



# tower talk

american plaza newsletter

Volume II, No. 2

Portland, Oregon

June 1985

## Fischer's Catch by Jean

The June coffee raked in a lot of quarters so everyone must have had a good time — even the swimming class dripped in — oops — dropped in. Sorry, girls!

## Happenings

There won't be a coffee in July, as the first Thursday falls on July 4th! The next week on Saturday, July 13th, will be the Annual Spring Party, and you'll surely want to attend. It will be from 5:00 P.M. to 8:00 P.M. in the Sivers Center — the dress is casual or, if possible, Hawaiian. There will be a charge of \$1 each and bring your own canapes, or \$6.00 for the beef. Bring your own liquor — mix will be available, as well as an non-alcoholic beverage. Byron and Frances Adams are in charge of the party and decorations and ably assisted by Shirley and Jake Jacobsen who will greet you and collect your \$1; David Chambers behind the "bar"; Don Luginbuhl providing and cooking the beef; Margo Tabler, our photographer; Grace Brown, our Social and Recreation Chairperson; Leon and Barbara Ray, the invitations; and Elizabeth Miller who will take your reservation and payment for the beef. It should be a fun evening! Hopefully, the weather will cooperate — it probably will be lovely now that the Rose Festival is over. Right? So dust off the muumuu or Hawaiian shirt — put a Hibiscus in your hair or between the teeth and plan to attend!!

## The Leisure Splash!

Large pool, but small splash! — Thought you might be interested. For some of us who are chicken and believe that one's head should be above water and our feet touching the bottom at all times, the aerobic swim class is super. The exercises are non-violent (the best kind)

and the only resistance you face is the water itself, so at the end of a very pleasant hour, there is no pain and/or paralysis — you can even visit with your classmates during the class. Our instructor, Julie, is a very lovely and attractive young lady and a pure delight as she guides us through the exercises. So in case you thought the class was a Jane Fonda workout under water, fear not. Imagine yourself in the picture; standing (or clutching the side, as the case may be), shoulder deep in warm water, doing non-violent exercises and visiting with neighbors. Not even a wet hair on the head — sound good? Come join — you men too. It's a good-for-everyone class and good for the bod as well. Perhaps enough interest, from the women as well as the men, will warrant an evening class??

## Towers and Trowels

The May 26th Garden Club was not that well attended, but those of us there were, again, treated to Mr. Trachtenberg's knowledge and were very grateful for his time spent with us. Generally, he repeated the soil mixture, which you should have at your fingertips in the March newsletter! However, if your file system is askew, here's the formula for a 16 X 14 inch pot:

- 1 cup Vermiculite
- 1 cup Perlite
- 2 cups steer manure
- 1 cup general fertilizer (5-10-10)

This could be scaled down for smaller containers, or you might want to get a large covered can and have a supply available. Water the plants after planting with Shultz Liquid Fertilizer. Always use tepid water for both indoor and outdoor plants, but don't water at night. The fertilizer can be used as often as you like, but Mr. Trachtenberg suggests once every two weeks. He recommends Miracid (Ortho) as a fertilizer for evergreens, and says



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Jean Fischer, Editor  
Lee Funes  
Ruth Press  
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that should you need to spray your evergreens and shrubs for insects, get a  $\frac{1}{2}$  gallon pump that has sufficient power to do the job. Do not leave any spray in the pump afterwards. Rubber household gloves are a good investment to protect your hands as you lift and spray branches. You can generally mix enough just for the job at hand. By the rule of thumb, measurements are as follows:

- 80 drops - 1 teaspoon
- 3 teaspoons - 1 tablespoon
- 6 teaspoons - 2 tablespoons or 1 fluid ounce

Another good product is Ortho's systemic spray, "Orthene" which can be applied as directed. A good hint Mr. Trachtenberg had was the purchase of small plastic pill dispenser cups found at drugstores, as they have measurements right on them and are easily found. So for now, and until we have another meeting in September, the instructions are for "care and maintenance." Keep your plants properly watered — the moisture probe will help here and for house plants as well, and also saucers under your planters will hold and supply extra water too. Spray for nasty critters, should there be any, and "enjoy your decks." In September, Mr. Trachtenberg will advise us as to how to get winter-ready. Oh yes, don't feed any outside plants or shrubs after the last week in August - they need to harden off. Thanks again, Mr. Trachtenberg for your time. We all look forward to future meetings and advice.

## Grant Grotto

Well — Land A Goshen — The Grant so called, "pit" is beautiful!!! There are ferns, rocks and new plantings — fantastic! I was so overwhelmed by the new arrangement, I thought a new name was in order, so without any authority whatsoever, I decided it should be referred to as the "Grant Grotto." Actually, my husband thought of it and I think it's rather nice. When you're out and about, take a look. Rather a classy look for a once - pardon the expression - pit fall! A shower of praise to the Landscape and Grounds

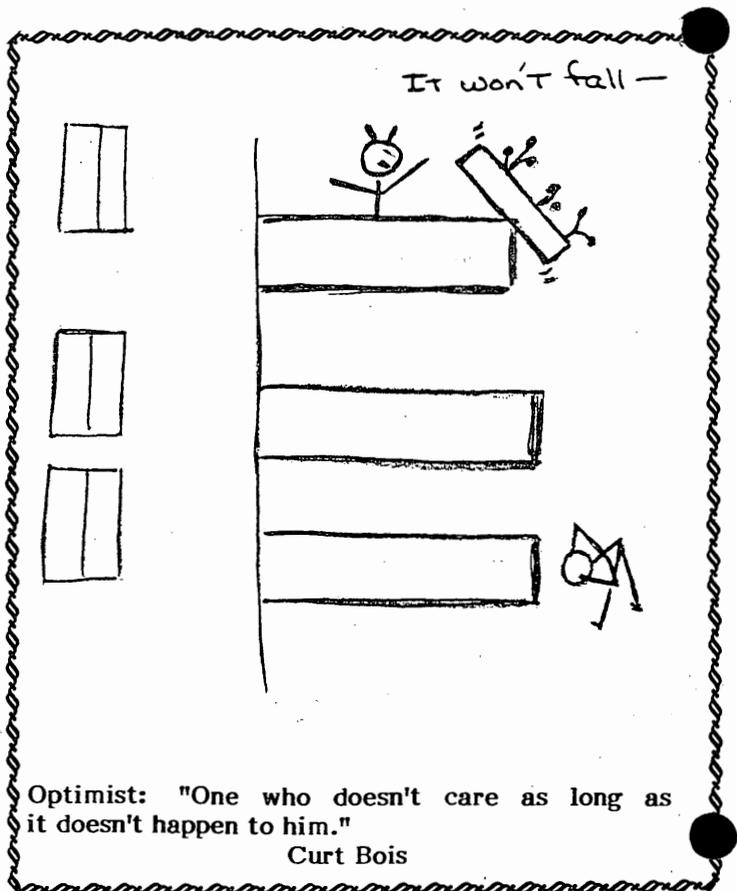
Committee! You can now go down for the mail without cringing. Right Grant residents?

## Observations

While in the pool for the class, (again proving the head is above the water) it's noteworthy to report the painting progressing nicely in the pool area and in the women's dressing room — must assume the same is true of the men's room!! It will look very nice and clean when finished and surely will be nice to point with pride to our pool again!

## Neighborhood

A Downtown Neighborhood Association that keeps current on neighborhood issues such as the development of our area, the waterfront, and the downtown core meets on the third Tuesday of every month at the First Congregational Church on Southwest Park and Madison at 7:00 P.M. Entrance to the meeting is on Madison Street. If you would like to receive their mailings or get more information call Joy Stricker 248-4592. If you would be interested in attending meetings of the Downtown Neighborhood Association and reporting back to APCA, please call Diana at 222-7243 and let her know.



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A message to our Friends and Customers at the Condo's - LINCOLN, MADISON & GRANT

SYLCO ALUMINUM PRODUCTS, Inc. has been serving your glass insulating needs since 1982. We look forward to serving more of your insulating needs with our custom Patio Storm Doors, Inside Storm Windows, Storm Doors and Security Storm Doors.

We would like to take this opportunity to introduce our new representative JIM HENDERSON. New to you he may be, but Jim joined SYLCO after completing his education over 10 years ago. We are sure you will find Jim very pleasant, courteous, and knowledgeable.

We all look forward to serving you. Our motto is "Service & Happy Customers." For free product demonstrations please call 236-5654 or in the evening 224-0270.

Thank-you,

*Catherine M. Cornelius*

Catherine M. Cornelius  
Grant Tower #1525  
224-0270

(This is a paid advertisement)

# MANAGER'S NOTES

by David Stephens

## Patios

Summer is here and we are all looking forward to warm dry weather and summer sun and fun. Patios will be in use again with deck doors and windows open. One of the most common complaints we receive in the summer is about cigarettes or other trash being thrown off patios. Guests often don't realize that the gardens they see below are the private area of a garden unit. They would probably not realize either that a cigarette tossed from the 16th or 17th floor might as easily land in someone's ice-cream on the 15th floor as in someone else's champagne in a garden unit patio. While it is better that it land in ice-cream or champagne than on someone's new sportcoat or beloved cat, it would be best not thrown at all — so I hope you will all make sure your patio has a good trash receptacle and some ashtrays and that we all have a great summer.

## Jacuzzi

Thanks to all for your cooperation in leaving the weirs (flappers) of the Jacuzzi in place. Since I mentioned the problem in this column and asked your cooperation no more weirs have been removed!

## Outdoor Pool

The Lincoln outdoor pool was opened on Memorial Day and is heated and ready for use. On cooler days we are leaving it covered for energy conservation, but will gladly remove the cover for anyone who wants to swim. Just call the office, 222-7243, and someone will be sent to roll the cover back for you.

## Lounge Chairs

If you are bringing your own lounge chair to the pool, please take it with you when you leave to store in your unit or storage locker. If that seems too much trouble, and you are not worried about losing it entirely, please fold it and put it in the pool dressing room.

## Lockers

Lockers have been installed in the dressing rooms in Sivers Center. Bring your own padlock lock up your possessions while swimming. assure that lockers are used only while the user is actually in the recreation center, lockers

will be checked open and empty each evening when the pool is closed.

## Agenda Items

If there are topics, problems, or areas of concern that you would like to bring to the attention of the Board of Directors, just write them down and drop them in the APCA mail slot on the mailroom door. If you would like to have these topics discussed at a board meeting, just ask to have your topic placed on the meeting agenda. The meeting agenda is usually set in the first week of the month so topics that come in just before the Board meeting may not be dealt with until the following month, but they will be dealt with!

## Guest Speakers

The Board is considering having forums or guest speakers on special resident interests following regular Board Meetings when possible, so your topic ideas are welcome. A speaker from the City Planning Bureau has been invited to discuss the Waterfront Development and the Downtown Neighborhood immediately after the July Board meeting at 8:30 P.M., July 18 at the Sivers Center. Hope you can attend.

## Plugged Gutters

The maintenance staff would like to remind all residents that the rain gutters on each patio are designed for water only. Dirt, leaves, twigs, etc. plug the gutters easily. All three towers have had plugged gutters recently. When this happens and then it rains, water backs up onto the patios and can cause water damage to that unit or the unit below. Some plugging is probably inevitable, but if everyone is careful when planting to sweep up twigs, dirt and leaves and dump them in the trash chute, we can keep it at a minimum.

## Rules & Regulations

I will be working with the Rules and Regulations Committee (Nancy Rangila, Chairperson) on a Residents Handbook. We would appreciate resident input on what rules we should have but don't and what rules we do have but should not. Your help in identifying problem areas would be appreciated. Just write your comments down, address them to me, Dave Stephens, and drop them in the APCA mail slot on the mailroom door in your tower. We would like to get this project finished by the end of July, so let us hear from you soon.

# Classes

The next session of four week classes will begin the week of July 15 and run through August 9th, according to Robin Lawson of Enrichment Unlimited. The classes offered are:

Water Fitness Fun, 9:30 - 10:30 A.M., MWF  
Fee: \$32 Instructor: Julie Arnold

A.M. Stretch & Tone, 7:00 - 8:00 A.M., TTh  
Fee: \$22 Instructor: Julie Arnold

P.M. Stretch & Tone, 7:30 - 8:30 P.M., MTWTh  
Fee: \$42 Instructor: Julie Arnold

Beginning Bridge, 7:30 - 9:30 P.M., Mon  
Fee: \$27 Instructor: Ross Rainwater

Intermediate Bridge, 7:30 - 9:30 P.M., Wed  
Fee: \$27 Instructor: Ross Rainwater

Beginning French, 7:00 - 9:00 P.M., Thurs  
Fee: \$22 Instructor: Ben Warnstrom

Beginning Calligraphy, 11:00 - Noon, Wed  
Fee: \$27 Instructor: Mary Ewing

Ms. Lawson pointed out that the class series have been designed for and limited to American Plaza residents. She added that in response to several requests she is planning to offer a monthly Book Review

and Lunch on the fourth Friday of each month from 11:00 A.M. to 1:00 P.M. for American Plaza residents and their guests. The Reviewer is Amhurst Graduate Douglas Hawkins of Annie Bloom's Bookstore. The lunch will be a box lunch from the Elephant Deli. The cost per person is \$15.

## Special Seminars

Two Special Evening Seminars are also planned for American Plaza residents and their guests. The seminars are scheduled for 7:00 to 9:00 P.M. at a cost of \$8 per person for each session. Light refreshments will be served. On Sunday, July 14th the topic will be "Expressing Yourself through the Language of Clothes". Instructor Jill Sloan of Beauty for All Seasons will deal with clothes and the success image, color, and wardrobe planning.

On Friday, July 26th Dr. Lester Kirkendall, Professor Emeritus, O.S.U., retired, will present a lecture on "Andrei Sakharov and the Humanist Movement in the Soviet Union" and discuss what is happening to the Nobel Peace Prize Winner and father of the Soviet H-Bomb, and whether liberal humanism is alive and functioning in the Soviet Union.

## How To Enroll

Class minimum size is eight so programs that do not meet that enrollment will be cancelled, according to Ms. Lawson. To get more information about any of the classes and to enroll call Robin Lawson at 297-2707.

### AMERICAN PLAZA CONDOMINIUM ASSOCIATION

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