

# Non-profit cafe offers food to poor

by Nathaniel Scott

"We need your help! You can help us if you have skills. We need a three-sink system, a commercial dishwasher, etc., and stainless steel tables. You can help us by offering financial assistance. Please call us at 223-5255," urged a flyer from the Sisters Of The Road Cafe.

For the past four years, the cafe, 133 N.W. 6th Avenue, has offered low cost meals and job experience for residents of the Burnside Community. But the present location has outlived its usefulness and in order to serve their clientele more effectively, Sisters Of The Road will move into new quarters—303 E. Burnside, next door to Baloney Joe's—the first of the year.

Genny Nelson, one of eight managers at the cooperative cafe, said the new location will be at least three times as large as the present site. "It will allow us to barter with more people," she said. Bartering is the cafe's way of letting people retain their dignity.

If a person cannot afford the 40 cents minimum or the \$1.65 maximum for a meal, the cafe allows the individual to work (barter) for payment of the meal.

When the non-profit cafe opened on November 7, 1979, their intent was to address three specific needs:

To be a safe public place for women; to offer people nourishing meals that are sensitive to the low-income or the no-income of the Burnside Community; and to offer job experience to residents in the neighborhood.

The need for a Sisters of the Road Cafe cannot be overstated.

Donald Smith, a 53-year-old unemployed laborer, knows that. "I



Customers of the Sisters of the Road Cafe include the "down and out" who contribute a little work for their dinners and those who want a cheap but nutritious meal. (Photo: Richard Brown)

eat at the Sisters Of The Road quite often," he said. "They serve a very nice meal. I work for exchange of food. I also sell plasma (to get pocket money)."

Smith consented to an interview while having Thanksgiving Dinner at Baloney Joe's Tuesday, November 22. His comments about the meal were, "It's a chance to have a decent meal. I'm grateful to get it—you'd better believe me."

Many people commented about the meal, saying such things as "We

eat like this two or three times a year," and "The meal was very good but I'm a proud man."

Genny Nelson knows about pride. She knows what it means to have dignity, and her eyes sparkle with rage as she talks about her neighborhood, the Burnside Community.

"What we need is jobs. Unemployment in this neighborhood, I would say, has been upward of 50 percent for the past couple of years," she said. "A lot of people who live in this neighborhood are not psychologically or physically ca-

pable of working eight-hour shifts, but that doesn't mean they don't want to pay their way."

She said about 300 people visit the cafe in any given day. Approximately 30 are barterers, and "We are seeing more single-parent families."

According to Nelson, the cafe's budget is derived through the sale of meals, donations, private foundations and grants. She added, "So far, we have stayed away from federal money. We didn't want that to inhibit the cafe."

## You can help this Holiday season, here's how:

### Christmas tree lot to benefit KAO

An indoor Christmas tree lot to benefit the Kidney Association of Oregon will open on Saturday, December 3. Located at 7008 N. Interstate (one block south of Fred Meyer), the lot will be open from 10:00 a.m. - 10:00 p.m., until December 23.

Purchases of the Douglas fir trees are tax deductible. Jerry Thompson, president of the sponsoring JFTHOI CB Club, said that holiday gift wrap and two-year calendars will also be sold to benefit KAO.

Santa Claus will visit the Christmas tree lot December 17 from 10:00 a.m. - 1:00 p.m. and from 4:00 - 7:00 p.m. On December 18 he will visit from 12:00 - 4:00 p.m. For more information about the sale, call KAO at 635-9977.

The Kidney Association of Oregon is a private, non-profit organization that provides essential services and medications to over 500 Oregonians with kidney failure.

### Food drive scheduled

"Help us help others," urges Tim Hornbecker, executive director, St. Vincent de Paul. "Last Christmas St. Vincent de Paul delivered food to 4,762 families in the greater Portland area."

Scouts and other volunteers will pick up contributions and non-perishable foods door to door in Portland neighborhoods Saturdays, December 3 and 10. All St. Vincent de Paul volunteers will have identification badges. Food may be taken to any St. Vincent de Paul store or

to the St. Vincent de Paul barrel in Yamhill Market December 1-15.

Low income families who need food this Christmas are encouraged to call St. Vincent de Paul, 232-9797, between November 28 and December 9 or come to St. Vincent de Paul, S.E. Powell at 28th.

An annual household income of approximately 125 percent of federal poverty guidelines qualifies families for assistance.

A St. Vincent de Paul night has been scheduled at the Portland Winter Hawks game Sunday, November 27. Kids under twelve will be admitted free with two cans of food.

Volunteers are needed December 5 through December 16 to sort and package food and December 17 to help with deliveries. Boxes will include staples for a week, as well as poultry and other ingredients for a special holiday meal.

### Help the year 'round

How can you help make Christmas a time of joy and discovery for some one less fortunate? It's easy! Give to The Salvation Army. Your gifts to The Salvation Army will brighten Christmas for so many people. A lonely senior citizen. A small boy with no dad. A frightened teen awaiting the birth of her first child. A young family in crisis. Help The Salvation Army help them with your generous contribution.

Months of careful planning go into The Salvation Army's food solicitation and distribution work.

Much of the food is stored at the Hawthorne Street family service office, as well as at three other Salva-



tion Army family centers around town—one in Gresham, one in North Portland and one in Hillsboro.

When qualifying families come to The Salvation Army for food baskets, depending on the family's size, they'll receive three day's worth of canned and frozen foods.

Items that go into food baskets vary from day to day because the on-hand stock of food varies from day to day. Usually, canned vegetables and fruits, canned meats and fish, potato flakes, juice, bread

and margarine are included.

When they're available, staples like flour, corn meal, quick oats and dried grains also are given out. Occasionally, The Salvation Army has coffee and tea, and they always try to have canned baby formula for young mothers.

Surprisingly, The Salvation Army's family services department distributes food not just at Christmas, but year-round. Besides that, regular, daily lunches are available to senior citizens at The Salvation Army's Rose Center, and at the Harbor Light Center The Salvation Army serves soup kitchen fare to about 300 transients daily. (234-0825).

### Red chimneys feed families

Once again, the Volunteers of bells and collecting donations for people in need.

The theme for the fundraising effort is "Feed A Family." Money collected in the chimneys supports the Volunteers of America's Emergency Food program, which provides food vouchers to hungry families during the holiday season and throughout the year. Last year the Volunteers of America, Oregon, Inc., helped over 2500 people with this program.

Those wishing to donate to the Food Program should drop their contributions in a red chimney or mail it to the Volunteers of America, 537 S.E. Alder, Portland, Oregon, 97214. People in need of food assistance should call 232-4117.

### Workshop studies how to be certified

On Friday, December 2, 1983, the American Contractor Publication is sponsoring a Highway Construction Certification Process Workshop. It will be held at the Coliseum Holiday Inn in Portland located at 10 N.E. Weidler (239-9900).

The workshop will run from 9:00 a.m. to 11:00 a.m., thus allowing workshop participants to attend the Minority Business Opportunity Committee Luncheon at 11:30 a.m. at the Benson Hotel. The workshop will resume at 2:00 p.m. and will run until 4:00 p.m. with no-host cocktails following. There will be a \$5.00 registration fee for the workshop.

Workshop participants will include U.S. Congressman Ron Wyden's office and the Federal Highway Administration. Others invited include certification representatives from Oregon, Washington, Idaho and Alaska.

## Home for unwed mothers opens

The Give Us This Day, Inc., Gantenbein House for unwed mothers will officially open December 4, 1983, with Open House from 3-5 p.m. The purchase agreement for the facility was made October 4, 1983, and numerous volunteer hours have been spent painting, repairing and furnishing the home.

This house is the first of several planned for the Portland area with the objective of providing an alternate family setting for girls (12-19)

who would otherwise have no other shelter or would opt to abort their children.

The Gantenbein House will house three young girls, and house parents, providing a complete program of pre- and post-natal care, career development preparation, health and nutritional planning for mother and child, parenting and transitional help that will provide an alternative to the usual programs where the girls are kept until after childbirth and let go. The young women will be given transitional help back into their own families where family counseling will be available to the entire family so that the chances of another pregnancy can be prevented, or they will enter a job training program to enable them to have gainful employment.

As part of the program, the young

women will be expected if physically able to spend one or two days per week while waiting, working in a "service or helping organization," i.e., care homes, public day care centers, or as a hospital volunteer. Because of the "extended family" setting the girls will be expected to take part in family chores and family meetings and recreation.

Give Us This Day, Inc., is a total family counseling organization with services in respite care (family homes for adolescents and unwed mothers), community services (they serve food and furniture for 35 families per month). In addition G.U.T.D. is an adoption recruitment agency for hard-to-place children.

The public is invited to view the Home from 3-5 p.m., December 4th, at 4032 N. Gantenbein, Portland.

### THE OREGON HEALTH SCIENCES UNIVERSITY IS OFFERING FREE SCREENING FOR COLORECTAL CANCER OR POLYPS

Persons 45 years or older may be eligible for research study. If criteria are met, screening procedures will be offered.

For information contact Cindy van Dijk at the Division of Gastroenterology 225-8577 Between 1-4 P.M. Monday through Friday

### SABRINA's Hair Boutique

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followed by a demonstration on the mini-trampoline to teach pain release, the function of the lymphatic system and the importance of the mini-trampoline as a health aid.

An internationally recognized lecturer and teacher, Dr. Burgess holds classes on herbs, iridology, kinesiology, lymphology, holistic health and nutrition.

Both Tom and Jeanne have earned degrees in Iridology from Bernadine U., Master Herbalists from Dominion Herbal College, B.C., Certified Kinesiologists and Touch for Health instructors for the Touch for Health Foundation.

This is an educational lecture on herbs and their uses, not a sales meeting.

For more information call: Adolph Brown, 284-5142 • 771-3933

Date: Wed., Dec. 7th, 1983 Time: 7:30 p.m. to 9:30 p.m.

Place: 1712 N.E. 11th (across from The Pantry restaurant)

### Low Income Energy Assistance Program

#### Who is eligible:

Eligibility varies depending on household income. You must apply and have proof of all household income. You must be within 125% of the poverty guidelines

Medical cost can be deducted before determining household income. Determining household income—example: A one-person household with an income under \$6,075 could be eligible. Another example would be a household of four would need to have an income under \$12,375 to be eligible.

#### What do you need to apply for this help:

You must provide proof of all household income during the last 90 days or 12 months. You must also provide a current electric bill and heating bill from your present address, and proof of paid medical insurance premiums and paid medical bills over the last 12 months. Proof of Social Security numbers for all members of household over 18 years of age.

#### Who do I contact:

For further information, contact Urban League Energy Assistance Project at one of the following locations:

Urban League Senior Center 4128 N.E. Union Portland, OR 97211 WEEKDAYS 288-8338	Hollywood Senior Center 1820 N.E. 40th Ave. Portland, OR 97212 WEEKDAYS 288-8303
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#### Senior Citizens (age 60 or over only):

Urban League Field Office 5329 N.E. Union, Room 218 Portland, OR 97211 (503) 249-5808	State Community Service Program 313 Public Service Bldg. Salem, OR 97310
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#### Appointment (not seniors):

Scheduled appointments will be Monday thru Thursday, 9:15 to 11:30 a.m., and 1:15 to 3:45 p.m.

### Get Ahead of the Gang

Our Consumer Information Catalog is free, and it lists more than 200 useful government booklets to help you be informed. Write: Consumer Information Center Dept. MR, Pueblo, Colorado 81009