October 2019

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FEATURE ARTICLE: Cascadia Subduction Zone

Earthquakes have occurred around 40 times over the last 10,000 years in Oregon. It is estimated that these events occurred every 250 years and had magnitudes ranging from 8.0 to 9.0. Field evidence, found in coastal marshes, shows the last great earthquake took place in 1700 AD.

The 620-mile Cascadia Subduction Zone is where the Juan de Fuca oceanic plate dives under the North American continental plate. The fault stretches just off-shore of North Vancouver Island to Cape Mendocino in northern California.

During a recent four year study, the University of Oregon (UO) recorded 268 seismometers on the ocean floor and several hundred on land. This study also identified anomalies in the upper mantle below both ends of the Cascadia Subduction Zone.

These anomalies are located beneath the northern and southern subducting slabs and do not have the same behavior as the entire fault area. The areas have their own distinct geological characteristics including increased locking and increased tremor densities.

Earthquakes in these areas are not always generated by the Cascadia Subduction Zone. A series of earthquakes on July 24, 2019, ranging from magnitude 4.3 to 5.6, occurred off the southern Oregon coast, at Gold Beach.

These quakes were generated by the Gorda Deformation Zone, a small plate west of the Cascadia Subduction Zone trapped between the Pacific and Juan de Fuca continental plates.
The Creston-Kenilworth Neighborhood Association (CKNA) believes in preparing for any seismic event that may impact our community. We will regularly be providing information through this newsletter that will detail updates on geological research and study, how to prepare for an earthquake, how to get help, if needed, and how to recover from such an event.

The area in which we live is beautiful and geologically diverse requiring that we remain informed and prepared to react to any seismic events through preparedness and being aware of our neighbors well being as well as our own.

For more information on the Cascadia Subduction Zone and fault anomalies:

https://around.uoregon.edu/content/research-sheds-new-light-tensions-along-cascadia-fault

Preparing for an Earthquake: Step 1

Identify possible hazards. Look around your home and workplace to identify objects that may fall or shift during an earthquake.

**In the Kitchen:** Install strong latches on cabinet doors and secure refrigerators and major appliances

**Hanging Objects:** Place only soft art above beds and sofa, hang mirrors and pictures on closed hooks, and brace overhead light fixtures.

**Open Shelves and Tabletops:** Hold small valuables in place with removable putty, museum wax, or quake gel. Add lips to shelves to prevent costly items from sliding and move heavy objects and breakables to lower shelves.

**Wood Stoves:** Anchor stove feet by bolting to floor or creating brick and mortar bracing to keep stove from sliding. (Note: anchors must not conduct heat) and brace pipes.

**Water Heaters:** Anchor to wall studs or masonry with metal straps and lag screws and install flexible (corrugated) copper water connectors.

**Furniture:** Store heavy and breakable items on lower shelves and secure tall furniture to wall studs with lag bolts.

**Garages and Utility Rooms:** Move flammable or hazardous material to low cabinets that are securely latched. Replace rigid gas connections with flexible stainless steel gas connections.

**Water and Gas Pipes:** Evaluate, replace, and properly secure rusted or worn pipes and replace rigid gas connection with flexible stainless steel gas connections.

**Above Ground Propane Tanks:** Propane tanks can be anchored by mounting the tank on a continuous concrete pad and bolting the four legs to the pad.

**Home and Office Electronics:** Secure televisions, computers, sound systems, and other electronics with flexible nylon straps and buckles.

For more information:

Oregon Emergency Management  
www.oregon.gov/OMD/OEM

US Geological Survey Earthquake Preparedness  
earthquake.usgs.gov/learn/preparedness.php

The Great Oregon Shakeout - October 17, 2019  
Millions of people worldwide will practice how to Drop, Cover, and Hold On at 10:17 am on October 17 during the Great Shakeout Earthquake Drills

Sign Up Here:  
https://www.shakeout.org/oregon/
HOW DOES YOUR GARDEN GROW

It is Chrysanthemum time! We call them “mums” and these plants are of the genus Chrysanthemum in the family asteraceae. They are native to Asia and Northeastern Europe and have numerous varieties to delight us.

The mum is the November birth flower and represents the 13th wedding anniversary. It is also the official flower of Chicago and is the symbol of optimism and joy. (Of course we know the official flower of Portland is the rose)

Many think of this beautiful flower as an annual flower because they may not survive harsh winter conditions, but they can be enjoyed year after year by following these helpful tips:

- Plant in well draining soil (water freezing around the roots contribute to limiting the life of the plants)
- Plant mums in a sheltered location to avoid exposure to winter winds
- Cut back stems to 3 to 4 inches after leaves have turned brown due to cold weather conditions, leaving some stem to ensure that next year growth is full and healthy
- Apply a heavy mulch barrier around the stems
- New growth will appear in the spring - and all you need to do is wait for the beauty in the fall

“The breezes taste of apple peel. The air is full of smells to feel-ripe fruit, old footballs, burning brush, new books, erasers, chalk, and such. The bee, his hive, well-honeyed hum, and mother cuts Chrysanthemums. Like plates washed clean with suds, the days are polished with a morning haze.” John Updike

STATE OF OREGON

Good News: 1.6 billion dollars will be distributed to taxpayers in the form of a rebate.

About 15% of what you paid will be returned to you, not in check form, but, the money will be a credit on your 2019 tax payments.

When revenue for the two year budget came in over 2% of the estimates, taxpayers share the wealth...in other words, you get a refund.

The Western Meadowlark (Sturnella neglecta) was chosen to be the state bird by the Oregon Audubon Society in 1927. The bird has brown plumage with buff and black markings. Its underside is bright yellow with a block V-shape on the breast. Outer tail feathers are mainly white and are easily visible when it flies.

City of Salem History

Did you know Salem is one of Oregon’s oldest cities? The tribal name for the locality was Chemeketa, said to mean “meeting or resting place.” It may also have been the name of the bands of the Kalapuya Tribe.

In 1834, chief factor of the Hudson’s Bay Company,
John McLoughlin (doctor, businessman and land owner in Portland) persuaded Jason Lee to locate his mission in the mid-Willamette Valley near present day Salem. In 1840 - 1841, the *Jason Lee Mission* was moved from the banks of the Willamette River, upstream to a site on Mill Creek. In 1842, the missionaries established the *Oregon Institute*.

When the mission was dissolved in 1844, it was decided to lay out a townsite on the Oregon Institute lands. The name “Salem” is the Anglicized form of the Hebrew word “shalom”, meaning peace.

* Learn more about Jason Lee:

https://www.willametteheritage.org/jason-lee/

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**State of Oregon Transportation Development Division: ORS 184.615**

The Transportation Development Division (TDD) offers a wide range of services that enhance Oregon’s multimodal transportation system:

1. Produces statewide transportation plans and policies
2. Assists local governments in planning, collects and analyzes data to support strategic investment decision
3. Oversees transportation research
4. Management of grant programs
5. Coordinates statewide active transportation initiatives
6. Develops the Statewide Transportation Improvement Program
7. Manages all federal highway transportation funds that flow to the state

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**Bureau of Planning and Sustainability (BPS)**

Providing Free Tools and Expertise To Achieve Your Goals

“Through partnerships and collaboration, BPS provides:

Citywide strategic and comprehensive land use planning; neighborhood, district, economic, historic and environmental research, planning and urban design; policy and services to advance energy efficiency, green buildings, waste reduction, composting and recycling, solar and renewable energy use, and local sustainable food production; as well as actions to mitigate and adapt to climate change.

https://www.portlandoregon.gov/sustainabilityatwork/article/460848

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**Bureau of Development Services (BDS)**

From Concept to Construction

**Decks:** Building Permits are required for most decks. A building permit is not required for decks where no part of the walking surface is more than 30 inches above the adjacent grade.

Some decks may be exempt from requiring a building permit, but may still require a Zoning Permit, depending on specific site conditions or placement on your lot. To determine your needs, call (503) 823-7526.

To read the “Deck Design Guide”:

https://www.portlandoregon.gov/bds/article/260368
(Continue: October CKNA Newsletter)

Water Bureau
From Forest to Faucet

The Portland metropolitan area can use two to three times as much water in the summer months than in the winter months. This can be a problem because of the limited storage in city reservoirs and the lack of summer rainfall in the Pacific Northwest.

Here is a 7-Step program for yard planted areas:

1. Planning and Design
2. Compost & Cultivate
3. Create Functional Turf Areas
4. Right Plant/Right Place
5. Water Wisely
6. Use Mulch
7. Maintain your yard

https://www.portlandoregon.gov/water/article/268757

Bureau of Transportation (PBOT)

The Portland Bureau of Transportation maintains the $13 billion investments in infrastructure facilities, from streets and structures to traffic signals and street lights. PBOT’s mission includes the balance of competing urban complexities, such as age of facilities and transportation systems and changing city living needs.

Several ongoing projects being planned, designed and coordinated by PBOT are listed below. As the CKNA discusses improvement for Powell Boulevard through its Inner Powell Alliance (IPA) committee, it seeks understanding and data related to corridor development details. Here are a few projects to consider:

The NW Everett Bus Lane project will improve transit reliability and access to the Rose Quarter by creating a Bus and Turn (BAT) lane approaching the Steel Bridge.

The SW Madison new lanes provides more space for buses and bikes and reduces potential conflict between buses, cars and bikes. Parking was removed. The design includes a passing zone to help people on bikes bypass busses stopped at bus stops and prohibits right turns onto SW 3rd Avenue.

The following is a project scheduled for the 2020 construction schedule:

NW Flanders and Broadway:

Project Goals
- Create a low-stress bikeway that connects Tom McCall Waterfront Park to NW 24th Avenue
- Attract more people living, working and visiting NW Portland to bicycle more often
Provide people of all ages and abilities a safe, comfortable place to bike in Central City
Provide people walking and rolling safer crossings at busy streets

Proposed Project Schedule

- Planning and public outreach - fall and winter 2018/2019
- Final design - spring and summer 2019
- Construction - summer 2020

SE Inner Powell Boulevard FACT:

“SE Inner Powell Boulevard Fact: Powell Boulevard Special Setback is a special setback for development along Powell from Ross Island Bridge to SE 50th Avenue. The setback requires a setback of ten feet from the property line for all new construction along the corridor for the purpose of providing light, air, driver sign distance, pedestrian safety and space for street tree growth. The Powell Boulevard Special Setback was adopted by City Council September 19, 1979 and remains in effect.”

Working for Clean Rivers

Bureau of Environmental Services (BES)

When the City of Portland began constructing sewers in the late 19th century, sewer pipes carried stormwater, sewage and industrial waste, all combined in the same pipe, flowing directly to the Willamette River and the Columbia Slough, all without treatment. In 2002 the city constructed the Combined Sewer Overflow program. Today the Willamette River and Columbia Slough are cleaner than they have been for a generation.

Need to file a complaint about your cable service? Here is the agencies that will help you with the process.

Always contact the cable operator first:

Comcast’s Customer Service: 1.888.824.8264
Frontier's Customer Service: 1.877.462.8188
Reliance Connect’s Customer Service: 1.503.695.2202

If the problem is not resolved, file a complaint here:
Happy Halloween, CKNA!!

Board Meetings and Events

Rachel Davies, Chair
cnika.chair@gmail.com

Darian Davies, Treasurer
daviesfamily@comcast.net

Grace Emanuel, Secretary
cnika.chair@gmail.com

Elizabeth Durham-McPherson, Outreach and Communications
cnika.outreach@gmail.com

Members At Large:
Charles Brody - SE Uplift Representative
Carol Gossett - Land Use and Transportation
Mark Ceisel - At Large

Active Committees

Land Use and Transportation Committee:
Joe Hovey, Chair
cnika.landchair@gmail.com

Community Preparedness and Resilience:
John Legler
john.legler@gmail.com

Land Use and Transportation Committee Sub-Committees:

1. Inner Powell Alliance (IPA) - planning and implementation visioning along SE Powell Boulevard for thoughtful,

2. Diesel Trucks/Brooklyn Yard Initiative to research, plan and take action for new legislation related to diesel fuels.

Meeting Dates and Events:

Date: October 28, 2019
Time: 7:00 PM
Place: 3602 SE Powell Boulevard

** Agenda includes neighborhood business and an update of IPA activities

*** Inner Powell Alliance (IPA) Meetings:
Thursday, October 24, 2019
Time: 6:30 PM
Place: To Be Announced

Creston-Kenilworth Map: East Portland

See Page 9 for details about the USED BOOK SALE EVENT of the year! October 4 - 7 at the Lloyd Center Doubletree Hotel Exhibit Hall @ 1000 NE Multnomah Street 97232
Squash Soup
Served in Pumpkin Bowls

Preparing the Bowls:

4 Small baking pumpkins, acorn squash or sweet dumpling squash

Remove the top of the squash

Add 2 teaspoons of sugar and Kosher salt

Bowl Directions:

Preheat the oven to 400 degrees. Using a paring knife, cut a large circle around the stem of the squash. Remove the lid and scoop out the seeds and fibers. Sprinkle the inside of each with ½ teaspoon sugar and salt. Place each squash and lids on a baking sheet; roast until tender, 20 to 35 minutes, depending on their size.

For the Soup:

3 tablespoons unsalted butter
½ small onion, chopped
Kosher Salt
2 sprigs of thyme
1 medium butternut or kuri squash (about 2 pounds), peeled and cut into 1-inch pieces
1 teaspoon sugar
3 tablespoons heavy cream
Freshly ground pepper

Soup Directions:

Melt the butter in a large saucepan over low heat. Add onion and 1 teaspoon salt. Add thyme to the pot and increase the heat to medium and cook for 5 minutes, stirring occasionally.

Now add the squash and sugar and cook, stirring, until glazed, 3 to 4 minutes. Add 5 cups of water and bring to a boil. Reduce heat to low and simmer, uncovered until squash is tender, or about 15 to 20 minutes.

Carefully transfer the soup to a blender, and puree until smooth (being careful to let steam escape from the hot mixture). Return the puree mixture to the saucepan. Stir in heavy cream and season with salt and pepper.

The Topping:

Pepitas (hulled green pumpkin seeds)
Sourdough or pumpernickel croutons
Paprika
Chili Powder or Spanish pimenton
Bacon

NOTE: When blending hot liquid, first let it cool for five minutes then transfer the liquid to the blender, filling only halfway. Put the lid on, leaving one corner open. Cover the lid with a kitchen towel to catch splatters, and pulse until smooth.

Preparation Time: 10 Minutes
Cook Time: 35 Minutes
Yield: 4 Servings
YOU ARE INVITED:

Event: Oregon’s Biggest Used Book Sale
Sponsor: Friends of the Multnomah County
When: October 4 - 7, 2019
Where: Lloyd Center DoubleTree Hotel Exhibit Hall, 1000 NE Multnomah Street 97232
Transportation: TriMet/MAX/Bus Line 8/77/70 and Vouchers provided for $3.00 parking in the onsite garage are available
Whats on Sale: 40,000 Books, CDs, DVDs and other items
Sale Items:

- Hardcover and quality trade paperback books start at $2.00
- Mass market paperback and children’s books $.50 to $1.00
- CDs $1.00
- DVDs $2.00
- Comic books, graphic novels, audio books, LPs, video games, pamphlets, sheet music, and maps sorted and in excellent condition

Join the Friends of the Multnomah County Library at the annual Fall Used Book Sale, Oregon’s biggest and best used book sale.

Proceeds go to Multnomah County Library.

The 4-day schedule includes:

Friday, October 4th, 6 to 9 PM
Members Only Presale - Members Only

Saturday, October 5, 9AM to 9PM

Sunday, October 6, 11AM to 5PM
Educators Discount Day, 50% off with school ID

Monday, October 7, 9AM to 3PM
Shoppers Choice 50% off Everything or $25 a box (All Day Long)

For more details:

Call: (503) 224-9176
Visit: www.friends-library.org

Register early for Cycle Oregon 2020 Events:

Kickoff Party - January 29
Gravel - Mid-May
Joyride - Late June
Weekender - Late July
Classic - September 12-19

The Portland United Against Hate Coalition has partnered with the Office of Community and Civic Life and SE Uplift to provide the following five (5) training sessions between October 2019 and June 2020:

1. Hate, Housing, and the Landscape of our City: 2.5 to 3 Hours:
   
   **Tuesday, October 1, 2019, 6pm, at St Philip Neri Church, 2408 SE 16th Ave**

2. Understanding and Addressing Islamophobia: 2 Hours
   
   **Tuesday, December 3rd, 6pm, at St Philip Neri Church, 2408 SE 16th Ave**

3. Interrupting Hate in Public Space: 3 Hours
   
   **Tuesday, February 4th, 5:30pm, at Brentwood Darlington Community Center, 7211 SE 62nd Ave**

4. Transgender in America: 3 Hours
   
   **Tuesday, April 7th, 5:30pm, at SE Uplift, 3534 SE Main St**

5. The Trauma of Hate Incidents: Impact and Interventions from a Trauma Informed Perspective: 3 Hours
   
   **Tuesday, June 2nd, time and location TBA**

(Continue: October 2019 Newsletter)