



CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association | concordiapdx.org

January 2011



Be a part of what's happening
in the neighborhood.

General Membership

January 4 at 7 P.M.

Concordia University, Luther Hall Rm 121

**Land Use/Livability/
Transportation Meeting**

January 6 at 7 P.M.

McMenamins Kennedy School,
Community Room

Wellness Committee

January 5 at 7 p.m.

Café Vita (formerly Concordia Coffee
House), 3023 NE Alberta St.

Tree Team Meeting

January 6 at 6 P.M.

New Seasons

Board Meeting

January 11 at 7 P.M.

McMenamins Kennedy School,
Community Room

Media Committee

January 12 at 6 P.M.

New Seasons

January Board Meeting

by Ken Forcier, CNA Chair

The general meeting this January 4 will be held in Luther Hall room 121 at Concordia University. The topic will be Columbia Biogas (CBG). There will be a presentation by John McKinney, president of the company. Columbia Biogas will be housed in an anaerobic composing facility that will be constructed at 6849 NE Columbia Blvd., an industrial-zoned portion of the Cully area, our neighbors to the east.

CBG will convert food waste from restaurants, breweries, the airport, and industrial food plants into methane gas which it will then use to generate electrical power with four mighty engines. The positive side is that it is projected to keep about 200,000 tons of waste out of landfills or the sewer system, and produce enough electricity to power up to 5,000 homes.

The drawbacks of the project will be primarily borne by the residents of Cully. Noise, smell, traffic and potential rodent issues are concerns that have surfaced among residents that live near the site. Annually, tons of exhaust gases and particulate will be released. Processed water extracted from the biofuel to the tune of 40,000-60,000 gallons per day may end up being released into the Columbia slough which borders the property. The Department of Environmental Quality (DEQ) is processing permit requests in these amounts and likely will be issuing them. Metro has signed off on a "Franchise Agreement" for seven years of operation.

It looks as if this power plant, which is called a "Waste Transfer Station" by these permitting entities, will be built and become operational beginning in the summer of 2011. This is cutting-edge European technology making its debut here in Portland and it is generally well received. Come hear about this technology and the neighborhoods' reactions. We will gladly answer your questions and concerns.

Special thanks to the following for donations to our annual holiday party:

Concordia University, for providing the room, decorations, and beverages and the Concordia University Brass ensemble for providing holiday music. New to this year's event was the Pie Walk (which may become an annual tradition!). Gift certificates were provided by Earlene Bailey, pies were donated by Random Order, and your board members (including a shoe fly pie!) If you were the recipient of the shoe fly pie, please let us know how you liked it!



Catering provided by Rosie Gomez and family



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Chair's Corner

By Robin Johnson, Co-Chair

Last night the Concordia Board met for the last meeting of 2010 and during the meeting honored two exceptional Concordia leaders, Anne Rothert and Belinda Clark, as they bid us farewell as Chair and Co-Chair of our neighborhood association. They won't be going far though and for this we are thankful. Belinda will stay on the board and is the acting managing editor of the Concordia News until a replacement is found. Anne, while she won't be serving on the board the coming year, has promised to stay involved in events and will continue to work with the group working to revitalize 42nd Avenue.

Katie Ugolini, current board member and Social Committee Chair extraordinaire said a few words on behalf of the board that really says it all and here it is: "I speak for the entire board when I say 'thank you' for your leadership and all your effort and toil over the past two years. Both of you served with grace and wisdom. You acted kindly, you listened respectfully to board members and neighbors, and you always distinguished between what was personal and what was not. You never put yourself at the center of things and acted not from arrogance, but out of service. We, the board, look back with graciousness and thanks for your great and quiet achievements for the neighborhood. We wish you all the best in your future endeavors and know that you will continue to be respected citizens and leaders in whatever you do. May your leadership and service continue to be for you a true adventure of growth." Ken Forcier and I will take these thoughtful comments on successful leadership with us as we venture forth as the new Chair and Co-Chair in January. So again - our heartfelt thanks and congratulations to Anne and Belinda for a job wonderfully done.

I am looking forward to the New Year and dedicating time and effort to working on neighborhood group activities as Co-Chair. I'm a relative "newbie" to the neighborhood, having moved from Eugene just three years ago. I decided early on to join the Concordia Board two years ago, because I think our neighborhood represents the very best of Portland. I have really enjoyed getting to know my neighbors through participating in all the activities and events of this very active and vibrant neighborhood group.

Planning for the next three general meetings is in the works and here is a brief preview. Our tentative plans include: January 4, Columbia Biogas will make a presentation on

the plant they intend to construct and operate at 6849 NE Columbia Blvd. that will be a food waste and anaerobic digestions and energy recovery facility located in the Cully neighborhood. This meeting will be held at Concordia University; February 1 we hope to join NECN (Northeast Coalition of Neighborhoods) in a joint discussion with elected local officials regarding the CRC (Columbia River Crossing), and this meeting will also be held at Concordia University; and

on March 1, we have invited the Port of Portland to talk about this summer's closure of the south runway of the airport and the impacts that this will have on the neighborhood. At this same meeting, we also anticipate hearing about progress on the Alberta Main Street program. This meeting will be held back in our community room at Kennedy School.

We would love to hear from you in the coming months. What are

CONCORDIA NEWS

Concordia News is a free monthly publication of the Concordia Neighborhood Association (CNA). 5,693 newspapers are mailed to its members and surrounding neighbors. 1,000 are delivered to community locations.

The deadline for articles and advertisements is the **15th** of the month prior to the next issue.

Please send advertising inquiries and artwork to:
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The Concordia News welcomes your letters to the editor. We consider letters individually for publication. We accept requests to withhold author's names only in special circumstances. Please note, Concordia News may reject or edit for form and length any material, including letters to the editor, submitted for publication.

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MISSION STATEMENT

To connect Concordia residents and businesses — inform, educate, and report on activities, issues, and opportunities of the neighborhood.

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Belinda Clark

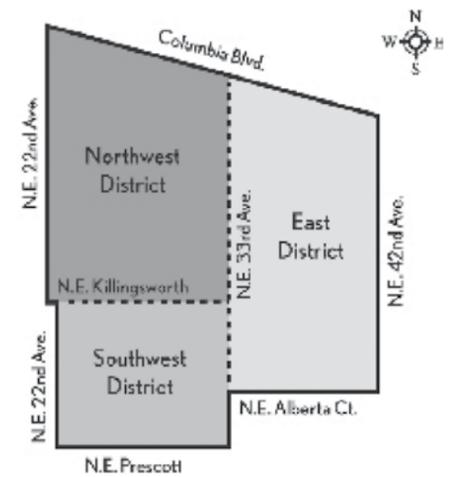
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Green Team Chair	VACANT		

Meek School Planting Phase 2 Completed!

by Dove Hotz, Chair, Concordia Tree Team

The morning of Friday, December 10 found the Concordia Tree Team braving the elements in order to plant a dozen trees at the Joseph L. Meek Professional Technical High School, 4039 NE Alberta Ct. This was the completion of a project started this past March. The goal was to engage Meek students in recovering the part of the Concordia canopy that had been lost over the years at the site and to create a diverse mix of almost 30 trees that will enable the students to observe different types of growth and behavior over



the seasons. The mix includes examples of evergreen broadleaves (such as a canyon live oak), deciduous broadleaves (including three different types of hackberry trees), evergreen conifers (umbrella pines), and deciduous conifers (dawn redwoods and a bald cypress).

This project could not have been accomplished without the committed participation of community partners who share our passion for trees! I particularly want to thank the five other Tree Team members who volunteered their time and effort to plan and plant: Jim Gersbach (project coordinator), Bob Pallesen, Barbara Wharton, Kristin Kaye, and Rebecca Wetherby. Friends of Trees graciously provided staff member Kris Day to lead the planting, as well as plenty of gloves and tools. Portland Parks and Recreation delivered a fabulous load of rich mulch to help the trees get established — as well as wheelbarrows to get the mulch to the trees. Meek ProTech natural resources teacher Misty



Scevola helped coordinate with the school, and she and her students participated in the planting. Karl Dawson, City of Portland Urban Forestry, arranged for three donated trees — and got his hands dirty too! Special thanks to Tree Team member and Tree Happy tree service owner Larry Light, who very generously paid for his two hard-working and knowledgeable employees, Chad and Scott, to get in on the fun.

This mini-arboretum of 28 trees will be a great asset to the school and the neighborhood for decades to come. Please stop by next time you are in the neighborhood and let us know what you think!

To learn more about this and other Tree Team projects, to find resources for tree-related questions, or to join the Tree Team, please visit our web site: concordiatreeteam.wordpress.com.

Photographs by Bob Pallesen

A Message from Metro

Dec. 15, 2010

Dear neighbors,

On December 9, the Metro Council unanimously approved granting a franchise to allow Columbia Biogas to construct and operate a facility at an industrial-zoned property in Cully neighborhood (6849 NE Columbia Blvd.). Metro intends to work with the company to make this type of facility that processes food waste the “gold standard” for our region.

Once operational, the facility will help eliminate the need to truck food waste to far distant landfills, therefore reducing greenhouse gasses and other air pollution. It will help power our homes and fertilize our farm fields organically with food waste instead of burying it. And by partnering with the community, Columbia Biogas will help create family-wage jobs for people in their local neighborhoods.

I want to acknowledge the individuals and organizations that sent written comments to the Metro Council concerning this important decision. Thank you for informing me and my colleagues of your interests and concerns. A summary of written comments received is on Metro’s website. [View comments summary](#)

I also want to thank the brave souls who weathered a fierce rain storm and patiently waited to testify in front of the Council. It was evident that you had done your research – some of you going so far as to visit waste water treatment plants nearby to learn more about similar processes and facilities. I cannot overstate the value your input brought to Metro’s decision-making

process. A record of testimony given at the public hearing can be found on Metro’s website. [Listen to the testimony](#)

Neighbors in the Cully area will benefit from the Columbia Biogas operation in several ways. The Metro Council is requiring a 50 cent per ton surcharge on waste brought to the facility to establish a grant program to support community rehabilitation, mitigation and enhancement projects. Columbia Biogas is also tasked with creating a Good Neighbor Agreement with representatives from the surrounding community to minimize the impacts of the facility on other businesses and local residents; some of you are serving on a recently-formed advisory committee and jobs subcommittee that is a part of this effort.

I strongly believe that people in our neighborhoods are the best source of ideas about important investments within the community. Metro will look to local residents to help make decisions about the structure and approach for spending these public funds.

Meanwhile, the Oregon Department of Environmental Quality must weigh in on the Columbia Biogas facility. Their decision about air quality and solid waste management permits is expected soon (call Holly Pence at DEQ for information at 503-229-5353). Thank you again for your input and comments in shaping policy decisions for the region. I look forward to working with you in the coming months on this project.

Rex Burkholder

Metro Councilor, District 5

Live Fire Training Notice

Portland Fire & Rescue is being afforded the unique opportunity to conduct a live fire training exercise in your neighborhood. This event is extremely important to the training of our firefighters.

Live fire training sessions are conducted safely and with the utmost consideration for neighboring homes. However, occasionally, a sudden wind shift can produce smoke and ash in the area. We recommend that during the exercise you keep your doors and windows to your house closed.

Residents may experience some water discoloration for a short time after the burn. This is due to the operation of your neighborhood fire hydrants.

Once again, this training is being done to better prepare your firefighters when an actual emergency occurs.

Should you have any questions or concerns, please call the below listed phone numbers:

Training Lieutenant

(503) 823-3848

Training Captain

(503) 823-4066 or (503) 955-0296

Visit us online at concordiapdx.org

Land Use Update

The joint land use, livability and transportation committees meet monthly at Kennedy School at 7 p.m. on the Thursday following the CNA general meeting. Note that this is a slight change in meeting dates. We have 3 chairs also: Julie Sarver, George Bruender, and Benjamin Adrian. Residents are encouraged to bring issues of concern to our attention at the meeting or just come to find out how to get involved. We usually have a fairly full agenda as the Concordia neighborhood grows and changes – we do want to help affect what is happening around us. What follows is one current example of what we are involved in.

Concordia University has a great impact on the residents who live close to the college. Recently they have added about 175 new parking spaces behind the library that may ease some of the parking in front of homes. CNA has a committee of neighbors and college representatives who will soon assess how well this is working out.

The construction of the college's new soccer field has been slowed down considerably which leaves about 25 homes up on girders and boarded up ready to move. Many neighbors feel that this is an eyesore and open for vandalism and illegal "camping." CU blames the poor economy and the fact that banking loans have fallen through for the realtor who originally



Friends of Trees Sponsors Tree Selection Presentation

Thursday, January 20, 7 to 9 p.m., Concordia University Library

Friends of Trees and the Concordia Tree Team would like to welcome you to a special presentation by long-time Friends of Trees volunteer Jim Gersbach. Jim has an incredible knowledge about Portland's urban forest — from how different species tolerate our urban climate to which trees grow where across the city. He is also the visionary behind the Ainsworth Linear Arboretum that runs for about two miles along NE Ainsworth Street between MLK Boulevard and Fernhill Park. Jim has not only planted dozens of rare and unusual trees here, but he has hand watered them through many a hot summer. He regularly leads tours of the Arboretum; if you are interested in an upcoming tour of this unique neighborhood resource, contact the Tree Team at concordiatreeteam@yahoo.com or visit our web site at concordiatreeteam.wordpress.com.

Please join us for an evening of tree talk, seeing rare photos, receiving detailed information, and asking questions about the tree species that Friends of Trees is offering this year. Concordia Tree Team members will also be present. This presentation is free, and light refreshments will be provided. We thank Concordia University for the generous use of their space.

This season's Concordia planting with Friends of Trees is Saturday, March 26, 2011, but you do not have to be planting a tree this year in order to enjoy this great presentation. For more about Friends of Trees or to order a street or yard tree, see their web site at friendsoftrees.org.

purchased all of the homes for relocation to a planned development. He still owns the homes and has now arranged for them to be moved to individual lots starting after the first of the year. As houses are moved the college will start to build the new field incrementally. And at least one of the homes found to be in decrepit and moldy, unsalvageable condition may be used for a test burn by the fire department.

This new construction and college traffic patterns have an effect on NE 29th between Dekum and Lombard. Construction equipment and vehicles are required to use NE 27th, the designated entrance/exit to CU with its traffic signal. Compliance has been spotty in the past on this street that has no curbs and sidewalks. Residents are concerned about traffic speeds as college students and others misuse their residential street. The issue remains unresolved with continued frustration expressed by neighbors.

There is likewise a problem at the other end of the same block with traffic going west on Lombard trying to enter steep, hilly NE 29th, rather than waiting for the light just down the street. Speeds on Lombard are in excess of 45mph, but cars stop in that fast traffic to turn left onto 29th because there is a break in the solid line that allows them to do so. The high speeds of the rest of traffic make this a risky move, with a number of turning cars trying to make quick breaks, resulting in a fair number of accidents. There is also a day care center on that corner with cars stopping and kids and parents getting in and out of cars to add to the dangerous situation.

Our transportation group is trying to get left hand turn eliminated by making the Lombard middle dividing line solid, thus sending all traffic down to the signal at 27th. But the problem is jurisdictional as Lombard is a state highway and the state has turned some, but not all, operations over to the city. The wheels of action grind slowly.

So if you have issues that you'd like to see worked on, do join us. And be sure to read the article in this CNews about the public forum on the I-5 bridge coming the first of February. We need a good turnout – and there should be press coverage, too.

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Winter Warmer (solution found on page 7)

By Chris Yensan

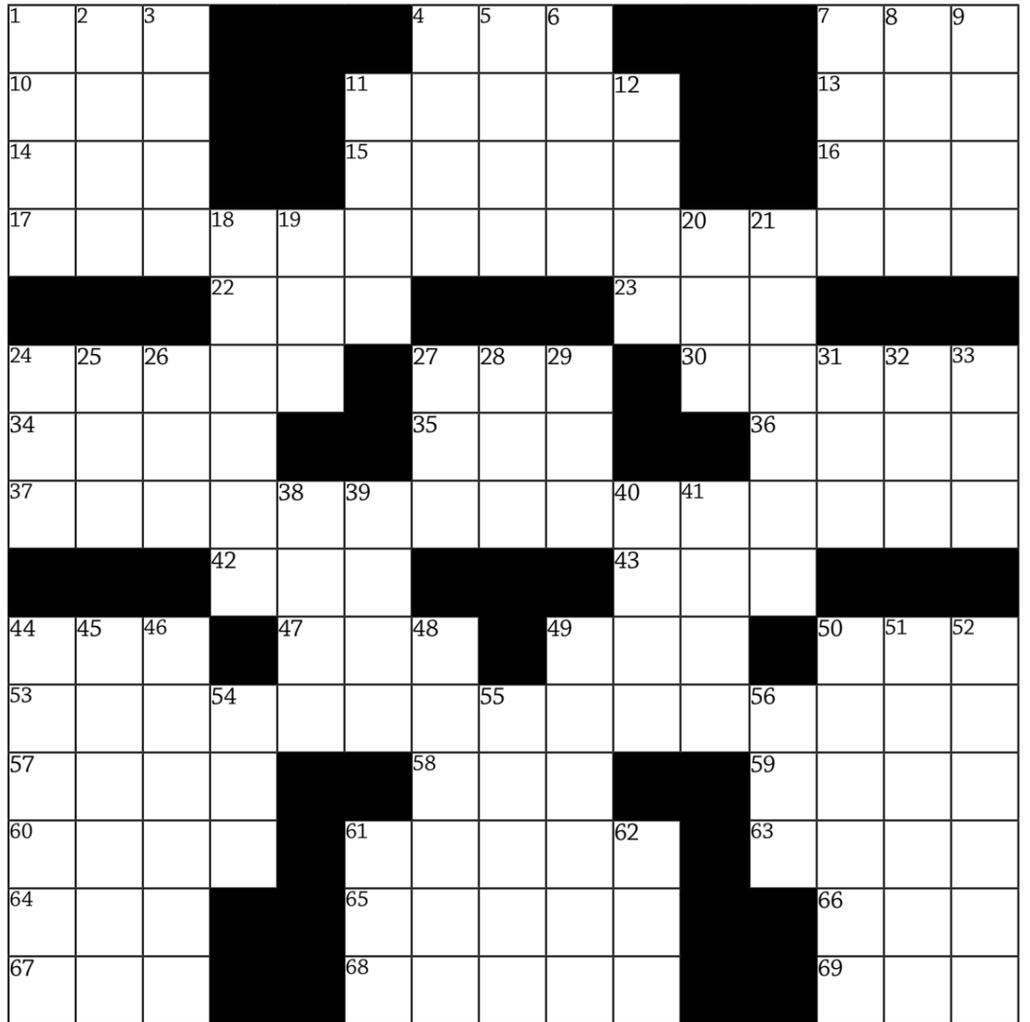
W.C. Fields, the famous comedian, had something humorous to say about whiskey, which is revealed in the puzzle below...

ACROSS

- 1. Pirates leg?
- 4. MDs
- 7. Adam's loss
- 10. What 7Across was used for
- 11. King James verb
- 13. Audiologist's exam (Abbr.)
- 14. Fish catcher
- 15. Simple class?
- 16. Mini-stroke
- 17. How W.C. Fields referred to whiskey
- 22. Founded (Abbr.)
- 23. Backyard pond fish
- 24. Central
- 27. More in Madrid
- 30. Dapper
- 34. Precedes age or hand
- 35. Likely (to)
- 36. Woodwind
- 37. 1st part of W.C Fields advice concerning whiskey
- 42. Sun. morning talk
- 43. Foot (Latin)
- 44. View
- 47. Feathery wrap
- 49. Persian Gulf federation
- 50. Singers Stevens or Power
- 53. 2nd part of W.C Fields advice concerning whiskey
- 57. Summers in Souvigny
- 58. Egos counterparts
- 59. Operatic melody
- 60. Sharpen
- 61. "___ Woman" (Ray Charles song)
- 63. Short-term worker
- 64. Tiny toiler
- 65. Hasn't hit the pub yet?
- 66. Nigerian ethnic group
- 67. ___ Moines
- 68. "Don't be ___ loser..."
- 69. Wayne's world word

DOWN

- 1. Office supplies
- 2. Not odd
- 3. "___ life!"
- 4. Japanese railway station 230 feet underground (It takes 10 minutes to walk the 486 steps down to it)
- 5. Relax
- 6. Eye infection
- 7. Frequency
- 8. "In the same place" - when citing a reference
- 9. Donkey cry
- 11. Type of burden or forgiveness
- 12. "Listen!"
- 18. Actor Reeves, and others
- 19. Class for foreign language speakers
- 20. Long time
- 21. Cat noises
- 24. Little lie
- 25. Raw mineral
- 26. Calculator button, near tan.
- 27. Between Apr. and Jun.
- 28. Where to send a Sgt's pkg.
- 29. John, George and Ringo's original bassist
- 31. Class sched. time?
- 32. Child's plaything
- 33. Affirmative answer
- 38. Singer ___ McEntire
- 39. Amore in Athens
- 40. "Be ___ and do me a favor..."
- 41. Robert E. and Majors
- 44. ___ Some Horses (Joy Harjo poem)
- 45. Juvenile dare?
- 46. Significant occurrences
- 48. Friends in Fresno
- 49. Victorian caped overcoat



- 50. Lurch
- 51. A way to hold arms
- 52. It's often short and stout
- 54. Compass point
- 55. Sauce in Seville
- 56. King Cole
- 61. Days of Our Lives intelligence agency (Abbr.)
- 62. Is, for them

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The Day Center Says Thanks And “Here Are Some More Ways You Can Help.”

by George Bruender

Certainly the holiday season is a time for giving, and that’s exactly what a number of folks did who came to the CNA holiday party the first week in December. The Day Center, sponsored by Ecumenical Ministries and located in the basement of the church at the corner of NE 30th and Ainsworth, was happy to get sleeping blankets (one third of the clients are at least temporarily homeless or in between housing arrangements) and toiletries like shampoos and soaps (the center has showers and laundry facilities). And the center says “Thank you” for them.

But, of course, need is yearlong for these residents, men primarily, but also for a smaller number of women and children who are coping with HIV and too often with addiction and the inability of being healthy enough to maintain a job. A number of CNA folks volunteer at the center and some local groups even provide Friday lunch for the clients coming through their doors – and that’s a great service, but one that is hard for forty hour-per week workers to help out with. So how can you help?

Here are some things you (and groups you may belong to) could collect and donate to the Center. Remember they should be in good to new condition.

- Coffee mugs (they have legs and tend to disappear) and the coffee to fill them, whole or already ground, caffeinated (the boost is needed).
- Silverware. They feed up to fifty people a day. Ten new forks or spoons would be great so that the dishwashers don’t have to run to keep washing a new supply as clients come streaming in. And don’t forget dinner plates.
- Buy a second ream of computer paper and send one to the center.

- Pencils and pens, like the ones stores and banks give out to customers.
- Always: soaps, shampoos, conditioners, lotions (remember most clients are men).
- Jars of peanut butter, jam, sugar-free syrup, and salsa, lots of salsa.
- Rolls of paper towels – they are used instead of napkins.
- Towels and wash cloths for those showering. Sponges for cleaning.
- Boxes or large bags of cereal, even the sugared ones.

Think of what your family needs for daily living, except that this family has fifty daily members. Or what it would take for a person to set up themselves up in a new one room apartment when they are lucky enough to get in one.

Some foods like cookies, cakes and pies and jugs of fruit-flavored drinks are good; but most foods are often quickly perishable and there are only 2 regular sized refrigerators. Nor is there much storage space for small-sized canned goods but the larger Costco-sized cans of fruits could be used when fresh fruit becomes scarce and too costly.

The center can use these types of items throughout the year. Call us and see if we can use your ideas and start collecting. Call the Day Center at (503) 460-3822 and ask for Lindsay (the “boss”), Jay for clothing and bedding, Sara for food related items, or call me, a six-year volunteer (George at 287-4787). Your help will be much appreciated as our clients increase daily since so many now survive the worst of the disease while financial support has received cuts due to the critical needs of so many in our society. Here’s a place close to home to make a direct contribution.

Scavengers in the Neighborhood

by Julia Baumann-Sarver

You may have noticed them in your yard, in your neighborhood park, or on the streets of Concordia: rats. Rats have long been a problem in Portland, and many people in the Concordia neighborhood have had them in their backyards, garages, and even their homes. When rats’ nests are disrupted due to sewer work and construction, they search for new places to nest, including garages, outbuildings, and basements. Besides being non-native, rats are problematic because they are known to spread disease to humans and other animals, can contaminate food, and have caused structural damage to buildings. Common signs of having a rat problem in your home include finding rat droppings, seeing tunnel openings/holes in your yard, or spotting a rat somewhere in your neighborhood.

According to Multnomah County Vector Control, we have two types of rats here in Portland: the roof rat and the Norway rat. Some key tips for keeping rats away from our neighborhood include:

- Don’t let pet food sit outside for more than 30 minutes
- Clean up uneaten bird and squirrel food that falls from feeders
- Place all garbage in a can with a tight fitting lid
- If you keep chickens in your backyard, be sure to pick up uneaten food scraps
- Pick up fruit and nuts that fall from trees in your yard and on your street
- When backyard composting, make sure to use a sturdy container with a metal grate at the bottom to keep rats from tunneling up into your kitchen scraps

If you do find evidence of rats in your home or yard, contact Multnomah County Vector control to get free help on getting rid of these non-native rodents. You can reach them by phone at (503) 988-3464 or on the web at web.multco.us/health/pest-prevention-and-control.

Mark Tuesday, February 1 on Your Calendars CNA to Present Major Public Forum for Northeast Portland

Concordia NA is sponsoring a major public forum featuring local elected officials responding to our association’s concerns about the Columbia River Crossing (CRC) on Tuesday, February 1 at 7 p.m.

At our November general meeting attendees voted almost unanimously for the CRC to put on hold the current plans for a multi-lane bridge across the Columbia on I-5 and to return to the drawing board to study other alternatives. Concordia’s Board seconded that resolution, asking further for a new plan that would re-assess all the future transportation needs of the I-5 corridor, instead of trying to fix one part of a congestion problem in isolation to the rest.

The resolutions would be sent to all of our area’s locally elected officials, City, Metro, state legislators, and our two senators, Merkley and Wyden. But the Board felt that a letter could easily be ignored and filed away by staffers, so they decided to ask these representatives to come and talk to us in person in order to hear and

respond to our concerns. That’s where the idea of a public forum started.

At the same time, the Land Use and Transportation Committee and the Board of the Northeast Coalition of Neighborhoods (NECN), of which Concordia is one of 12 northeast Portland associations, came to the same conclusion. They felt that their own earlier resolutions have not been responded to and that more direct action was needed in order to be heard. They also want to meet with local officials who will all eventually vote on the current proposal of building a 10 lane bridge.

So Concordia and NECN are combining forces to present one large public forum in the large auditorium at Concordia University on February 1. People from throughout northeast Portland will have a chance to ask questions of the people they elected to represent them and a chance to make short statements that these officials can respond to. We are encouraging

the officials to make definite stands on our request to thoroughly study less invasive and less expensive alternatives and we plan to ask them to take leadership in the CRC approval/disapproval process.

Some of our northeast Portland neighbors will be directly affected by the massive construction process, but even here in Concordia we will be affected by increased traffic that will be diverted by new on and off ramps and onto our major streets (Killingsworth, Columbia, Lombard, NE 33rd and 42nd, Ainsworth). You will hear that discussion and more at our CNA/NECN forum, so plan to come and, please, alert and bring your neighbors. Everyone needs to hear that there is a growing groundswell from a public that isn’t happy about a “done deal” with billions of our tax dollars.

More details and information will appear in the February CNews.

Meet the Board

Please join us in welcoming our new board members, and here's a little bit about them:

☆☆☆

Having been born into and living most of my life in the Concordia Neighborhood I have a natural interest in the health of, and activities available in the community... and now that I am retired, I'm looking forward to investing some of my available time toward its support.

I attended Kennedy School from kindergarten through eighth grade, and graduated from Jefferson High School, as well as Lewis & Clark College with a degree in Business Administration. My business career in sales and marketing involved various industries including periods in domestic linens with Fieldcrest and Wamsutta; printing, in which I represented several companies, as well as owning my own; high fashion, in which I represented Valentino and Courreges; and the wooden locker industry, in which I was responsible for over one hundred installations in country clubs, schools, hospitals, and fitness facilities throughout the United States, including two in Hawaii, and one in London, England. – Clifford Dimoff

☆☆☆

Michael DeMarco moved to Portland in 2007 after time spent in California, New York, Australia and Thailand. He has lived in Concordia with his wife and dog since early this year, and became actively involved in the community through the 42nd Avenue Main Street Collaborative. Michael has a background in community planning, and thoroughly enjoys sports, comic books and kung fu.



Here's a toast to our outgoing chairs—Anne Rothert and Belinda Clark.

Wellness Committee

In addition to our new board members, please meet our new Concordia Wellness Committee members. This committee will be meeting the first Wednesday of the month starting in January at Vita Café (formerly Concordia Coffeehouse) at 7 p.m.

☆☆☆

Jill Mum-Glover has been a resident of the Concordia Neighborhood since 2006. She has a genuine passion for health and wellness and for helping others to achieve their own personal wellness goals. She enjoys hiking, running, and bicycling with her husband. She runs her own private practice as a holistic health and wellness coach and is delighted to volunteer in the neighborhood to keep wellness a priority and accessible for all residents.

☆☆☆

Dr. "JJ" Pursell is a board-certified Naturopathic Physician and licensed Acupuncturist. She also owns The Herb Shoppe, a natural pharmacy, and has her private practice within the same space. As a new resident to the Concordia neighborhood, she has joined the Wellness Committee to help bring health and wellness to the Concordia community.

Jill and Dr. JJ's Top 5 Tips to Stay Healthy All Winter Long

- #1: Take 1 dropperful, twice daily, of a good Immune Boost formula. This could be in a tea, tincture or capsule form. Herbs like astragalus, reishi, ashwaganda, burdock, and oregon grape are great choices. The combination of these herbs nourishes the immune system and can increase white blood cell count as well as anti-viral compounds in the body.
- #2: Keep a small bottle of Respiratory Essential Oil Blend close by. This blend, which is typically oils such as Eucalyptus, Thyme, Lavender, & Rosemary, is a great way to fight off anything that might come your way. Place 1-3 drops on your hands, rub together and rub onto your neck and chest. Natural anti-bacterial and anti-viral agents fight to clear away airborne pathogens before you breath anything in. Great to have at work, at school and at home. You can also add to baths or to your aromatherapy diffuser to purify a room.
- #3: Vitamin D. Taking 3-4000 IU's of vitamin D daily is now proven to help support the immune system. Unfortunately here in Portland, we don't always get the sunshine we need and taking Vitamin D is necessary.
- #4: Get some sleep! Sleeping time is detoxing time. Sleep is necessary to clean the body of foreign invaders and help to regenerate new cellular growth. Get to bed before 11 p.m. and sleep a minimum of seven hours.
- #5: Elderberry Syrup. You won't need a spoonful of sugar to help this medicine go down! A delicious syrup made from the bioflavonoid-packed berries of the Elder. A great source of Vitamin C and immune supporting compounds. 1 tsp 3-5 times per week. This is very easy to make as well — there are several recipes online!

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Solution to Winter Warmer

Wanted...

Editor for the Concordia News

We are looking for a community member to fill the position of Editor at Concordia News. This publication is delivered to over 5,000 households and businesses monthly, and is the main method of communication used by our neighborhood association. This volunteer position works closely with our layout editor, copywriter, and typically heads the media committee.

If you like working with people and building relationships in the community while increasing your skills, this could be the place for you! If you would like more information or to apply, please submit a letter of interest to: Concordianews@yahoo.com. Please list "Editor opening" in the subject line of your email.

Board member

At Large position open, term is for two years ending December 2012. Please contact any board member for details or email concordianews@yahoo.com

concordia CULTURE

January

WHAT: Guardino Gallery's January show in the Main Gallery: Suzy Kitman (paintings) & Jessica Orlovski (ceramic/mixed media sculpture).

In the Feature Area: Mark Perry (prints) & Momoko Sanderson (metal/mixed media sculpture).

WHEN: Last Thursday opening through the month January

WHERE: Guardino Gallery, 2939 NE Alberta St.

(503) 281-9048 or visit the artists and their work at www.guardinogallery.com

WHAT: Visit Milagros' website for a month of fun, family events, music, links to the performers, classes and events: milagrosboutique.com

Offering natural, fairly made, and recycled products for families including cloth diapers, baby slings and carriers, unique locally made wood toys and clothing, maternity and breastfeeding support products, and organic baby care products.

WHEN: Throughout the month

WHERE: Milagros, 5433 NE 30th Ave.

WHAT: Free community film night 5014 NE 24th (behind the Star e Rose Cafe). We are showing thought provoking, social/political documentaries and holding informal discussions afterwards for those who want to stay & talk about their thoughts & feelings on the film.

January's movies:

1/03: Blue Vinyl (about plastic pollution/waste)

1/10: Dirt! The Movie (soil richness/depletion)

1/17: Flow (water)

1/24: Ecosutra (permaculture)

1/31: Collapse (financial crisis)

WHEN: every Sunday at 6 p.m.

WHERE: 5014 NE 24th (behind the Star E Rose Cafe)

January 2 & 8

WHAT: Christmas tree recycling fundraiser for Vernon School Parent Teacher Association!

Bring your Christmas tree to Vernon to be recycled! Suggested donation of \$5-10 if you drop off your tree, \$15-20 if we pick it up. Please remove ALL ornaments, tinsel, etc., before bringing your tree to the school.

Questions? Contact: Kris at (503) 422-7866 or kcbw@comcast.net or Todd at (503) 913-1061 or toddfgreene@gmail.com.

WHEN: Sunday, January 2 from 12:30-4:30 p.m.

Saturday, January 8 from 10:30 a.m.-4:30 p.m.

WHERE: 2044 NE Killingsworth St.

January 8

WHAT: The Portland Storytellers present a program of Mid-Winter's Tales: Stories of Renewal and Warmth

Enjoy an evening of stories that spark feelings of hope and renewal that spring from this dark time of year.

Suggested donation: \$5.00 per person/\$10.00 per family.

WHEN: Saturday, January 8 at 7 p.m.

WHERE: McMenamin's Kennedy School Community room, 5736 NE 33rd Ave.

January 10

WHAT: Workshops at Core Source Coaching. Thirty Day...Go,

It's online...so you can do it from anywhere. It also makes a great gift for someone you love who's ready for real change. The least expensive way to change you could ever imagine. The toughest workout you will ever do for yourself! On your schedule. The only rule: be serious about you and your life.

WHEN: begins January 10 (register by January 6)

WHERE: www.CoreSourceCoaching.com or (503) 493-9497

January 13

WHAT: Jimmy Radosta's acclaimed one-man show returns with a show about a pop culture junkie and his rocky relationship with luck, featuring comedic yet poignant monologues interspersed with cheeky karaoke performances. Visit FertileGroundPDX.org

WHEN: Thursdays, January 13, 20 and 27. Doors at 7:30 p.m., show at 8.

WHERE: Curious Comedy Theater, 5225 N.E. Martin Luther King Jr. Blvd.

January 14

WHAT: Portland Parks and Recreation: Community Music Center's popular free Family Friday Concert Series continues with FourScore in concert.

Classically trained in vocals and instruments, this quartet is out to reinvent the experience of chamber music by offering thoughtful, irreverent and inventive programs of music

Admission: Free or with suggested donation of \$5.00 (\$15 for a family of any size)

WHEN: Friday, January 14, 7:15 p.m.

WHERE: Community Music Center, 3350 SE Francis St.

January 25

WHAT: Where in the world are you if the capitol is Santiago and the world's driest desert is located there? Bring your answer to Trinity Lutheran School for a prize and participate in finding out more about countries around the world! The event is free and open to families. Trinity Lutheran School has been serving students, ages 3 through 8th grade in love through Christ since 1891.

WHEN: Tuesday, January 25 from 6-7:30 p.m.

WHERE: 5520 NE Killingsworth St.

January 29

WHAT: Bestselling graphic novel illustrator Matthew Holm will visit Green Bean Books to share his new book, Babymouse, Cupcake Tycoon, demonstrate his drawing techniques and hold a creative, interactive drawing session with kids! He will also sign his books and answer questions about his work.

WHEN: Saturday, January 29 at 2 p.m.

WHERE: Green Bean Books, 1600 NE Alberta St., (503) 954-2354

WHAT: Marketing 101 ~ A Fresh Approach + Business Secrets Your Mama Never Told You

Sponsored by RACC. Cost: \$30. If you dislike the marketing grind and know, in your heart, that there must be a better way to build a thriving business, this workshop is for you.

KENNEDY SCHOOL McMenamins

5736 N.E. 33rd Ave. · Portland
(503) 249-3983 · mcmenamins.com

Thursday, January 6

BRAD CREEL & THE REEL DEAL

Classic tears-in-your-beer country
6 p.m. · Free · All ages welcome

Wednesday, January 12

WINTER SCOTCH TASTING

Sample a selection of fine scotches,
plus a menu of hearty appetizers.
7 p.m. · \$50; reservations required
21 & over

Saturday, January 15

J.R.R. Tolkien Birthday Bash

Elves, wizards, ents, orcs and all others are welcome to join us for costume contest, a *Lord of the Rings* trilogy in the theater, Hobbit-inspired food specials and more!

GARCIA BIRTHDAY BAND

Psychedelia reprised
11 a.m. 'til late; music at 7 p.m.
Free · All ages welcome

Thursday, January 27

ELIZABETH COOK

alt.country and Grand Ol' Opry
as part of the
GREAT NORTHWEST MUSIC TOUR
with special guest TIM CARROLL
7 p.m. · Free · All ages welcome

Sunday, January 30

"YOU WHO"

A Monthly Kids' Rock Variety Show
Raucous and innovative kids' fun,
stories, skits, sing-a-longs and
live music featuring

The Corin Tucker Band

12 noon doors, 1 p.m. hour-long show
Adults: \$10 · 12 to walking age: \$5;
non-walkers are free · All ages welcome
Ticketmaster · Crystal Ballroom
Black Wagon Toy Shop

Monday, January 31

HISTORY PUB MONDAY

"African American Mural Art in Portland"

presentation by ROBIN J. DUNITZ
Also showing a film on
the Albina Mural Project
by Portland State University's
Center for Moving Images.
7 p.m. · Free · All ages welcome

WHEN: Saturday, January 29 from 9:30 a.m. - 1:30 p.m.

WHERE: New Columbia, the Community Education Center, 4625 N Trenton St.

www.CoreSourceCoaching.com or (503) 493-9497