

ROCKY BUTTE TIMES

VOLUME 6, FALL 2016

LOCAL HISTORY AND COMMUNITY HAPPENINGS

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Local Entrepreneurs A Peek Inside the Studio of Lora Jean Kelly *By Sarah Kamsler*

Colorful walls of luscious yarn cascade down large frames as they hang to dry. Vats of cloud-like, bright white yarn are infused by shots of vibrant pink & purple as they await processing. A burner clicks on to warm a large vat of dye. Wherever the eye looks, color peeks from neatly arranged & organized bins. Where are we? Knitted Wit, a Rocky Butte area yarn-making company founded in 2007, owned and operated by Lorajeane Kelly. Lorajeane is a local entrepreneur, mom of three, PTA officer, community advocate & self-proscribed queen of sass.

It all started with a wool-spinning class and realization that she could make the hard-to-find yarn she desired for herself, and a business was quickly born. What began in a friend's basement quickly proceeded to take over her 765 square foot home. After a lay-off, with her second child at 8 months old, she realized the business needed its own space to grow and decided she needed to ramp things up.

Today, Knitted Wit comfortably resides in a two-room warehouse space on NE 74th & Sandy. It consists of Lorajeane & 3 employees, one who recently relocated to Portland specifically to work with Knitted Wit. Yarn can be purchased in Lorajeane's online store & through select

retailers across the country. With names like "Immediate Regret", "Unicorn Farts" & "First Ladies Collection (Sensible Shoes, Pillbox Hat, Pantsuit & Sleeveless)", one quickly recognizes that this is no ordinary yarn shop.

Along with eye-popping colors and spicy descriptions, a really wonderful part about Lorajeane's business model is her collaboration with local charities every fall. She's worked with Raphael House (Domestic violence support), Days for Girls (Helping to provide education and tools for girls to succeed) & this fall, she'll team up with IRCO, who provides resources for the refugee population in Portland.

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Jason Lee School PTA – Aiming for New Outdoor Play Area



Over the last few years, the Jason Lee School Parent Teacher Association (PTA) has raised (and saved!) over \$10,000 toward a new play structure for the school grounds. Of course this isn't quite enough to fund a project, but it's proof that we're ready to get serious. This year, the PTA will begin project planning and applying for matching grants to move forward. We will be exploring a nature themed activity area for all of our neighborhood children.

If you are interested in making a tax deductible contribution to this playground fund, please contact PTA President Matt Warford at jasonleek8pta@gmail.com or swing by the school office at 2222 NE 92nd Avenue and make a donation to the PTA – let the office know it's for the PTA playground fund. We'll also be accepting online donations soon. We will be in need of volunteers for grantwriting, other fundraising, research, or other skills related to this effort.

And remember, Jason Lee School PTA welcomes all community kids and families to attend the dozens of activities we plan throughout the year, such as the Harvest Festival with games and food (October 21), monthly movie nights in the cafeteria, and our carnival in June. Bring your grandchildren, homeschoolers, or others who may attend another school. Watch the outdoor school reader board to learn more about upcoming events open to the community or like our facebook page to see current activities. Or if your child attends Lee, check their backpacks for more information!



Continued from page 1

Lorajeane can often be found at PTA Meetings, Neighborhood Meetings and other community events as well as occasional trunk shows around the country. Follow her travels on Instagram @knittedwit for a candid, refreshingly honest look at the daily successes and challenges of balancing business and home life. Running a dynamic business while caring for three children is no small feat, but she handles it with energy, heart, humor and...an 80's sitcom? While working, she often turns on a movie or show and the Golden Girls is a common choice. When asked why, she points out the still highly relevant slew of issues dealt with on the show. Blanche's daughter fights to have a baby at a birthing center, not a hospital. Sophia's friend fights Alzheimer's and

works through how to treat them with dignity & respect. A group of 60-80 something women show us that senior life can be interesting, vibrant & full of excitement.

I asked Lorajeane if she had words of wisdom for other entrepreneurial moms looking to start up their own business. Here's what she said: "What I've learned about being a mom and an entrepreneur is how to be efficient. Making the most of every minute. Squeezing every last minute out of each day. My business was growing as my family was growing, so I had to learn how to prioritize and be flexible."

Her ability to balance all these things successfully is truly inspirational. When discussing how she does it, the word

community often rolls off her tongue. I asked what community means to her & here's what she had to say: "One of my philosophies is: Rising tides lift all boats. Someone else's success can't take away from mine. Community makes us all better. I want to benefit from the community, so if I interact I will give, but I will also receive." She also shared a favorite quote from Corey Booker: "If you want to go fast, go alone. If you want to go far, go together."

Lorajeane has lived with her husband in the Rocky Butte area since 2005. Her new favorite neighborhood spot is walking the beautiful and serene Dharma Rain Zen Center grounds with her children to catch up with neighbors. Another long-time favorite family activity is walking to the top of Rocky Butte and back down again.

Speaking of community, Knitted Wit hosts monthly open houses. It's a way for curious neighbors, long-time clients & yarn lovers young & old to see the space & come together. Lorajeane enjoys the roll of facilitator and values the chance to bring people together, build community and help people create meaningful connections.

Come join her on November 5th from 10-2. Bring your knitting needles and pull up a chair!



Join Your Neighbors on Nextdoor.com!

Do you have a kitchen table to sell, an over-abundance of garden produce to share or maybe you're looking for some free pavers?



Join your neighbors on Nextdoor.com! People from your area (and beyond) are connecting online to share all kinds of information, ideas and items relating to your neighborhood. Sign up online using this invitation link and see what your neighbors are up to!

<http://nextdoor.com/!YKEWR7>

The Grotto, A Place of Solitude, Peace and Prayer *By James M. Helms*

The Rocky Butte area is home to contrasting pictures of both brokenness and beauty. Amidst the busy streets and storefronts, many of which are vacant, resides one of the older institutions in our community, a Catholic shrine and botanical garden. The Grotto's 62 acre grounds, though central to the Rocky Butte community, are often missed or are under-utilized by area residents. Local community utilization is a hope, though their website notes that they "provide[s] a spiritual and peaceful retreat for more than 200,000 visitors each year from all faiths and all walks of life". The Grotto has hired staff that manage the day to day operations of the public facing side of the space though all operations are overseen by The Servites, Friar Servants of Mary. The monastery that can house up to twelve priests, sits on the upper level amidst a beautiful winding path with gardens and ponds.

The Grotto was founded by a man named Tom Mayer, Tom took the name Ambrose after becoming a priest in the Servite order.

Father Ambrose remembered the blessings that he had received from God as a young boy and his long standing desire to create a place that honored Mary, the mother of the now resurrected Jesus, who stood faithfully at the cross as Jesus was being crucified. His opportunity came after moving to Portland. The Grotto land was purchased from the Union Pacific Railroad with a down payment of just \$3,000. At the dedication ceremony for The Grotto in 1924 Archbishop Alexander Christie said:

"Let this be a place of peace for all peoples of the earth-and surely in this day a sanctuary is needed. Torn with differences, strife and grief, the world needs sanctuary where the human spirit can seek peace and consolation."

The Grotto is well known for producing the Christmas

Festival of Lights, the 30 day event includes a zoo petting area, over 150 choir's and special musical guests, plus food and beverages are available by concession. Each year, the festival requires over 800 volunteers to manage the multi-faceted event and new volunteer's are welcome and needed every year. The festival was initially introduced in 1988 and continues to present over 1 million lights to the throngs of attendees that visit every year. Setup of the festival begins in September, which allows the festival to open in time for the first after Thanksgiving.

There are a wide range of reasons to visit The Grotto and tours are regularly available. Mass, for instance, is every day at noon and also at 8 a.m. on Saturdays.

They have also recently hired a new events director to oversee a wide range of ongoing events (which can be viewed on their website at thegrotto.org). There is an onsite conference center that is available to be rented with a chef on staff and they offer onsite catering and complimentary entry to the gardens for event attendee's. Visitors can explore the lower area for free including a visit to the gift shop and visitors center. When you're in the visitor center be sure to watch the new 10 minute documentary about The Grotto! While tours are regularly available, the upper level gardens (highly recommended) is only accessible after purchasing a token in the gift shop or annual individual and group passes are available for visitors who visit more often.

Whether you consider yourself a spiritual person or not, The Grotto is certainly a beautiful place to visit. The grounds are a tremendously valuable green space in the Rocky Butte area of the city. There is rich habitat for birds, bees, and people. Especially for people who are seeking a place of solitude, peace and prayer in an otherwise hectic world that often offers more questions than it does answers.



Dr. Lisa - Avian and Exotic Veterinary Care *By Dean McCrea*

"I can remember the Fourth of July, runnin' through the backwood bare.." Well, for Dr. Lisa Harrenstien, it wasn't the Louisiana bayou, it was Hawaii. And the only bare things were her feet. But spending a good part of her childhood in Hawaii provided an important catalyst for her life as a veterinarian. This is where she learned about frogs, and fell in love with the ocean and the tropics. She heard John Denver's song "Calypso", became enamored with Jacques Cousteau, and dreamed of joining Cousteau's team of marine biologists.

It was only in hindsight that she began to recognize the damage that Cousteau's team did to the environment. But her own experiences of being out on a boat, learning to dive, and exploring different habitats reinforced how much she liked the animals. That love, along with discovering the challenge of medicine, motivated her to find a way to combine these two loves.

Today Dr. Lisa Harrenstien can boast of 26 years of experience as a veterinarian, including employment in a private small animal/exotics practice, university-based exotics practice, postdoctoral training in zoological pathology, consultant work with avian and exotic species, and zoo practice. She has worked in large zoos all over the country and even spent time at the London Zoo. Dr. Lisa is board-certified by the American College of Zoological Medicine (ACZM), a specialty organization focused on the care of avian/exotic companion animals, as well as free-ranging wildlife and zoo animals. Dr. Lisa is the only veterinarian in Oregon to have achieved this specialist ranking.

Dr. Lisa's favorite patients over the years have usually been the ones that heal well from serious illnesses and still appreciate her veterinary visits, including a California sea otter named "Thelma" who needed a lung removed, a young double yellow-headed Amazon parrot named "Miss Lilly" whose upper beak was bitten off by a macaw, and a Houston toad named "Ratatouille" whose face and toes healed well after being attacked by a rat.

Dr. Lisa will see any animals except cats or dogs. In any given day she might perform surgery on a fish, treat an injured snake, diagnose a sick chicken, and tend to an ill hamster. On her first day of business in her brand new clinic, her very first patients consisted of a group of 22 rodents!

One of Dr. Lisa's clients, Jenny Gorman, spoke with me about her experience at the clinic. Jenny had an ill chicken and had exhausted all other options for care when she heard about Dr. Lisa. What

makes her experience especially interesting is that Jenny Gorman is actually Dr. Jennifer Gorman—she's a staff veterinarian at Dove Lewis Emergency Animal Hospital.

"I had heard great things from colleagues about Dr. Harrenstien," Dr. Gorman told me. "She is the only board-certified exotics specialist in private practice in Portland. I decided to try her. Going into it, my chicken's prognosis was poor, but Dr. Lisa was able to help clarify and give me a better understanding of what could be going on. Her entire staff was excellent throughout this process as well. They are very friendly and easy to communicate with. Every time I see them, it's a pleasure. Since that time I have taken my other chicken to see Dr. Lisa for a consult as well, and I would not hesitate to take any of my chickens to see her in the future."

Dr. Lisa is well remembered at the Oregon Zoo. Nicole Nicassio-Hiskey, the zoo's senior keeper for marine life, regards Dr. Lisa as almost a miracle-worker for her aid to Gus, one of the zoo's sea lions.

Continued on page 10



KID'S PAGE

AUTUMN SCRAMBLE



1. QIRLSRUE _____
2. LLAF _____
3. LNHLEAEWO _____
4. KGASNIINGTVH _____
5. HOLOCS _____
6. MPUPNSKI _____
7. ORCN SEAZM _____
8. TRESAVH _____
9. YEUTRK _____
10. LPEPA DICER _____
11. RCBEOTO _____
12. EEASLV _____
13. ARDYEIH _____
14. ROCN _____

Brain Teasers

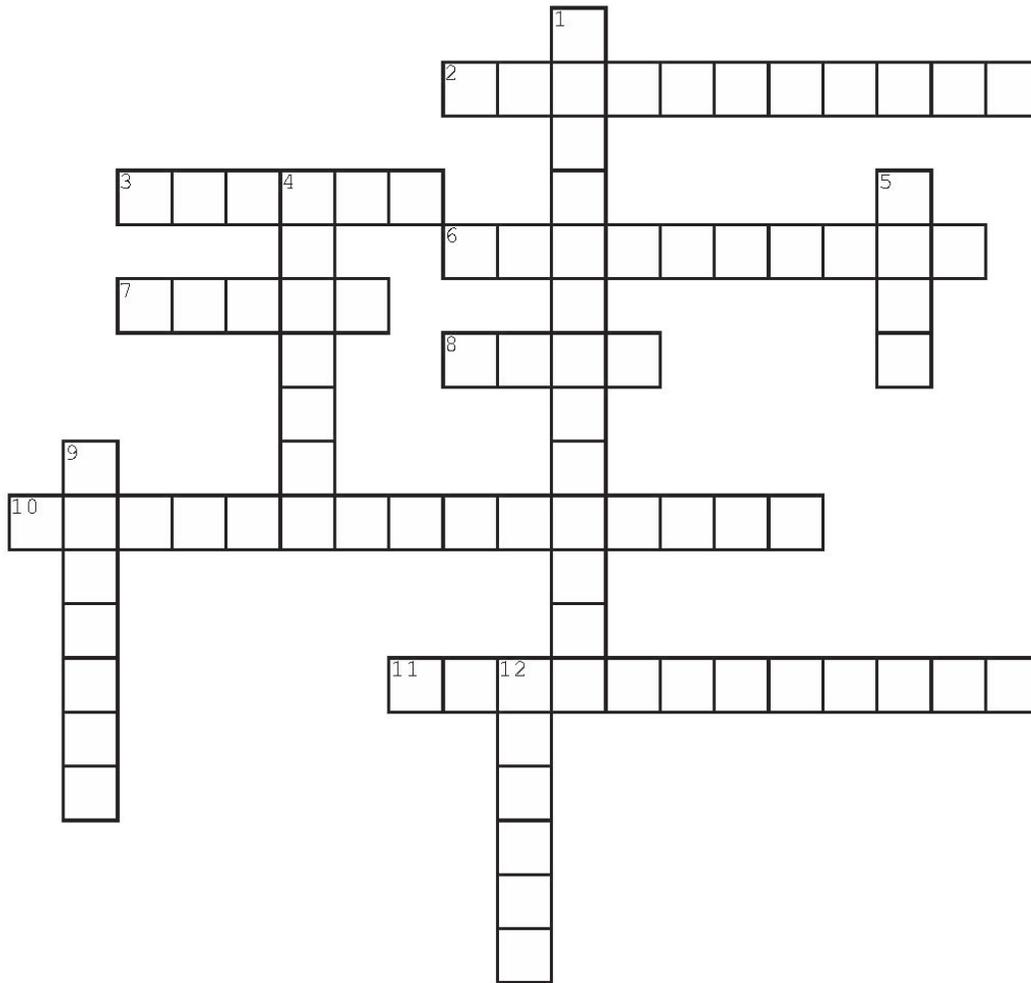
Try to solve the problems below. Let your mind go and use your creative thinking skills! Good Luck!

1. I appear once in Summer and twice in Autumn, but never in Winter. What am I?
2. A girl is sitting in a house at night that has no lights on at all. There is no lamp, no candle, nothing. Yet she is reading. How?
3. Scientists have discovered that one side of a cat has more hair. What side is it?
4. A thief was brought before a king to receive his punishment. The king, feeling merciful, asked the thief how he would like to die. The thief told him, and the king let him go. How did the thief wish to die?
5. Why is it illegal to bury a man living in South Carolina in North Carolina?

1. The letter U 2. She is blind and reading braille 3. The outside 4. The thief wanted to die of natural causes 5. It is illegal to bury a man while he is still living

Rocky Butte Times Crossword

All of the answers to the following clues can be found in the articles within this edition of the Rocky Butte Times.



Created with TheTeachersCorner.net [Crossword Puzzle Generator](#)

Across

- 2.** Lorajeau, who owns Knitted Wit, often has this 80-s sitcom playing while she works. (2 words)
- 3.** The place Dr. Lisa, from Avian and Exotic Veterinary Care, grew up.
- 6.** Join neighbors and other Rocky Butte fans at _____ Hill Park to help with litter pick-up and sprucing up of
- 7.** 'Unicorn _____' is one of the unique names given to styles of yarn found at Knitted Wit.
- 8.** A large pile of this will be delivered to the Gateway Green and be turned into the 'Dirt Lab'
- 10.** This is happening on October 21 at Jason Lee and everyone is welcome to attend! (2 words)
- 11.** A 25 acre parcel of land nestled between I-205 and I-84 on the East side of Rocky Butte.(2 words)

Down

- 1.** The Jason Lee Parent Teacher's Association has raised over \$10,000 towards a new _____. (2 words)
- 4.** The Magical Music of Disney is the inaugural show of the Portland Music Theater Company and is co-sponsored by _____
- 5.** Dr. Lisa Harrenstin will see any kind of animal except cats and _____.
- 9.** This mineral is especially important for birds and reptiles.
- 12.** The name of a California sea otter who needed a lung removed.

New Musical Theater Company Brings the Magic of Disney to NE Portland



Everybody has a favorite Disney film. From the wild ride Mickey Mouse takes in Fantasia to Elsa and Anna's snowy world in Frozen, Walt Disney's dreams have fascinated and delighted kids of all ages -- and whether it's "Let It Go" or "Hakuna Matata," the whole family loves to belt out the classic songs from those movies.

Now you can hear them all in one place with The Magical Music of Disney, the inaugural show from Portland Musical Theater Company and cosponsored by ArtHaus at Milepost 5.

More concert than traditional musical, The Magical Music of Disney

brings together over 60 Disney hits from Snow White, Frozen, Beauty and the Beast and more, all in a zippy 90 minutes.

The concert, recommended for ages six and up, will introduce new audiences to these classic songs while allowing long-time fans to enjoy the nostalgia the songs inspire.

See the show, running October 8th through 30th -- and up the fun by coming dressed as your favorite Disney character -- at Portland's Chapel Theater at MilePost 5.

Portland Musical Theater Company's programming and productions are selected to serve two fundamental truths- that each of us is special and has unique gifts to contribute to the world, and that we're more alike and connected than we realize.

Said Founder and Artistic Director Deanna Maio, "We're thrilled to bring accessible, family entertainment to Northeast Portland. It's been my home for 17 years and we want to help our community grow closer and happier through our productions and educational programs."

The Magical Music of Disney is one of three productions being planned for the season. They have also launched

their first workshops and internship opportunities to help students and recent graduates gain valuable work experience.

Portland Musical Theater Company seeks to collaborate with local business and non-profit organizations to create win-win experiences for our community. Sponsorship and other donor opportunities are also available. To learn more about this, you can visit their website and their Facebook page (addresses listed below).

Tickets for The Magical Music of Disney are available now and can be purchased online at portlandmusicaltheater.org/disney-tickets or by calling 971-225-SHOW. Groups of 10 or more can enjoy a group savings and Oregon SNAP program participants can get tickets for just \$5 by calling the box office. The show will be held at the Chapel Theater at Milepost 5, located at 8155 NE Oregon St, Portland, Oregon 97213 on October 8, 9, 13, 14, 15, 16, 21, 22, 23, 27, 28, 29, and 30. Sunday shows are scheduled for 2:00 p.m. while the others start at 7:00 p.m.

To learn more: www.portlandmusicaltheater.org, or www.facebook.com/portlandmusicaltheatercompany, or call 971-225-SHOW.



Parke Diem -- Let's Spruce Up the Top of Rocky Butte!

Saturday, October 15, 2016 - 9:00 a.m. to 12:00 p.m.

Join neighbors and other Rocky Butte fans at the top of Rocky Butte -- Joseph Wood Hill Park-- to help with litter pick-up and the sprucing up of the shrubs around the tower. We'll weed, prune the shrubs, level and spread grass seed at mole holes, and sweep the steps. We'll have some pruners and a few tools available, but consider bringing your own. **And BRING GLOVES - the shrubs all have thorns!** We'll have a few snacks. Bring a bottle of water, a snack or a lunch, and a raincoat (rain or shine!) Remember there are no restroom facilities at the park. Contact Kristen Kibler at 503-522-7754 or kristenkibler@gmail.com if you have questions about the October 15 clean up. If possible, sign up in advance at: www.portlandpf.org/parke-diem.

Gateway Green Update *By Tom Badrick and Linda Robinson, Friends of Gateway Green*

If you haven't been to Gateway Green in a while, you may have missed a few activities. Exciting times are ahead for the park in the fall.

What is Gateway Green? It's approximately 25 acres of land nestled between I-205 and I-84 on the east side of Rocky Butte. Entrance to the park is via the I-205 Multi-use Path that runs past the Gateway Transit Center. The land, owned for many years, by the Oregon Department of Transportation has been purchased by Portland Parks & Recreation (PP&R), thanks to years of work by the Friends of Gateway Green (FoGG). With the property transaction complete, Portland Parks placed a fence along the eastern perimeter of the property this spring, a significant step forward.

This summer, several local civic minded companies made volunteering at Gateway Green part of their community support effort. Employees from, and bike racers sponsored by, the Oregon Bike Shop in Montavilla took time out of their busy schedules to pull ivy and pick up litter. A team from Hopworks Urban Brewery helped trim trees, cut back blackberries, and pick up litter. In addition, Hopworks also raised funds for the park by donating a portion of their proceeds for the month of June, through their Community Tap program. Portland park staff continue to work on cataloging significant trees and eradicating invasive

plants. There was also a bird walk, led by a FoGG board member.

So what's ahead for Gateway Green? In the near future, you will see two storage containers and a portable toilet installed inside a small fenced off area. These will make it easier to host events and activities. FoGG is in the process of obtaining a permit for several events in the fall. Possible activities include a disc golf tournament, a local fun run or high school cross country race, a short-track bike race and a nature art event.

Of particular interest to those who live west of I-205, the Oregon Department of Transportation has approved funding for a portion of the T-HOP neighborhood greenway, including an I-205 undercrossing, which will provide much better access from the west. Those monies will be available as early as 2019. [T-HOP stands for Tillamook (west of I-205), and Holladay, Oregon, Pacific (east of I-205).]

Last, but definitely not least, soon a large pile of dirt will be delivered. It will later be transformed into "the Dirt Lab" -- several temporary features that will allow all ages to enjoy off-road cycling activities (e.g., a pump track, bicycle skills area, single track trail) while PP&R and FoGG continue working toward full development of the park.

To learn about the latest activities and events Please visit www.gatewaygreenpdx.org or the Friends of Gateway Green Facebook page. Most important, in the immediate future, please join us in our crowd funding campaign, scheduled to launch in September.



GATEWAY GREEN

Avian and Exotic Veterinary Care Capabilities

Avian and Exotic Veterinary Medicine is a clinic that is equipped like no other private practice in our area, with special housing units for patients that can provide supplemental oxygen, heat, UVB light, and humidity.

The clinic has on-site blood analysis machines so staff can get answers in as little as two minutes for tests of things like ionized Calcium (important especially for birds and reptiles), glucose, liver enzymes, blood proteins, etc. The machines require just one to three drops of whole blood, so they can do those blood tests on animals as small as a parakeet.

They have an Ellman radioscalpel unit, so their surgical incisions as well as hemorrhage-stopping cautery are more precise, with less collateral damage and tissue trauma.

They use ethylene oxide gas sterilization for sterilization of its surgical instruments and other items. This means they can sterilize even plastic and rubber things without them melting like they would in a standard autoclave. They are the only avian/exotic private practice in the Portland Metro area that does this, and some other clinics even ask them to sterilize things for them.

They have several different kinds of heat support for their patients, which is especially important for very small animals or those with high metabolic rates that would otherwise lose heat quickly when sick or anesthetized: forced-air blankets, incubators, heated platforms, under-cage heaters, heat emitters, heat lamps, and more.

They have IV fluid pumps that can deliver fluid rates as precise as 0.1ml

increments per hour to tiny patients, so they are not overwhelmed by standard IV fluid pump rates.

Their microscope has photomicrograph ability, meaning they can take photos or videos of what they see through the microscope. This means they can send the images to another veterinarian or a lab, to get their interpretations of what they saw in fecal or blood samples at their clinic.

They have ultrasound ability, so they can check for liver cancer masses for example, or coelomic fluid accumulation in the belly of a chicken with egg yolk peritonitis, or they can do ultrasound-guided biopsies and fine needle aspirates.

Their radiology system is digital with a gadolinium oxide sensor panel, so they can see very fine details in their x-ray images (radiographs), like a fractured toe bone of a tiny lizard. And their radiology unit can be rearranged and used in a "horizontal beam" manner, so they do not have to restrain their patients forcefully or with anesthesia on their sides; rather they can have them sit or stand normally on the x-ray table while the x-ray beam is directed sideways through them. This makes the patient much more comfortable, and keeps their body organs in natural positions which makes images better and easier to interpret.

They have rigid endoscopes, both 1.9mm and 2.7mm, so they can do minimally invasive surgery (this is especially helpful in birds and reptiles), tracheoscopies (this has been really helpful looking for aspergillosis granulomas at the tracheal bifurcation of parrots), choana scoping (this has been

helpful in parrots), and endoscope-guided endotracheal intubation (especially helpful in rabbits), among other things. They will put a scope into just about anything to get a more-magnified and well-lit view than regular surgery can provide.

Their computer system is networked such that any images or videos from their microscope, ultrasound or radiology systems can be shown to clients in the exam room, and the client can see why they are recommending the treatment plans that they do. They can also easily email those images to clients.

The computer system also enables financial discussions and payment procedures to be done in the privacy of the exam room, so a pet owner does not have to think about someone overhearing their emotional or financial conversations.

The clinic has a third exam room that is fully functional, but more comfortable, so pet owners can visit their pet or be present for the euthanasia of their pet without the sterile feel of a traditional exam room. You can find Avian and Exotic Veterinary Medicine at 7826 NE Sandy Blvd. or visit them on the web at www.avianexoticvetcare.com.

Solution to crossword puzzle from page 6.

Crossword Puzzle Answers

Across	Down
2. Golden Girls	1. Play Structure
3. Hawaii	4. Art Haus
6. Joseph Wood	5. Dogs
7. Farts	9. Calcium
8. Dirt	12. Thelma
10. Harvest Festival	
11. Gateway Green	

Continued from page 4

Gus had developed a serious eye problem. His right eyelids were closed tight and oozing gunk. The cornea had melted, the eyeball looked like dripping wax, and he had a pseudomonas infection. Dr. Lisa had just attended an eye workshop on pinnipeds (seals, sea lions, and walrus) where she had met the country's only pinniped ophthalmologist. Consulting with the ophthalmologist, she went to work on Gus's eye. After about two

months, his eye went from looking like melted candle wax to a fully formed eyeball. Nicassio-Hiskey credits Dr. Lisa's treatment plan with saving Gus's eye and allowing him to see again.

Dr. Lisa achieved her dream of combining her love of animals and the challenge of medicine. She did so in a very impressive fashion. We are very lucky to have her and her clinic in our community. Do yourself a favor—when you see her, ask her to tell you about the pygmy rabbits.



Stay current with communication from the Rocky Butte Times by visiting and liking our new Facebook page. Access extra content which is posted more frequently than our printed paper at <http://facebook.com/RockyButteTimes>.

Rocky Butte Times Business Listings

When locally owned and managed businesses thrive, it can help our entire area thrive. Dollars that we spend locally can ripple throughout the community and stimulate our shared economy in powerful ways. When you are able, please consider purchasing local products and accessing services from those in the greater Rocky Butte community.

Photography

- Josh Ross, Josh Ross Creative
www.joshrosscreative.com

Health & Wellness & Safety

- Amy Kay, Whole You LLC: www.wholeyoullc.com
- Victor Barreda Pazos, Aqua for Life, Watsu
www.aqua4lifepdx.blogspot.com
- Laurel Schaffer, R.N., CPR & First Aid Training.
Call Laurel at (503) 544-1116

Writing & Career Services

- Dawn Rasmussen, Pathfinder Writing and Career Services. www.pathfindercareers.com

Artists, Carvings, Engravings & Sculptures

- Christina Carnoy, Inara's Art
inarasart.blogspot.com
- Andrew & Sarah Lonquist, Olander Earthworks
www.olanderearthworks.com
- Clay Braven, sculptures and carvings
www.etsy.com/shop/Claybraven

Fabric, Yarn & Sewing

- Lorajeane Kelley, Knitted Wit. Yarn & fiber dyeing
www.knittedwit.com

Food & Drink

- Mike Thierfelder, Wood Box Cider
www.woodboxcider.com
- James M. Helms, Rocky Butte Coffee Roasters
www.rockybuttecoffee.com

Pet Services

- Letty Martinez, Furever is a Promise. Dog walking/training/sitting. www.fureverisapromise.com

Musicians

- Halley Weaver, Folk Harpist: www.pdxharpist.com

Childcare

- Kimberley Botter, Green Apple Family Childcare.
For questions or to arrange a visit call 503-238-7044

Travel

- Sandi Carter, My Bucket List Adventures
www.mybucketlistadventures.com

Web Development

- Mike Thierfelder, Animal Field
www.animalfield.com

Home Products

- Donna Nelson, Scentsy Consultant
www.donnanelson.scentsy.us