JOIN US! ¡ÚNASE A NOSOTROS!

WHEN CUÁNDO	WHERE DÓNDE	TAKING TRIMET? ¿TENIENDO TRIMET?
Saturday February 23, 2013 9:30 a.m. – 3 p.m.	Ron Russell Middle School 3955 SE 112th Ave	BUS #9 SE Powell & 112th BUS #17 SE Holgate & 112th Call 503-238-RIDE or visit www.trimet.org for schedule information

Bureau of Planning and Sustainability
Innovation, Collaboration, Practical Solutions.

www.portlandoregon.gov/bps

THE FIX-IT FAIR IS SPONSORED BY: LA FIX-IT FAIR ES PATROCINADA POR:

PGE
EnergyTrust of Oregon, Inc.
LEGACY HEALTH | EMANUEL MEDICAL CENTER
PACIFIC POWER Making it happen.

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¿QUÉ ES LA FIX-IT FAIR?

La Fix-It Fair es un evento GRATUITO de la Ciudad de Portland en donde usted puede aprender maneras simples de ahorrar dinero y conectarse con recursos. Únase a sus vecinos y hable con expertos sobre la manera de gastar menos y mantenerse saludable.

EXHIBICIONES

PROTECCIÓN CLIMÁTICA
SALUD Y NUTRICIÓN
AHORRO DE AGUA Y ENERGÍA
RECICLAJE
CUIDADO DE PATIO Y JARDÍN
RECURSOS COMUNITARIOS

CLASES

Aprenda maneras simples y asequibles para mejorar su hogar. Clases de 45 minutos ofrecidas cada hora –vea el horario adentro.

ALMUERZO GRATIS
ANÁLISIS DE PLOMO GRATUITO
GUARDERÍA A GRATIS
GANA PREMIOS CADA HORA

BRING YOUR BAG

No olvide llevar una bolsa reutilizable para los recursos de Fix-It Fair Sala de Exposiciones y la información.

¿PREGUNTAS?

503-823-4000 Se habla español.
fixitfair@portlandoregon.gov
www.portlandoregon.gov/bps/fif/esp

FOCOS AHORRADORES DE ENERGÍA

GRATIS

Disponibles hasta agotar existencias

WHAT'S A FIX-IT FAIR?

The Fix-It Fair is a FREE City of Portland event where you can learn simple ways to save money and connect with resources.

Join your neighbors and talk to the experts about how to spend less and stay healthy.

EXHIBITS

WEATHERIZATION
HEALTH AND NUTRITION
WATER AND ENERGY SAVINGS
RECYCLING
YARD AND GARDEN CARE
COMMUNITY RESOURCES

WORKSHOPS

Learn simple and affordable ways to improve your home. 45 minute classes offered hourly — see schedule inside.

FREE LUNCH
FREE BLOOD LEAD TESTING
FREE ON-SITE
PROFESSIONAL CHILDCARE
DOOR PRIZES EVERY HOUR
FREE BIKE REPAIR

BRING YOUR BAG

Remember to bring a reusable bag for the Fix-It Fair exhibit hall resources and information.

QUESTIONS?

503-823-4309 | fixitfair@portlandoregon.gov
www.portlandoregon.gov/bps/fif

ENERGY SAVING LIGHTBULBS

FREE

Available while supplies last

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Innovation, Collaboration, Practical Solutions.
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OPEN IMMEDIATELY

26TH ANNUAL NEIGHBORHOOD

FIX-IT FAIR

HEALTHY FAMILIES, HEALTHY HOMES

SAVE MONEY THIS WINTER!

FREE HEALTHY HOME WORKSHOPS!
ENERGY AND MONEY-SAVING TIPS!

CLASES GRATUITOS PARA UN HOGAR SALUDABLE
CONSEJOS PARA AHORRAR ENERGÍA Y DINERO
¡CLASES EN ESPAÑOL!

Saturday, February 23, 2013
9:30 a.m. to 3 p.m.
Ron Russell Middle School
3955 SE 112th Ave

www.portlandoregon.gov/bps/fif

Presented by the City of Portland Bureau of Planning and Sustainability

WORKSHOP SCHEDULE

HOME AND PERSONAL HEALTH
HOGAR Y SALUD PERSONAL

10 AM – HEALTHY HEART: Food and lifestyle changes that lower blood pressure and cholesterol. **National College of Natural Medicine**

10 AM – LEAD POISONING PREVENTION: Protect you and your family from lead poisoning. Receive a free lead safety kit. **Community Energy Project**

NOON – ECO-HEALTHY HOMES: Identify and avoid toxic risks in your home environment. **Oregon Environmental Council**

NOON – MOLD: Assess your home's risk for mold. Identify, clean and prevent mold from recurring. **Multnomah County Health Department**

1 PM – BEDBUGS: What they are, and how to prevent and safely control an infestation. **Multnomah County Environmental Health**

1 PM – NUTRITION ON A BUDGET: Recipes for healthy and affordable dishes. **Health Coach Resource**

2 PM – AGING-IN-PLACE: Simple home retrofits, green materials and local resources to help your home serve your needs as you age. **Green Building Hotline**

2 PM – ALL-SEASON CYCLING: Experienced riders share techniques for staying dry and warm when cycling. **Portland Bureau of Transportation**

2 PM – HEALTHIER RELATIONSHIPS FOR YOUR TEEN: Best practices for talking with youth about healthy relationships, warning signs of abuse, technological and social abuse, jealousy, power and control, gender roles and media literacy. **Raphael House of Portland**

HOME REPAIR AND UTILITY SAVINGS
AHORROS EN, COBROS DE SERVICIOS PUBLICOS

10 AM AND 11 AM – 10 TIPS FOR ENERGY SAVINGS: No- and low-cost improvements in the home. **Portland Bureau of Planning and Sustainability**

10 AM AND 11 AM – FURNACE OVERVIEW: Basic operation, safety, and energy savings. **Multnomah County Low-Income Weatherization**

11 AM – LEAD SAFE HOME PROJECTS: Accessible and easily applicable Lead Safe Work Practices for anyone. Receive a free lead safety kit. **Community Energy Project**

NOON – SAVE WATER, SAVE MONEY: Simple home repairs and modifications to conserve water and reduce sewer and water bills. Receive a free water conservation kit. **Portland Water Bureau**

NOON AND 1 PM – WEATHERIZATION: Simple tools to conduct small-scale, draft-stopping weatherization at home. Receive a free weatherization kit. **Community Energy Project**

1 PM – WINDOW REPAIR: Simple repairs and ways to increase the energy efficiency of old windows for less money than buying replacement windows. **Oregon State Historic Preservation Office**

2 PM – DOWNSPOUTS AND STORMWATER SYSTEMS: Make safe stormwater choices for your property, and maintain stormwater systems. **Portland Bureau of Environmental Services: Stormwater Retrofits**

2 PM – HIRING A LICENSED CONTRACTOR: Be informed when you make this important decision for a successful building or remodeling project. **Oregon Construction Contractors Board**

SOUND MONEY AND SAFE HOME
SU HOGAR, SU DINERO

10 AM – CREDIT REPAIR: Start repairing your credit and explore your legal rights as a borrower. **Hacienda CDC**

11 AM – FORECLOSURE PREVENTION: Explore borrower options for resolving mortgage issues. **Hacienda CDC**

11 AM – RADON: Techniques to test your home for radon, understand the results, and correct problems. **Multnomah County Environmental Health**

NOON – RESOURCES FOR ALL INCOMES: Money management tools, access to health care, SNAP program, free tax preparation and community resources. **Multnomah County Commission on Children and Families**

1 PM – PROTECT YOUR RIGHTS: Develop a plan to help avoid and resolve identity theft and other legal issues — both big and small. **Mirra Financial Health Consulting**

2 PM – BUDGET RIGHT TO SAVE MONEY: Budgeting methods, sticking to a budget, debt reduction, saving money, and using credit. **Mirra Financial Health Consulting**

NO NEED TO REGISTER!

To help ensure equal access to City programs, services and activities, the City of Portland will reasonably modify policies/procedures and provide auxiliary aids/services to persons with disabilities. Call 503-823-4309 with such requests.

YARD AND GARDEN
PATÍO Y JARDIN

10 AM – BASIC GARDENING: Fundamentals of vegetable gardening in the Pacific Northwest. **Oregon Food Bank**

10 AM – ECOROOFS: How they work, why they're significant, and how you can have one on your home. **Portland Bureau of Environmental Services: Ecoroofs**

11 AM – BUILDING BACKYARD HABITAT ON A BUDGET: Simple strategies for living with urban wildlife and enhancing habitat at a low cost. **Audubon Society of Portland and Columbia Land Trust**

11 AM – NATURESCAPING: Save time and money while creating a lush low-maintenance landscape. **East Multnomah Soil and Water Conservation District**

NOON – KID-FRIENDLY PLANTING: Family-focused introduction to gardening easy-to-grow vegetables and seeds that aren't difficult for small hands to plant. **Growing Gardens**

NOON – RAIN GARDENS: Utilize the rain to create a lush landscape. **East Multnomah Soil and Water Conservation District**

1 PM – CONTAINER GARDENING: Discover which plants are best, what size containers to use, and where to locate containers for healthy plants. **Oregon Food Bank Learning Gardens Program**

1 PM – GENERAL TREE CARE: The basics of tree care and pruning. A certified Arborist will demonstrate tree pruning on school trees and general tree assessment. **Portland Parks and Recreation**

2 PM – COMPOSTING: Tips to set up and maintain a compost system or worm bin. **Growing Gardens**

PORTLAND PARKS AND RECREATION GUIDED TREE TOUR

11 AM – Fun tree walk will cover examples of mature tree care, tree hazards, street tree selection and pruning young trees for healthy branch structure.

Please wear weather appropriate clothing; tours will be held outdoors.

HORARIO DE CLASES
EN ESPAÑOL
SIN REGISTRARSE

10 AM – HABLEMOS SOBRE LA SEXUALIDAD: Los padres/madres aprenderán como hablar con sus hijos(as) sobre la sexualidad sana. **Opciones Y Educación (OYE) Latino Sexual Health Coalition**

11 AM –COMIDA SALUDABLE CON UN BAJO PRESUPUESTO: Aprenda a planificar y comprar comidas sencillas, económicas y saludables con un presupuesto limitado. Comparta consejos y recetas con otros participantes. **Zenger Farm**

NOON – DERECHOS COMO INQUILIONO EN OREGÓN: El saber es poder. Protéjase usted y a su familia aprendiendo acerca de sus derechos como inquiliono en Oregón. **Community Alliance of Tenants**

1 PM –COMO MANTENER UN CALENTÓN: Operación básica, seguridad, y ahorro de energía. **Multnomah County Weatherization**

2 PM – RECURSOS PARA CUALQUIER INGRESO: Finanzas, historial de crédito, preparación de impuestos, seguro medico, Estampillas de Comida, y como tener acceso a diversos recursos. **Multnomah County Commission on Children and Families**

Para ayudar a asegurar igualdad de acceso a los programas, servicios y actividades de la Ciudad, la Ciudad de Portland modificará razonablemente las políticas y procedimientos y proporcionará ayudas y servicios auxiliares para personas con discapacidades.

Llame al 503-823-4000 para solicitarlos.