

AUGUST 2007

SOUTH WATERFRONT COMMUNITY

E-CURRENT

IN A PINCH? URBANA MAKES ENTERTAINING A CINCH.

Perhaps this has already happened to you: an old friend is in town and wants to “drop by” to see your new place. You’d love to serve them something to eat, but don’t have time to leave the neighborhood to pick something up. Never fear! We put Urbana Market to the test, and have come up with some tasty meals from items found on their shelves. Sign up for the *E-Current* by e-mail and see the recipes!

CUT YOUR CARBS

We at the *E-Current* want to help you reduce your “carbon foot print,” or lessen your contribution to global warming. One way to reduce your footprint is to sign up to receive this newsletter by e-mail. Contact us at editor@southwaterfront.com and we’ll set you up. Have green tips of your own? Share them with us!

EVENTS CALENDAR

Find out what’s coming to SWF in August. *Current Events*, a calendar of SWF events for residents and the public, is on the reverse side of this newsletter.



Get the party started: Streetcar stop at Lowell and Bond to open with a party August 17th.

SWF CULTURE

BOND STREET BOUND

This August, Portland Streetcar will extend South Waterfront service to Lowell and Bond Streets. Toast your ability to ride the rails through the district with an opening day celebration on Friday, August 17th. The party is open to the public. Festivities begin at 11 am and will include rousing speeches by Congressman Earl Blumenauer, City Commissioner Sam Adams, and OHSU President Dr. Joe Robertson among others; tasty refreshments; and enchanting melodies from 3 Leg Torso and singer Valerie Day. (Sample their music at www.3legtorso.com and www.valeriedaysings.com respectively). The public rides free on the streetcar and tram all weekend.

Beyond adding new stops, Portland Streetcar has plenty to celebrate. Since its inception, nearly \$2.5 billion has been invested along the entire line, which extends from South Waterfront to NW 23rd Avenue and Northrup Street. Ridership has steadily increased since service began in 2001; today, nearly 9,000 people ride on each weekday, and approximately 12,000 riders use the line on an average weekend. *

MEET YOUR NEIGHBORS

ONE LEAN GREEN MEETING

Talk about action! The South Waterfront 20/20 All Residents meeting on August 2nd from 6 to 8 pm packs a serious information wallop. Where else can you learn about a social movement, go on a “date,” and be among the first to know about the new neighborhood web site?

First, Steve McCallion, Executive Creative Director at Ziba Design, will present the new “Healthy, Bright Green Living on the River” initiative. The initiative will serve as a catalyst for community building and sustainable living in the district. McCallion is the founding Director of Ziba’s Design Research and Planning group, and is a respected lecturer and design juror.

Second, meeting attendees will be the first to get a sneak peek at the future South Waterfront all-neighborhood web site (still under development), which will be an important clearinghouse for information about all things SWF.

Finally, the meeting will include a “speed dating” session, where participants will split into groups of four and take turns spending a little quality time with the charismatic chairs of the SWF 20/20 committees. (By the way, we at the *E-Current* think volunteering for the neighborhood is *hot*). Learn what makes each of these committees special and let them woo you into a second date. Who knows - it might turn into a fun fling, or could become a lasting, meaningful commitment. From emergency preparedness to parks advocacy to art happenings, there’s something interesting for just about everybody.

Come on down to learn more and perhaps join the effort to make SWF a great neighborhood! Please RSVP with Lesley Poirier: lesley@southwaterfront.com or 503.222.7788. **Residents only.** *

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EVENTS CALENDAR

RECURRING EVENTS

Streetcar Restaurant Crawl

A self-guided gustatory tour by rail! Specials for SWF residents who bring their streetcar pass to select restaurants on the streetcar line. See your concierge for schedules and other info.

Starts July 1st | Continues through Sept. Residents only

John Ross Pastries & Papers

A complimentary, casual, and welcoming affair that will occur each Sunday until John Ross's completion late this summer.

Sundays | 7:30 am-11:30 am

John Ross Lobby | **Residents only**

SWF 20/20 Art, Culture & Science Committee

Elevate the arts and sciences in your neighborhood. New faces welcome. More info: artculturescience@gmail.com

1st Monday | 6:30 pm

Meriwether Lounge | **Residents only**

SWF 20/20 Nature & Green Spaces Committee

Better parks and open spaces start with you, join us! More info: jim@lukeonline.com

2nd Monday | 7:00 pm

Meriwether Lounge | **Residents only**

SWF 20/20 Sustainable Lifestyle & Transportation Committee

Meet your residential and business neighbors and work towards a carbon-neutral SWF. More info: SustainableLifestyle@gmail.com

2nd Tuesday | 6:30 pm

Meriwether Lounge | **Residents only**

SWF 20/20 Health, Wellness & Social Spaces Committee

We plan the fun stuff, and get the district ready for emergencies. Dates subject to change; please confirm at: HWSSCom@gmail.com

3rd Monday | 7:30 pm

Meriwether Lounge | **Residents only**



Umpqua Bank's Ice Cream Truck: Stop them when they're passing by.

WEEK OF 07/29/07 - 08/04/07

SWF 20/20 All Residents Meeting

Action packed two hours includes Bright Green Living with Steve McCallion, "speed dating" with SWF 20/20 committees, and a sneak peak at the future SWF web site. Wine and hors d'oeuvres provided.

Thursday, August 2nd | 6:00-8:00 pm

Discovery Center | **Residents Only**

WEEK OF 08/05/07 - 08/11/07

Umpqua Bank Ice Cream Truck

Remember the ice cream man? Umpqua Bank brings that cool, sweet experience back when they visit your neighborhood with their ice cream truck – and you won't have to chase them down to get them to stop!

Tuesday, August 7th

11:00 am-2:00 pm | OHSU CHH

2:00-4:00 pm | Discovery Center

4:00-6:00 pm | Meriwether & John Ross

Keep Your Identity To Yourself

Stop identity theft in its tracks with Umpqua Bank and March Wellness. Learn what to watch for and the precautions to take to minimize your risk of identity theft and fraud scams with Doug Kidder, Umpqua's VP and Manager of Corporate Security & Loss Prevention. Light refreshments served. To register call 503-418-6272.

Wednesday, August 8th | 6:00-7:00 pm

March Wellness, 2nd Floor | **Public Welcome**



Bridge Pedal: The granddaddy of Portland bike events rolls through SWF this month.

WEEK OF 08/12/07 - 08/18/07

Providence Bridge Pedal/Bridge Stride

This year, the bicycle ride that takes you across Portland's famed bridges will come through the South Waterfront. Bikers will be regaled with drummers and greeted with water / comfort stations. To volunteer for the event, contact Lesley Poirier at lesley@southwaterfront.com. To sign up for the ride, visit www.providence.org/oregon/events/bridge_pedal/

Sunday, August 12th | 7:00 am-9:30 am

Open to anyone with registration; helmets required for bicyclists

Streetcar Grand Opening

Celebrate the continuation of Portland Streetcar service to Lowell and Bond with speeches, music, and free streetcar and tram rides through the weekend.

Friday, August 17th | 11:00 am until...

Lowell/Bond Streetcar station | **Public Welcome**

Bella Espresso / Le Hana / Bee Cleaners Grand Opening

Hooray! Now you can meet your friends at the corner coffee shop, have a sumptuous Japanese meal with a French twist, and get that coffee stain out of your shirt without leaving the neighborhood. Celebrate with Bee Cleaners, Bella Espresso and Le Hana, all in the Meriwether West tower, with Japanese drumming, sake tasting, and other good stuff.

Friday, August 17th | 4:00 pm at Le Hana; check times for Bella Espresso.

Meriwether West tower | **Public Welcome**

SOUTH WATERFRONT COMMUNITY

E-CURRENT DINING

EAT LOCALLY

MEALS IN A PINCH

Need to prepare a quick meal but don't have time to leave the neighborhood to shop for ingredients? South Waterfront's Urbana Market, found in the Meriwether West tower, has a surprisingly deep and sophisticated selection of items to choose from. The *E-Current* browsed their shelves and came up with these two simple meals made entirely from items available from the store.

Pasta with Spicy Tomato Sauce à l'Urbana

- 4 ounces bacon, cut in ¼" strips
- 2 tablespoons olive oil
- 1 teaspoon garlic granules (see note)
- 28 ounces of canned diced tomatoes
- ½ teaspoon chili flakes, or to taste
- 8 ounces dried pasta
- salt to taste

Fry bacon in large skillet until just brown. Drain fat. Add olive oil and garlic granules, cook on medium heat until fragrant. Add canned tomatoes and chili flakes. Allow sauce to simmer.

While sauce simmers, boil pasta according to directions on package. Once pasta is finished, add salt or chili flakes as needed, toss with pasta, and serve.

Note: In keeping with our effort to use only ingredients found at Urbana Market, we use a processed garlic here. But if you have fresh garlic on hand, a few chopped cloves work nicely, too. *



Who Knew?: You can prepare quick, tasty meals using only ingredients found at Urbana Market.

Steamed Tofu and Vegetables with Peanut Sauce Over Rice

- 1 cup brown or white rice
- 8 ounces tofu drained and cut into ½ inch cubes
- 8 ounces frozen broccoli, green beans, or combination of the two
- ¼ cup roasted peanuts, chopped

Sauce

- ½ cup peanut butter
- ½ cup teriyaki sauce
- 1 tablespoon rice or wine vinegar
- ½ teaspoon garlic granules
- ¼ teaspoon chili flake, or to taste
- ½ cup warm water, more as needed

Prepare rice according to directions on package. Note that brown rice needs more time!

Blend first four sauce ingredients together, making a paste. Gradually stir in warm water until sauce reaches desired consistency.

Steam frozen vegetables and cubed tofu in double-boiler steamer or steamer appliance for 3-4 minutes or until vegetables are thawed and warm through (do not overcook vegetables). Spoon vegetables and tofu over cooked rice and top with peanut sauce. Garnish with chopped roasted peanuts and serve. *



Use Your Noodle: Our spicy tomato sauce can be made vegetarian with chopped olives in place of bacon.