reuse them, recycle them at drop-off sites, or dispose of them.

3. What about plastic lids and caps?

Plastic lids are made from a different kind of plastic and there is no market for the recycled plastic from lids and caps. Dispose of them in your garbage.

4. Why should I keep glass separate?

If glass is mixed in with other recyclables like paper, it will break and can hurt workers and damage machinery. Glass must be kept separate to minimize these problems.

Thank you Pam!

For more info, **(503) 823-7222**



Getting Help

Portland's Men's Resource Center

Portland's Men's Resource Center offers counseling for men individually, with their partner or family, and in groups. Common issues addressed include relationship problems, depression, life transitions, and lack of focus or direction, recovery from childhood abuse and anger and domestic abuse.

Relationship Skills Group

Improve communication and mutual respect. Reduce conflict and stress. Domestic Violence Intervention Groups. Explore beliefs, power and control issues, and accountability. Resolve conflicts and anger without abuse.

Anger Management Group

An 8 week minimum group for men who have angry acting-out behavior in public settings. It is not intended for the individual with domestic violence issues.

Men's Personal Growth

Focus on issues of personal concern in a supportive environment with other men. Transform strong emotions and self devaluing beliefs.

Male Victim Recovery

Develop abuse awareness, coping strategies and self care.

Gay Men's Counseling Services

Counseling geared to the specific needs and issues of gay men.

Portland Men's Resource Center **(503) 235-3433**

mensresourcecent@qwest.net



Buy Yourself a Car!

The Ways to Work program is an alternative for working parents with poor credit to receive a low-interest loan to purchase, repair, or refinance a car. Qualified applicants can receive low-interest loans up to \$4,000. Clients are also provided with financial literacy skills, budgeting tips, and ways to improve their credit score. Overall, the program enables individuals to decrease transit time to work and provide reliable transportation for their children.

To qualify for a loan, a client must be employed for at least three months continuously, be an involved parent, have an Oregon driver's license and reside in Multnomah, Clackamas, or Washington County.

Those who borrow must repay the loan at an 8% interest rate (in 24 months) and the money is made available to other families who apply for loans.

The Ways to Work program of Metropolitan Family Service is the first and only of its kind in Oregon to provide an opportunity for people to access low-interest car loans, despite poor credit. The national program is operated by Metropolitan Family Service in partnership with Albina Community Bank.

To get the process started, please contact Shana Sturtz (Loan Coordinator) to do a phone intake at **(503) 232-0007 ext. 303**

New Visitors to Our City

Information About a Pesky Hitchhiker... The Bedbug

Bed bugs are small, fast moving insects that are nocturnal blood-feeders. The adult bed bug is a wingless insect that is flattened from top to bottom, 1/4" to 3/8" long, and brown or reddish brown in color. They prefer to feed on humans, but will feed on any warm blooded mammal. A bed bug bite resembles a flea bite but can be found on any part of the body. Rows of three or so welts on exposed skin are characteristic signs of bed bugs

Anyone can become infested with bed bugs. Infestations usually **are not** a reflection of poor hygiene or bad housekeeping. Bed bugs readily hide in small crevices, they may accompany (as stowaways) luggage, furniture, clothing, pillows, boxes.

Used furniture, particularly bed frames and mattresses, are at greatest risk of harboring bed bugs and their eggs. Thus, one should carefully scrutinize and consider the history of any used furniture.

Possible indication of bed bugs:

- You are bitten while sleeping.
- See dark brown or reddish fecal spots on your bed linens, mattress or walls (near the bed).
- You smell a peculiar coriander-like odor.

If you suspect that you have bed bugs, don't panic. Although bed bugs can be annoying, they can be eradicated safely and successfully.

What to do if you suspect infestation:

Contact your property manager immediately. Landlords and property owners are responsible for treating an infestation in a timely manner. Tenants have an obligation to report any sightings to management and cooperate with the landlords process for eradication. This includes preparing the apartment so that the pest control operator can easily inspect the rooms and treat if necessary. Your property manager will give you specific instructions on how to prepare for treatment.

Prevent further infestations:

Do not bring infested items into your home. Inspect secondhand beds, bedding, and furniture. Eliminate clutter. Frequently vacuum the mattress and premises, launder bedding and clothing in hot water, and clean and sanitize dwellings.

Please remember that contacting your property manager upon first suspicion of bed bugs is the most effective way to treating them in a timely and least costly manner. The longer you wait to report, the more difficult the treatment and removal measures.



Not Actual Size
Approximately 2X

Family Connections

7th Annual KidFest 2007

Venture to the Oregon Convention Center March 10 – 11th to experience the Northwest's largest family expo!

KidFest brings together the best exhibitors from the Northwest to provide you with the latest information, products and services. This careful blend of local businesses, regional and corporate exhibits coupled with interactive activities and entertainment, ensures that **KidFest** provides the perfect setting for families to discover the best the Northwest has to offer.

This amazing weekend includes Rock Climbing, Bungee Jump, Giant Slides, Jump Houses, Sports Demos, Petting Zoo, Mad Science, Hands-on Crafts, Games and more!

In addition, CampFest, a part of KidFest, offers a place for families to explore the wide variety of summer programs options, meet personally with the directors, register for camp or take home information and applications for all the children in their family: from pre-schoolers to high school students.

\$7 Adults, \$5 Seniors, \$2 Children (ages 3-18), babies 2 & younger admitted for Free (\$1 off admission w/ donation of a baby product or canned baby food)

For more information **(503) 310-5677** or visit www.kidfestnw.com



Does Your Child Need A Bike?

The Community Cycling Center sells refurbished bikes to the community at a low cost. Each bike is professionally rebuilt and comes with a three month warranty. In addition, all sales go towards supporting the programs that link biking and the community. Most kid's bikes start at about \$40, however, low-income families receive an additional 30% off.

For more info, visit them at 1700 NE Alberta, or call **(503) 288-8864**.



ADHD Advantage

ADHD Advantage offers a FREE Parent Support Group for parents of children with ADHD. Meetings are on the 2nd Tuesday of the month from 6:30pm – 7:30pm at 5234 NE Farmcrest St, in Hillsboro. Parents, grandparents, teachers, and other caregivers are welcome! Children welcome. Contact Karen for details **(503) 459-2073**.

Free Parent/Child Support Groups

Albina Early Head Start, Parent Child Development Services offers free groups for families with children 0 - 5. Have fun with your child as you learn about ways to promote healthy development. Developmental screenings, parenting support, community resources/referrals, health and wellness. For more info, call Leslie Mathies at **(503) 287-7492**.

Looking For Affordable Childcare?

Oregon Childcare Resource & Referral Network (CCRR) may be able to help. The CCRR can also assist parents with applying for subsidies and figuring out how to pay for childcare.

Call **(503) 548-4400**, www.oregonchildcare.org

Family Connections

Summer Camp Guide 2007

+Do your kids get bored in the summer?

+Do you want to provide them with more opportunities?

REACH's Summer Camp Guide will be available by the end of March! A copy will be sent to every REACH household with children under the age of 18. REACH researches and partners with a variety of camps in the area to help provide different summer opportunities.

This guide is designed to help you find fun and interesting summer camps at low costs for your children. Some camps are **only \$10**, including Tryon Creek Day Camp, Rock & Roll Camp for Girls, and the Oregon College of Arts & Crafts Day Camp. Other options include Ethos, OMSI, Camp Namanu, Camp Caldera, and Camp Westwind. These are just a few of the many choices that your child could have for fun this summer!

Once you receive the Camp Guide, call Erin Singer at **(503) 231-0682** x.132 to get help with choosing a camp and filling out the paperwork.

Story and a Stroll - Free!

Metro organizes many events at the Oregon Zoo, the Oregon Convention Center, the Expo Center, Portland Center for the Performing Arts, and throughout the community. For example, every Friday in March, from 1pm – 2pm, Metro offers "Story and a Stroll" at Tryon Creek State Park. Join a park naturalist for nature story time followed by a stroll through the park. This program is geared toward families with children ages 3-6, but all are welcome. This event is free, but advance registration is required; call **(503) 636-9886**.

More Metro info on page 7...

Buy Yourself a House!

Are you thinking of buying your first home? The Portland Housing Center IDA Program can help! The IDA or Individual Development Account is a matched savings program that helps low/moderate income individuals build wealth and acquire assets.

How does it work?

Participants have 6 months to three years to save \$2,000 toward the purchase of a home. They must complete financial education classes, homebuyer education and credit counseling at the Portland Housing Center. Participants' savings are matched 3:1 so that they have \$6,000 in match money, along with their savings, towards the down payment/closing costs on a home.

Who is eligible?

Eligibility is based on income, meeting the program asset requirements, and completion of a 4-week Financial Fitness Class. Applicants most demonstrate an ability to save money each month.

If you are interested or would like to apply please contact Heather Daron at **(503) 282-7744** x103 for more information.



REACH Classifieds

Free Tax Help It's Your Money - Go Get It!

Tax season is upon us once again. REACH hosts a free Tax Aide Site Saturdays at the Ritzdorf Court Apartments, 1225 SE Belmont. The waitlist is open from 8:30-10am, and is first come first served. Trained volunteers will be on hand to complete your taxes by e-file.

- Bring your W-2's
- Any 1099's
- Your picture ID and Social Security card
- A copy of last year's return (if you have it)
- If you have children, bring their Social Security cards and any info about child care expenses from 2006

NEW THIS YEAR ONLY: If you paid a long-distance phone bill between 2003 and 2006, a one time refund is available to you: \$30 for singles and up to \$60 for families. If you would not normally file a tax return, you can still get this refund by filling out the 1040EZ.

There are several special credit programs available to you:

Earned Income Tax Credit: If you earned income last year, you may be eligible for a larger refund. Families with two or more children get the largest amount of money back, but singles are also eligible.

Child Tax Credits: Your child care expenses may offset your tax liability and/or increase your refund. You also get a tax credit for taking care of your children.

Education Credits: Student in 2006? There are several different credits you are eligible for, or you may be able to deduct the tuition and other expenses you paid, resulting in lower taxes.

Credit for the Elderly or Disabled: If you are over 65, or under 65 and receiving taxable disability income, you may be eligible for this credit.

If this time is not convenient, call Erin Kelley to find a site and time that works for you, **(503) 231 0682**.

Paint & Repair-a-Thon 2007!

The REACH Paint-and-Repair-a-Thon will be held Saturday, August 4th.

This year, we will expand the event to include the types of repairs we do year round. We are looking for sponsors, including trades-people, and crew leaders. The Community Builders Program will also be hosting a spring and a fall Saturday workday.

"I can still have something I want because I budget better."

REACH is offering Budget, Buy & Save this spring. Over the course of five classes, we will discuss goal-setting, saving, banking, credit, spending habits, and how to create a budget. With the tools you will learn in this class, you will be able to have an easier time getting to the end of the month and be able to reach your financial goals.

Once you complete these classes, you will receive a computer or another incentive, such as a class, art supplies, computer accessories, and more.

Please contact Erin K at **(503) 231-0682** x136 to sign up or for more information. Classes begin in April and will be held at the Ritzdorf Court Apartments at 1225 SE Belmont from 5:30 – 7pm.

Food Closet & Computer Lab

The Food Closet and Computer Lab is open Tuesdays from 2-4pm, and Thursdays, 3-5pm. Call Ally, **(503) 231-0682**, for inquiries about Food Closet & Computer Lab

Our Community

What is Metro?

Clean air and clean water do not stop at city limits or county lines. Neither does the need for jobs, a thriving economy and good transportation choices for people and businesses. Metro is an organization that works towards meeting these challenges.

Metro protects open space and parks, plans for land use and transportation, and manages garbage disposal and recycling for 1.3 million residents in the Portland. Metro consists of directly elected regional councilors who make decisions and influence public policy that enhance the quality of life and the environment for those living in the 25 cities and three counties in the Portland metropolitan area.

Recently, as the holiday season came to an end, many residents had questions about where to dispose of their Christmas trees. Metro has the answer to this question, plus many more. Do you need an extra recycling bin, or have questions about recycling (see page one)? Need to get rid of toxic hazardous waste? Want to do a neighborhood clean-up? Interested in conserving our natural parks and open spaces? Want to learn how to garden naturally without chemicals (see page 8)? Need a map of the SE neighborhood? Metro can help.

Metro protects open spaces, ensures clean air and water, cares for parks, has a thriving economy, increases good transportation, plans for the best use of land, manages garbage disposal, and increases recycling. You are welcome to attend Metro and voice your concerns as well.

Call **(503) 797-1700** to get more info. Metro is located at 600 NE Grand Avenue and welcomes visitors.

Is it Spring Yet?

This is the time of year that even the most native of Oregonians start to wonder if it will ever stop raining. Day dreams start to consist of memories of sun and flowers in bloom. Oregon in the springtime is not only one of the most beautiful seasons the state has to offer, but it occurs directly after one of the most difficult seasons we experience in the Pacific Northwest.

The cloudy, wet and cold weather make it tempting to never leave the warmth and dryness of home. If you find yourself hibernating, there are some things you can do to help boost your mood while you wait for the sun to reappear.

Why wait until spring to start 'spring cleaning'? Wouldn't it be nice to enter warmer weather with planned outdoor activities and social gatherings with friends, other than to clean all the stuff in your home that had all winter to accumulate? If you are in your home more during the winter, why not get things organized and cleaned now? This will enable you to enjoy spring fully once it arrives, without having to stay indoors to clean and organize.

If, by chance, you don't plan on having a 'spring cleaning' day and are still a little blue about having to stay indoors, rent a movie or find a good new book to read. Make these last weeks of winter, rain and doldrums a time to truly appreciate a warm blanket and the distraction of a good story, whether through film or the written word.

Whatever you decide to do to survive the last month of winter, find some reassurance that the sun is on its way and cherry blossoms will soon follow!



REACH

Community Development

Building A Better Community

1135 SE Salmon Portland, OR 97214

Growing Gardens' Workshops

Growing Gardens' Workshops are just one piece of what we do. We are committed to fighting the root causes of hunger in our community and expanding access to delicious, healthy, affordable food in our neighborhoods and schools. To learn more about our programs, volunteer opportunities, or to donate to Growing Gardens please visit our website, or drop us a line!

(503) 284-8420 www.growing-gardens.org

PLANTING SEEDS & TRANSPLANTS

Saturday, May 5th, 10am-noon

Learn how to plant for a bountiful harvest!

PLANTING IN CONTAINERS

Saturday, June 9th, 10am-noon

The hands-on how-to of planting in containers.

HARVEST A WORM COMPOST BIN

Saturday, June 23rd, 10am-noon

Learn how to get great compost out of your worm bin without losing any worms. If you don't know what a worm bin is, come and find out!

PLANTING FOR WINTER HARVESTS

Saturday, July 28th, 10am-noon

Learn how and what to plant now for continuous harvests into the cool season. We'll plant things like salad greens, cabbage, broccoli and more.

ATTRACTING BENEFICIAL INSECTS

Saturday, August 18th, 10am-noon

Learn some flowers to plant that attract beneficial insects to your garden. Then learn to identify some of the good, the bad, and the ugly lurking nearby.