



CONCORDIA NEIGHBORHOOD ASSOCIATION
PO BOX 11194 / PORTLAND, OR 97211

CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association | concordiapdx.org March 2015

Please Join Us for the

SPRING EGG HUNT ~ SATURDAY, APRIL 4th

FERNHILL PARK (Near the Playground along NE 37th Avenue)

The Hunt begins at 10 am SHARP!
Don't be late, it ends in a flash!



Sponsored by:
The Concordia Neighborhood Association
& American Legion Post 134

Volunteers Needed To:
Stuff 4000 plastic eggs with candy
Friday, April 3rd at 6:00 pm at
American Legion Post 134
2104 NE Alberta St

Hide 4000 candy-filled eggs
April 4th at 8:00 A.M. at Fernhill Park
Contact: Katie Ugolini
at ktugolini@gmail.com
or 503-449-9690

American youth from the area full time to conduct the various forms of data collection. They will use GPS, computers, and iPhones and will have the 1992 study as a constant reference to guide their work all while learning technical and communication skills and networking with local business and community leaders.

Besides providing skilled summer jobs, the project aims to address issues of gentrification, gang violence, and examine social events, particularly Last Thursday. It will also explore causes and possible remedies for failing businesses and attempt to make a inventory of the trees and plants that make up the urban canopy. Other areas of focus will be drainage patterns, traffic flow, crime statistics, and even restaurant reviews. The teams will attempt to contact all local businesses and many residents including those recent to the area and those who have been around since before the initial study.

The proposed start date for the project is in late June and will last nine weeks throughout the

This Issue

1. Front Page

2. CNA Board News

3. Local News

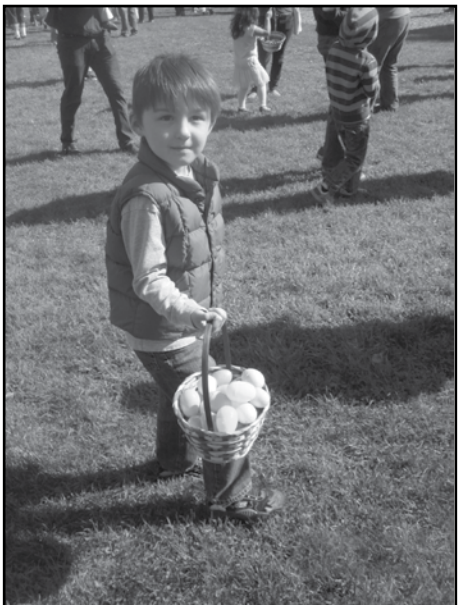
4. Kids & School Community

5. Pets & Nature

6. Culture Home & Garden

7. Health & Wellness

8. Local Events



Alberta St. Project Revisited 23 Years Later

By Luke Griffin

Back in 1992, Alberta Street was a different place. Very few of the current businesses had opened, there was no gold rush of land development, and the city had yet to spend money on beautifying the neighborhood, making it more pedestrian friendly, or providing assistance to small businesses. Alberta Street neighborhoods also had over 50% more African-Americans than they do today. The City largely neglected the area where houses often cost less

than \$100,000 and incomes were well below the median range. The influx of investment beginning in the late 90s changed much of the landscape but before that occurred, a group of students set out to gather data and better understand the history of Alberta Street

During the spring and summer of 1992, these young people engaged in an ambitious study of their neighborhood, surveying businesses, researching the long history of Alberta, talking with neighbors and compiling an impressive amount of useful data about the place they called “home.” Led by Dr. Bob Zybach and Michael “Chappie” Grice of Urban Forestry, Inc., students ultimately created the “1992 Alberta Street Cultural Inventory with Recommendations”. Now, 23 years later, the Zybach and Grice are aiming to do it again.

Like before, the 2015 Alberta Street Project will employ African-



(left to right): Michael “Chappie” Grice, Wayne Giesy, Deborah Gardner Moore, Bob Zybach

General Membership Meeting

Please come join us and discuss neighborhood activities and issues.

April 7th @ 7:00 PM - 9:00 PM

McMenamin’s Kennedy School Community Room

summer. As before, Zybach and Grice will lead the teams. The project itself specifically targets the Alberta District including Concordia as well as Sabin but the hope is that this project can be used as a model for other students in neighborhoods around the country. Unlike future projects though, this one will have the benefit of preexisting, comparable data.

In the end, there will be three products to assist the neighborhoods and the city in understanding where Alberta started, how it has changed and is changing over time, and how to proceed in the future to create a livable Alberta Street:

The “2015 Alberta Street Cultural Resource Inventory with Recommendations”: The centerpiece of the project will be researched and written by students and will replicate the original 1992 report, but to current technical standards. It will also include an entirely new component of a detailed comparative analysis in changes to the Alberta Street neighborhood during the past 23 years.

The “Alberta Street Project Operations Manual”: The manual will be written during the course of the project by its original designers and administrators, Zybach and Grice.

The Website: This will include PDF files of the two written reports as well as a permanent and comprehensive archive of student findings and results, including: maps, photographs, transcribed interviews and other products of their summer employment experiences that can be accessed by the general public.

Continued on Page 2

Concordia Neighborhood Association

Meetings & Updates

Get the latest news at ConcordiaPdx.org

These committees have direct results on the
Livability of our neighborhood- with your participation.

Board Meeting

Second Tuesday of the Month
March 10th @ 7:00 PM - 8:30 PM
McMenamin’s Kennedy School
Community Room

General Membership Meeting

First Tuesday Bi-Monthly
April 7th @ 7:00 PM - 9:00 PM
McMenamin’s Kennedy School
Community Room

Finance Committee

For Meeting times and location visit our
website or email: ContactCNABoard@
yahoo.com

Policies/Procedures

Contact Katie Ugolini (Chair)
503-449-9690 for meeting time & place

Media Team

Newspaper and Website
Volunteer and join the media team as
“Beat Reporter” or manage the CNA
Wordpress website.
Email: ConcordiaNews@yahoo.com

Social Committee

If you are interested in volunteering for
the Spring Egg Hunt or helping to fund
raise for the 2015 Fernhill Concerts in the
Park, please contact Katie Ugolini (Chair)
503-449-9690 for details.

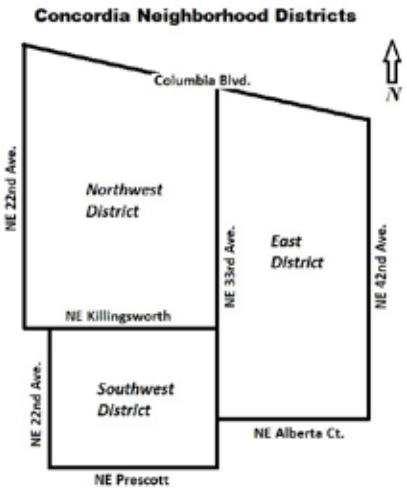
Land Use, Livability and
Transportation Committee

Third Tuesday of the Month
March 17th at 7:00 pm
McMenamin’s Kennedy School
Community Room

The land use committee grants approval
for neighborhood projects.
To hear about and try to solve issues
affecting quality of life in Concordia
brought to us by community members.

Tree Team Meeting

First Thursday of Every Month
March 5th at 6 pm
Dining Area at New Seasons
www.concordiatreeteam.wordpress.com



CONCORDIA NEWS

Concordia News is a free monthly
publication of the Concordia
Neighborhood Association. Newspapers
are delivered to all residences and
many community locations in the
Concordia Neighborhood.

Mission Statement

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

Concordia Neighborhood Association
www.concordiapdx.org
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Portland, OR 97211

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ContactCNABoard@yahoo.com

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Submissions

The deadline for submissions is the
15th of the month prior to publication.
Concordia News may edit for form and
length.

Advertising/Business Manager

Please send ad inquiries to:
Mary Wiley (advertising)
CNABusinessManager@gmail.com

Editor

Please send article submissions to:
Mary Wiley (newspaper)
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Concordia News is printed on 40% post-
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at a local mill.

www.ConcordiaPdx.org
Visit the website of the Concordia
Neighborhood Association for:
Community Events &
News Neighborhood Information & Blog
www.ConcordiaPdx.org

Elected Board (Jan 1, 2015)	Title
Isaac Quintero	Chair
Steve Elder	E 1
Mark Charlesworth	E 2
Isham “Ike” Harris	NW 1
Ashley McKinney	NW 2
Luke Griffin	SW 1
Bill Leissner	SW 2
Robert Bowles	At-Large #1
Craig Voigt	At-Large #2
Daniel Greenstadt	At-Large #3
Ali Novak	At-Large #4
Tracy Braden	At-Large #5
Truls Neal	At-Large #6

Alberta St. Project

Continued on Page 2

The project is still in its
planning stages and although some
funding is secured but financial
assistance is still greatly needed. If
you are interested, you can play a
favored role in securing tax-deductible
partnerships and by sponsoring
students. The City’s federally-
funded SummerWorks program
has committed to the cost of wages,
transportation passes and basic job
training for the 16 students and 4
young adult supervisors: a total of 180
hours each, at a cost of approximately
\$50,000. An additional \$20,000 has
also been secured from the Portland
Development Commission (PDC) for
production of the final project report.

This summer, look for the youth
teams taking to Alberta. Please
respond to their questions and assist
them as best you can. They are
helping to paint a detailed picture of
the Alberta Street community so that
issues facing the community can be
addressed in an informed manner.
And look for the final products to be
published this fall.

Interested in helping? Contact
Bob Zybach, ORWW (541-767-3087/
ZybachB@ORWW.org)

Michael “Chappie” Grice, World
Arts PDX (415-722-4348/mchappieg@
yahoo.com)

Chair’s Corner

Thanks for checking back in to see what’s new in the Chair’s Corner.
Over the last month, Board focus has been on home demolition, skinny
houses and generally how we interface with City Hall to have more control
over the destiny of our neighborhood. This struggle over who is in the driver’s
seat will continue on for the foreseeable future. It seems that communities
have been doing this since the first cave dweller saw the guy next door with a
stone axe chipping his rock with a building permit in hand. Finding a balance
between what we value and the need for living in the present is difficult at
best.

If you have ever been in a place like Deerfield, Massachusetts, where
the entire village is pre-revolutionary America; you would see preservation
and respect for tradition are first and foremost. Museum and not a town?
Well, yes, it is considered a town with some commercial and residential
components (I think I counted 12) but, for all its beauty and charm, neither
an economically dynamic environment nor a place to raise a family dynasty.
However, no one would want to change it.

While I would like to see a Concordia neighborhood of wall-to-wall quaint
and charming homes, I also recognize that we are part of one of the biggest
cities on the west coast. Like other large metropolitan cities, ours comes with
a diverse set of values and goals. Our challenge is in finding the balance
between idealized environments and demands of those whose first concern is
making a decent life for their families. I don’t think we will see any one side
winning on any one issue, but the potential real losers are those of us who live
here. Reducing the argument to a convenient example of being for or against
growth, with each side unwilling to yield to compromise, usually results in
everyone being unhappy.

I use the skinny house as an example here but only to make a point.
Skinny houses are here to stay if only because a builder can make money
in constructing these homes. Average Skinny house is built on land costing
\$100,000 to \$150,000; construction costing around \$180,000 and selling for
about \$400,000. Today’s market makes it affordable for those from outside
who want to move into our neighborhood but usually not affordable for those
who live here.

We need to discuss internally what we want our neighborhood to look like.
While decisioning on design and zoning currently happens in City Hall, our
neighborhood will have a real say in what gets built at some point. We need
to come together now and decide what makes both aesthetic and economic
sense. I have seen skinny houses (or ultra-modern metal- clad 3- story
homes) constructed where no one took into account what that house would
look like compared with others close by, and the last dime on the table was
the only consideration. At the same time, I have seen a skinny house(s) that
really did exhibit appropriate design and architectural detail built on property
that was formerly a rundown, derelict eyesore of a building and even entire
sections of streets. It is our responsibility to balance all of the considerations
and provide guidance for “outside” builders in our neighborhood instead of
allowing the City planning department to decide what works for us.

And one more thing about skinny houses to those who will build them .
. . Mr. Builder, I recognize the opportunity to make money by selling to those
who don’t have a problem buying any skinny house, but please use architects
whose talents keep garages below grade to reduce the height of the finished
product. And most importantly, please find an architect who understands
the importance of maintaining neighborhood character and design. Wood,
cement, tile and paint costs the same but it is the look that will make the
house desirable and a complement to the neighborhood.

I also want to make special mention of an issue that may have
tremendous effect on us, the proposed Pembina Terminal. I did not discuss
the Pembina Terminal here as it is important enough to be taken up in a
separate article, and I strongly urge you to study it. This issue will be a factor
in the future quality of your life.

Thank you for letting me providing my two cents, and now I ask you for
yours. Please write and let me know what is on your mind, and I will make
sure it gets heard by the Board.

Isaac Quintero, Concordia Neighborhood Association, Chair

Summer Concerts Sponsors Needed

SUMMER CONCERTS IN FERNHILL PARK NEEDS Y-O-U!

A Call to Business Owners, Families, and Individuals!

There’s no better way to spend a warm and breezy summer evening than gathering with friends and neighbors in Fernhill Park for music, dancing and family fun! For the last ten summers, the Fernhill Concert Series has been a smashing success- offering the finest musical talents that Portland has to offer free of charge! This year it all happens on four Friday nights starting July 10th through July 31st and ends with a big shebang on Tuesday August 4th for our Concordia Neighborhood National Night Out!The CNA Fernhill Concert Committee has begun the long, hard slog of fundraising for the Summer Concert Series, but we need your help to raise enough money to fund all five concerts! So, if you have the means, PLEASE DONATE! We are looking for local businesses and individuals to donate anything they can to help make the concerts happen! It doesn’t matter if you are a business owner, a family, or an individual,

WE NEED YOU to help raise the money to produce another memorable concert season in Fernhill Park. If you are a family or individual and would like to contribute to this Spectacular Summer Series, please visit www.give2parks.org/concerts to donate!

- Choose FERNHILL PARK from the Pull Down Menu
- Donate Now & Get an Immediate Tax Receipt
- Any contribution (e.g. \$5 or \$10) is greatly appreciated!!

If you would like to help the CNA Fernhill Concert Committee fundraise for this year’s fabulous season, please contact Katie Ugolini at social@concordiapdx.org or 503-449-9690.

Furthermore, if you are a business, institution, or individual and want to be a Fernhill Concert Series Sponsor by contributing \$300 or more, you will receive these awesome benefits of sponsorship:

- Opportunity to have promotional table at all 5 concerts to display, give or sell items.
- A chance to give to your neighborhood
- A tax deductible contribution staying “close to home”
- Your Business Name Recognized:

Here are the options:

Please join us at the concert sponsorship level that is comfortable for you!

Champion Sponsor: \$3,000 Presenting sponsor status for one night of a concert series Opportunity to emcee and welcome audience to the concert Logo or name on the concert banner, select Summer Free for All movie screens, season brochure and neighborhood flyer Listed as presenting sponsor in the season brochure and the neighborhood flyer Listed on the PP&R Summer Free for All website Recognized from the stage at all concerts Thanked in Concordia News and on the CNA Website and recognition in the SFFA final report Listed in the newspaper guide distributed in seven languages Invitation to sponsor night

Champion Combo Sponsor: \$3,000 + \$2,000 Presenting sponsor status at one park for the standard rate; with a discount off the same sponsorship level at a second park All benefits of Champion sponsorship apply at both parks

Major Sponsor: \$1,250 and up Logo or name on concert banner, one Summer Free for All movie screen, season brochure and neighborhood flyer Listed on the PP&R Summer Free for All website Recognized from the stage at all concerts Thanked in Concordia News and on CNA Website Name listed in the newspaper guide distributed in seven languages

Contributing Sponsor: \$600 and up Name in bold on the concert banner Name in bold in the season brochure and on neighborhood flyer Listed on the PP&R Summer Free for All website Thanked in Concordia News and on the CNA Website

Good Neighbor Sponsor: \$300 and up Name listed on the neighborhood flyer Listed on the PP&R Summer Free for All website Thanked in the Concordia News and on the CNA Website Any sponsor may have a promotional table at the concerts they are supporting.

Sponsorship commitments are needed by April 1 but payment is not due until May 15, 2015 to be included in promotional material. If you are a business, please let us know how you would like to participate as a sponsor by contacting Judith Yeckel, Concert Production Manager at 503-249-8159 or judith.yeckel@gmail.com. If paying by check, make checks payable to Portland Parks & Recreation/Fernhill Concerts and mail to Summer Concerts ATTN: Judith Yeckel, PPR: Mt. Tabor Yard, 6437 SE Division St., Portland, OR 97206. CREDIT CARDS ALSO ACCEPTED.

CNA Spring Clean-up: May 16th

SAVE THE DATE: Saturday, May 16th @ 8:00 am- 12:30 pm

PCC Workforce Training Center, NE 42nd Ave. & Killingsworth

This is the biggest fundraising event for the Concordia Neighborhood Association (CNA) and a great excuse to get rid of the junk and recyclables that you have been accumulating in your closets and garage!

We are always in need of VOLUNTEERS to plan event & help unload vehicles and direct traffic the day-of. If interested, please email Katie Ugolini at social@concordiapdx.org or call 503-449-9690!

Annual CNA Yard Sale: June 26-28

SAVE THE DATE: Start sorting out your unwanted items and plan to join in the Concordia Neighborhood Yard Sale! More details to follow in the April CNews! Questions: Please contact Donna Carrier at 503-288-9826 or donna.carrier58@gmail.com

Sunday Parkways: Northeast July 26th ~ 11am-4pm (8 miles)

Explore the Northeast Neighborhood Greenways while you make your way around the July route. Don’t forget to stop by Woodlawn, Alberta and Fernhill Parks along with Rigler Elementary School where a collection of fun activities, festive music, and delicious food awaits you.

Saffron SUPPER CLUB

VARIETY SHOW

FEATURING AN ALL STAR, ALL YOUTH CAST

MARCH 21

6:30 PM • DOORS OPEN AT 5:30 PM
CURTAIN CALL AT 9:00 PM

ALBERTA ABBEY • 126 NE ALBERTA STREET

BUY TICKETS AT ALBERTAMAINTST.ORG

A BENEFIT FOR MAVERICK MAIN STAGE PRODUCTIONS AND ALBERTA MAIN STREET



Alberta Main Street
A Portland Main Street Program



MAVERICK MAIN STAGE PRODUCTIONS

SPONSORED BY:



BODYFELT/MOUNT
ESTABLISHED BY JAM



Wk+



SALT & STRAW

18th Annual Street Fair

Alberta Main Street Seeks Performers, Sponsors and Vendors for The Alberta Street Fair

The 18th Annual Alberta Street Fair is Saturday August 8, 2015. Alberta Main Street is currently seeking performers, sponsors and vendors for the event.

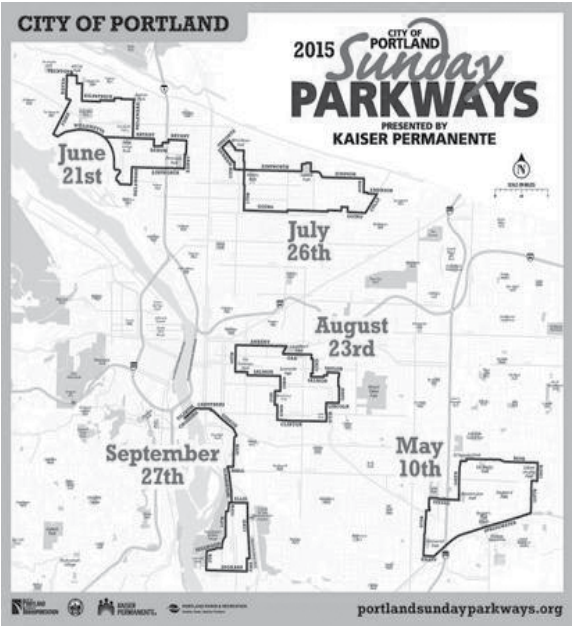
The Alberta Street Fair is a daylong celebration of community, art and music that brings over 25,000 people to Alberta Street. Hosted by Alberta Main Street, the street fair includes a three stages of entertainment and over 300 vendor spaces between NE 10th Ave and NE 30th Ave.

Call for Performers: Alberta Main Street seeks a diverse array of performers appropriate for a family friendly event. The non-profit seeks performers of all kinds: musicians, dancers, children’s performers and other acts that appreciate and represent the cultural diversity of our neighborhood. Performers are invited to learn more and apply online: albertamainst.org/whats-happening/street-fair/call-performers/. All acts must perform original material or works that are clearly in the public domain. The application deadline is April 17, 2015.

Sponsorship Opportunities: The eclectic mix of entertainment and craft at The Alberta Street Fair epitomizes the Portland draw and is a fantastic opportunity for exposure for your business. By sponsoring Alberta Street Fair, you can: directly connect with an active and engaged audience, showcase products, bolster your brand by partnering with a respected event and support your consumer’s community. albertamainst.org/whats-happening/street-fair/sponsorship/

Vendor Registration: Local artists, crafters, makers, organizations and food vendors are invited to participate in this popular event. Vendor registration fees vary by the type of vendor and size of booth. More information and registration is now available online: albertamainst.org/whats-happening/street-fair/vendors/. Register before June 14, 2015 for early bird pricing!

About Alberta Main Street: Alberta Main Street advances efforts to develop Alberta Street as a vibrant, creative, equitable, and sustainable commercial district serving residents and visitors to our community. For information about Alberta Main Street contact Sara Wittenberg at sara@albertamainst.org or visit albertamainst.org.



~Kids & Schools~

~ Community ~

Spring Break Swim

By Mark Ross, Portland Parks and Recreation

Dive into spring with Portland Parks & Recreation (PP&R)! We provide a variety of lessons and activities at six locations citywide. Swim lessons for spring 2015 are now open for both online and phone registration. Swim Lessons are available for all ages and skill levels. Group lessons, semi-private and private lessons are all offered. Online registration is fast, easy, secure and 24/7 at www.PortlandParks.org. We provide accommodations to individuals with disabilities/special needs. If you need an accommodation, please call Inclusion Services at (503) 823-4328 V/TTY.

PP&R also offers Water Fitness classes, adult lap swim and Open Play swim sessions. Call your neighborhood pool for complete schedules.

Is there a party in your future? Pool parties are the perfect way to celebrate any special occasion, birthday party, group event or just a fun get-together. Rent a pool for that special gathering! Call your local PP&R pool for rates and reservations.

For a complete pool schedule, or further information regarding our lessons and programs, call the pool nearest you, or contact the Portland Parks & Recreation Swimming and Aquatics program at (503) 823-5130.

- Portland Parks & Recreation indoor pools:
- Buckman Pool, 320 SE 16th (503) 823-3668
- Columbia Pool, 7701 N. Chautauqua Blvd. (503) 823-3669
- East Portland Pool 740 SE 106th (503) 823-3450
- Matt Dishman Pool, 77 NE Knott St. (503) 823-3673

Vernon Auction 2015

Vernon Auction 2015

Saturday, April 25, 2015

The Melody Ballroom

Vernon’s Biggest Fundraiser of the Year!

Tickets may be purchased here on March 1st!

\$35 per person (includes dinner, wine & beer)

Funds raised at our auction goes to benefit ALL Vernon students, supporting things like the music program, technology, field trips and so much more.

Lots more info to come so stay tuned! Please visit our Auction FAQ page for more info about the auction.

Visit the Vernon Auction Facebook group for the latest auction news:

www.facebook.com/groups/vernonauction

The 2015 Vernon Auction Committee needs help from our community!

We’re still looking for the following volunteers: Procurement Helpers and Classroom Art Leads

The time commitment for these tasks is very minimal and they can be done mostly at your convenience. Please email our Auction Chair, Anna Held, if you can pitch in to make this the best Auction ever!

Contact Us: vernonauction@gmail.com

Last Year’s Auction

The 2014 Vernon School Auction brought in over \$79,000 for our Music Program and our Outdoor Classroom! Many thanks to all our donors, volunteers, and everyone who went to the auction. Your money was well spent!



Monologue Competition

AUGUST WILSON
• MONOLOGUE COMPETITION •

Local students take to the stage March 2 to compete to represent Portland in the national August Wilson Monologue Competition on Broadway

- TV star Russell Hornsby from NBC’s Grimm will emcee the event •

Portland high school students from across the city have been learning their lines and practicing their moves as they prepare to compete in the regional finals of the August Wilson Monologue Competition, to be held March 2 at Portland Center Stage, Gerding Theatre at the Armory, 128 NW 11th Ave. The event is free and open to the public.

Three students will be selected by a panel of judges to participate in the monologue finals on Broadway in late spring. Actor Russell Hornsby, who has been working behind the scenes with students on their performances, will emcee the event. Hornsby is known for his starring role in NBC’s Grimm, ABC Family’s Lincoln Heights and HBO’s In Treatment, among myriad other artistic achievements.

The monologue competition is a program of the August Wilson Red Door Project, a not-for-profit organization working to change the racial ecology of Portland through the arts.

Practicing for the competition has been a transformative experience for many students. They have received one-on-one coaching and have had the chance to work with professional actors on honing their performances. The students participating in the event are as diverse as the performances themselves. Youth of color have an equal place center stage with other students. All are afforded the chance to participate, the chance to explore the arts, and the chance to excel.

It’s this very dynamic Red Door Project Co-Founder and Artistic Director Kevin Jones sees as needed in the effort to improve diversity and equity in Portland.

Jones likens the health of the city’s racial ecology to the needs of a well-functioning biological ecosystem such as a garden.

“You need flowers, rain and bees in a garden to have a strong ecosystem,” says Jones. “Every city is comprised of different cultures. We are working to bring the marginalized parts of the system into the mainstream. We are bringing youth of color back into the heart of the city at Portland Center Stage and are mixing it up to build a stronger and more vibrant community where all people are given an opportunity to thrive.”

African American boys – the group least likely to seek out theater experiences – were especially encouraged to try out for the competition. The Red Door recruited students in classroom workshops across the Portland Metropolitan area. The workshops introduced the monologue competition opportunity and provided cultural context to the master playwright’s work.

“The workshops gave the kids an opportunity to actually put the words in their mouths, to understand the influence of August Wilson and relate it to issues here in Portland,” says Jones. “We had the chance to break stereotypes by helping students understand that African American vernacular is the same as the vernacular of other groups. All cultures have something distinctive in the way they communicate.”

Sixty students from more than 20 local schools auditioned at a preliminary round in January. On March 2, 19 students will perform on Portland Center Stage’s main stage.

Community members will have the opportunity to make a donation at the event to support next year’s August Wilson Monologue Competition. The Red Door Project wishes to thank the community for its support.

At a glance:

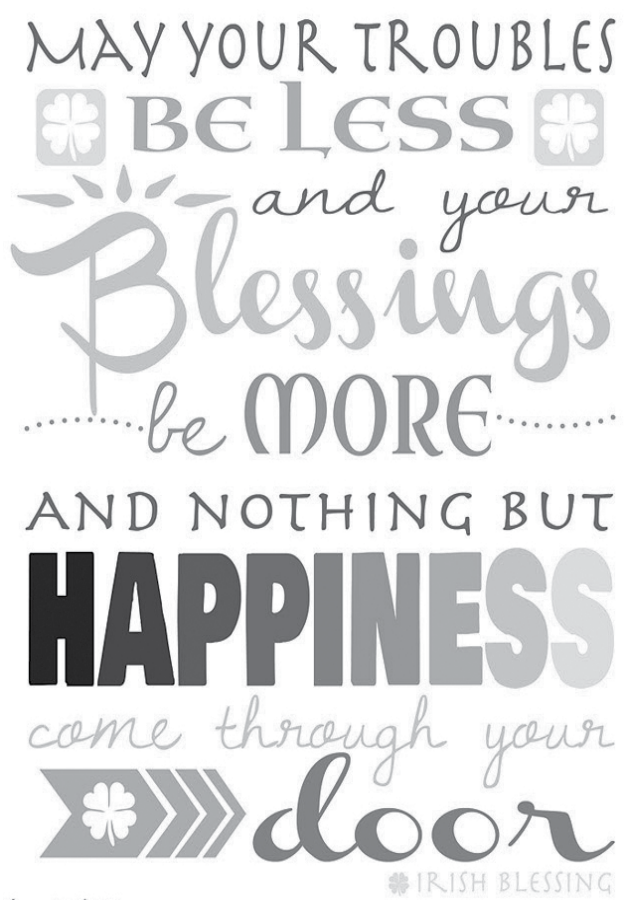
What: August Wilson Monologue Competition

When: 7-10 p.m. on March 2. Doors open at 6:30.

Where: Portland Center Stage, Gerding Theatre at the Armory, 128 NW 11th Ave.

Details: The event is FREE, but reservations are required. Please go to www.pcs.org/awrdp for tickets. Seats are not reserved.

St. Patty’s Day



Tuesday, March 17

PORTLAND’S adidas SHAMROCK RUN

Founded in 1979, the adidas Shamrock Run is the largest running and walking event in Oregon and is the second largest running event on the US west coast. In 2015, 35,000 participants will celebrate the 37th edition of the event on Sunday, March 15 at Waterfront Park in downtown Portland. Shamrock has reached its field limit, and has “sold out,” every year for the past five years.

Shamrock Weekend kicks-off with the adidas Shamrock Run Fitness Fair. This two-day expo at the Oregon Convention Center on March 13-14 is in conjunction with Shamrock participant bib number and T-shirt pickup. The Fitness Fair features more than 70 running and fitness exhibitors, live music, fitness demos, contests and give-aways and a Leprechaun Lane kids area. More than 20,000 people visit the Shamrock Fitness Fair.

2015 Portland 74th Annual St. Patrick’s Day Festival

Tuesday March 17th 2015, 12:00pm – 8:00pm

The Ambridge Event Center, 376 NE Clackamas

Admission: \$10.00 21 & above, \$5.00 12-20 years old, FREE 11 & under

Kiss Me I’m Irish

Saturday, March 14, 8 pm (doors open 7pm)

Alberta Abbey, 126 NE Alberta

\$15 advance/\$18 door, 21+ (young adults 17+ welcome if accompanied by parent or guardian). Info: www.portlandstorytheater.com.

Hosted by amazing puppeteer Penny Walter, storytelling with Maura Conlon, Lynne Duddy, and Lawrence Howard, singing and dancing with Brian O’hAirt and Innisfree

Saint Patrick’s Day Celebration

Tuesday, March 17th, from 12 Noon to 9 pm

Kennedy School, free music, all ages

Music, roaming dancers, pipers, face painters, and balloon twisters; artists include Kathryn Claire Band, Brothers Dunne, Yeates Academy Irish Dancers, and Geraldine Murray’s Irish Family Hooley and Dancers in the Gymnasium; The Lasses in the Courtyard Restaurant; and The River City Pipe Band roaming.

St. Paddy’s Day Sessions

Tuesday, March 17, 9:00pm 11:59pm

Alberta Street Pub

Settle in for a night of casual sessions from some of Portland’s best traditional Irish musicians, including the Pub’s own Django Amerson. No cover, no pressure, just a great way to spend your actual Paddy’s day. Grab some fish and chips and catch some world class music in your own back yard.

~ Nature & Pets ~

Pet Classes

The Oregon Humane Society's Behavior Department offers an expanded range of classes and workshops to assist owners with their pet's behavior issues. Upcoming classes are listed below. Contact the OHS Behavior Dept. at (503) 285-7722 x 225, or visit our website at www.oregonhumane.org/training for more details.

PUPPY ROMPS:

Friday, March 6, 4:30 – 6 pm

March 21, 4:30 – 6 pm

Exposing your puppy to new dogs when he is young can help prevent behavioral problems as he matures. OHS trainers will be on hand to answer your questions about potty-training, play-biting and more. For puppies five months or younger.

Fee: Free (donations accepted) No need to RSVP.

SPORTS AND SHENANIGANS:

Tuesdays, March 17 – April 7, 7:30 – 8:30 pm

Bring your dog to this fun sampler class and try activities like Agility, Rally and Nosework. Learn new tricks and discover your dog's hidden talents!

Fee: \$80 for four weeks of training

Register at www.oregonhumane.org/training

PROBLEM POOCH CLASS:

Saturday, March 21, 1 – 2 pm

This class is led by a Certified Professional Dog Trainer. It is for anyone who just entered pet parenthood, is considering adopting a new pet, or who is feeling frustrated with their four-legged friend.

Fee: Free (donations accepted)

SHY DOG WORKSHOP:

Saturday, March 28, 4:30 – 6 pm

This interactive workshop is for dog owners with introverted dogs. After learning more about fear-based behavior, students will learn tips and tricks to help their shy dogs feel and act more confident.

Fee: \$15 suggested donation. No need to RSVP. Please leave your pets at home.

BASIC AND PUPPY MANNERS:

Mondays, March 9 – April 13, 6:15 – 7:15 pm

In OHS's Manners classes, students learn how to teach their dogs the basics, like 'sit,' 'stay' and loose-leash walking. The classes use positive training techniques and real-life scenarios so the skills learned can be easily transferred into everyday life.

Fee: \$155 for six weeks of training

Register at www.oregonhumane.org/training

PRIVATE TRAINING CONSULTATION:

Available by appointment

Are you having behavior problems with your four-legged friend? Schedule a one-on-one private training consultation at OHS with one of our certified professional dog trainers who can offer guidance and advice for dog and cat behavior problems.

Fee: \$75 per consultation. (Shelter Dog Discount Price: 10% off for dogs from OHS and other local area shelters). Request an appointment at www.oregonhumane.org/training or call (503) 285-7722 x225.

OHS FREE HELP LINE & WEBSITE: Call the free Pet Behavior Helpline at (503) 416-2983 to get your behavior questions answered or visit the OHS Pet Care and Advice Web page at www.oregonhumane.org/training for training tips and pet behavior information. Celebrating 145 years of service to animals in this community, the Oregon Humane Society is dedicated to helping animals and people. Last year, more than 11,000 animals were adopted through the OHS and more than 1,000 reports of animal abuse and neglect were investigated. Visit us at www.oregonhumane.org.

Get back to Nature

Columbia Slough 101

Saturday March 14, 9:00am - 12:45pm

Ever wonder about that slow-moving channel of water running through Gresham, Fairview, and NE & N Portland? Learn about the history, recreation options, water, wildlife, and current issues of the Columbia Slough at Slough 101. Slough experts will lead hands-on activities including a tour of a pump station and macroinvertebrate discovery. Pre-registration is required for this free workshop, and light refreshments will be provided. Suitable for adults and teens 14 & up.

Stewardship Saturday: Wilkes Creek Headwaters

Saturday March 14, 9:00am - 12:00pm

Restoring headwater habitat, that is the habitat at the source of a river or stream, is an important part of the waterway restoration process. Wilkes Creek flows into the Columbia Slough, so its protection is part of a greater effort to keep the Slough healthy. Join the Council and Portland Parks and Recreation for a day of restoration. We'll maintain some of our native plantings and remove invasive species that threaten their health.

This event runs rain or shine! Be sure to dress for the weather and bring water, rain gear and sturdy shoes. Snacks, tools, training and gloves will be provided. This opportunity is open to volunteers 16 years and older, unless accompanied by an adult. Volunteers under 18 should contact the Council for a special youth waiver.

Stewardship Saturday: Peninsula Crossing Trail

Saturday March 21, 9:00am - 12:00pm

Help us continue our work along the Peninsula Crossing Trail! Over the last planting season the Council, local students and teams of volunteers have planted hundreds of native species along the trail, creating habitat for native birds, bugs and other Slough fauna - not to mention great sights for trail travelers! The maintenance and upkeep of these plantings is essential until the plants can fend for themselves. Lend and hand! Exact activities are yet to be determined, but we'll likely weed and spread mulch. Register below to receive details about the event as they become available.

This event runs rain or shine! Be sure to dress for the weather and bring water, rain gear and sturdy shoes. Snacks, tools, training and gloves will be provided. This opportunity is open to volunteers 16 years and older, unless accompanied by an adult. Volunteers under 18 should contact the Council for a special youth waiver.

This is a great group volunteering opportunity! The Columbia Slough Watershed Council is happy to help your company or organization schedule your next

employee community service day. Contact us today for details!

Brunch with the Birds

Thursday April 09, 10:00am - 1:00pm

We'll walk around the trails looking for birds before enjoying a delicious lunch from the Council. Space is limited to 20 people; suitable for adults and children 12 & up. Advance registration required. \$5 suggested donation. Whitaker Ponds. 7040 NE 47th Ave.

Penny Beckwith, info@columbiaslough.org

503-281-1132, <http://columbiaslough.org/>



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Bridges Middle School provides individualized education for 5th – 8th grade students with learning differences. We invite you to contact our office to schedule a school tour and meet with admissions staff to learn how we can help your student succeed in school—and life. 503.688.2922 | BridgesMS.org | Info@BridgesMS.org

Open House Thursday • February 26 6:30 pm - 8:00 pm



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CNAroomKennedy@gmail.com

~ Culture ~

~ Home & Garden ~

Music to your ears.....

Small Instrumental Ensemble Concert

Friday, March 6, 2015, 7 – 8pm

Fine Arts Building: The Brass, Handbell and String ensembles will perform.

Wind Ensemble Spring Concert

Sunday, March 8, 2015, 3 – 4pm

Fine Arts Building; Concordia’s Wind Ensemble will perform.

Choir Concert

Sunday, March 15, 2015, 3 – 5pm

St. Michael’s Church, 6700 NE 29th Ave

Concordia University Concert Choir and The Oregon Sinfonietta Orchestra will perform A German Requiem by Johannes Brahms which will be conducted by Kurt Berentsen and Les Preludes by Franz Liszt which will be conducted by Dr. Donald Appert.

The concert will be held at St. Michael’s Lutheran Church next to the Concordia campus. Admission is free. Donations will be accepted. Seating for all services is limited and on a first-come, first-served basis.

Spring Concert

Sunday, April 12, 2015, 3 – 5pm

St. Michael’s Church 6700 NE 29th Avenue

All ensembles will perform. The concert will be held at St. Michael’s Lutheran Church at 6700 NE 29th Ave next to the Concordia campus. Admission is free.

Mountain Writers Series: Line and Stanza - A Poetry Elements Workshop

Saturday, March 21, 2015, 9:30am – 4:30pm

George R. White Library Room GRW108

2900 NE Liberty St. Portland, OR 97211

Footsteps of Ramona

By Katie Kavulla

Follow in the Footsteps of a Beloved Children’s Author - Your kids may not be old enough yet to appreciate the silly antics of Ramona or the crazy adventures of Ribsy, but it’s likely that these book characters hold a special place in your heart.

It just so happens that beloved children’s author, Beverly Cleary, was born and raised in Portland. She spent her childhood exploring her own Northeast Portland neighborhood, which later became the home to many of her book’s characters, including the adventures of Ramona and her friends. Embark on a scavenger hunt with your little adventurers to discover all the cool places that author Beverly Cleary immortalized in her work. It’s a great way to play tourist in your own town, and to find out a little more about this cherished author and her love for our fair city.



DIY Workshop

DIY Insulation Workshop

This free limited time workshop teaches participants how to weatherize a flat attic. Topics covered include safety, air sealing, baffling, blown-in insulation, and incentives to help cover the cost of your project. Learn more and register for the workshop at www.communityenergyproject.org or call 503.284.6827 x108

Sat, March 7, 10am-1pm - (English & Spanish)
Hacienda CDC 5136 NE 42nd Ave, Portland

Wed, March 18, 6-8:30pm - Peninsula Park Community Center 700 N Rosa Parks Way, Portland

Lead Poisoning Prevention Workshop

Free workshop where participants learn how to prevent lead exposure in their home. Great for households with children or pregnant women in housing older than 1978, or those concerned about lead exposure. Qualified participants receive a free kit of safety and testing supplies! Register for the workshop at www.communityenergyproject.org or call 503.284.6827x109

Tues, March 10, 6-7:30pm Peninsula Park Community Center 700 N Rosa Parks Way, Portland

Tues, March 24 6-7:30pm Community Energy Project 2900 SE Stark St, Suite A, Portland



Your first stop on your tour should be Grant Park (at Northeast 33rd Avenue, Portland), where the Beverly Cleary Sculpture Garden for Children is located. The three sculptures – one of Ribsy, who is playing in the water, one of Henry Huggins and one of Ramona. The Ramona and Ribsy sculptures are also both water features, which are turned on during the warmer months for kids to splash and play in.

To find the sculptures at Grant Park, head into the park via the entrance on Northeast 33rd Avenue, between Knott Street and Broadway, then find the playground. The sculpture garden is just behind the playground, on the south side.

True Beverly Cleary fans will be quite familiar with the places that the author uses over and over again in her books – Klickitat Street, Tillamook Street and more. And, these actual streets exist in Portland!

Stop by the Hollywood Library (4040 Northeast Tillamook Street, Portland) to view the Beverly Cleary Neighborhood Map, and then set off into the surrounding blocks to find the home where Beverly Cleary lived as a child, Ramona’s house, Henry Huggins’ paper route and more.

Continue your Beverly Cleary exploring with a trip to the Gresham Library (385 Northwest Miller Avenue, Gresham, OR), located about 30-minutes away. This library is home to two special Terracotta Ramona Statues – one of a cheerful Ramona and one of an arms-crossed, pouting Ramona (as she often was found in her books!) – each with a special passage to go along with it. While you’re here, do some hunting in the library to find the section with Beverly Cleary books and sit down with your kids and read a few chapters aloud or check one out to bring home!

Take some advice from Ramona who said it best, “She was not a slowpoke grownup. She was a girl who could not wait. Life was so interesting that she had to find out what happened next.”

Get out into Portland to do some Beverly Cleary exploring and find out what happens!

One rainy Sunday when I was in the third grade, I picked up a book to look at the pictures and discovered that even though I did not want to, I was reading. I have been a reader ever since. - Beverly Cleary

Winter Planting has rewards

By Handmade Gardens, 4446 NE Going St.

Thinking of adding fruit trees or native shrubs to your landscape this year? It’s time. We can plant from October through April, but March is also when availability is the best: earlier from mail-order sources, and the end of the month from retail nurseries. With all this warm weather, don’t wait too long. Blueberries are already starting to wake up for spring.

To fill your garden with birds and butterflies, choose species that support our native birds and pollinators. Our Soil and Water Conservation District offers information on some popular Northwest native plants. Their annual plant sale still has a few plants available.

Do you want food for your family? What fruits will you eat the most of? How many trees do you have space for? Remember that crowded trees will often fail to thrive or provide. We like Raintree Nursery for both variety descriptions and high-quality mail-order fruit trees.

In the vegetable garden, we’re happy to report that our January plantings are doing well. The radishes and lettuce we seeded in beds are all up, and the kale transplants are thriving (with slug protection). Peas are not up yet but they usually take a bit longer. In the pots, we’ve got new lettuce, broccoli, kale, radicchio and lacy endive. You can also seed mustards, arugula, mizuna, and other gourmet salad greens at this time.

Every Northwest garden should have a patch of miner’s lettuce. There are several native species, all in the genus Claytonia (also called Montia). It’s easy to propagate, easy to naturalize, and most importantly easy to eat in a winter salad. You may already have some - look around!

Seeds of miner’s lettuce are available from many nurseries. Seed any time in the cool season. Seed planted this time of year, late winter, may give you a small crop for this spring and a larger one for next year. You can also transplant a clump from an established patch.



In April it transforms from crop to flower, the sweet rose-pink blooms held on delicate stems.

When harvesting wild greens, in your garden or in the woods, save yourself some work in the kitchen by picking them clean. Take a bowl and sharp scissors to the garden. Cut the leaves a bit above the ground, leaving the dirt behind.

Miner’s lettuce thrives in shade or sun, and can form a “lawn” under trees and shrubs that does not compete with tree roots as grass would. It works as an understory to larger vegetables too.

Violets, both native and naturalized, brighten the winter garden and your early spring salads. They are perennial and easy to propagate by transplanting. The leaves are edible as well.

Concordia U Helps Tax Prep

This is a free service provided by the Accounting Department at Concordia University. The Chair of the Chair of the Accounting Department will monitor trained accounting students in tax law and the and electronically file returns for interested community members. They will be available from 9 am until noon on only four more Saturdays:

Feb 28, Mar 7, 14 & April 11 form 9am to Noon

George R. White Library & Learning Center Room 120.

If anyone is interested, please email us at: ConcordiaTaxPrep@cu-portland.edu

~ Health & Wellness ~

The Beauty of Simplicity

By Aimee Brown

Most of us are familiar with the old adage "stop and smell the roses". Well, I'm starting to realize what is really meant by this.

Spending much of my adult life buzzing from one commitment to another, not only did I not have time to smell a rose but I heaped undue stress and expectations onto myself. I filled my calendar with many things that I now see, in retrospect, distracted me from the most important aspects of my life: noticing the beauty that is all around and keeping space and time available for relationships.

Most recently I've reduced my life the the bare minimum- the "must do's" if you may. I have found myself too tired for much else but it's been a blessing in disguise. This exhaustion has come along with my lack of fulfillment by trying to do everything I think I should be doing, to be successful in anothers eyes and never stopping and assessing what I wanted and needed, what was right for me. By slowing down I'm actually learning to enjoy my life. I'm thankful for my mere obligations. When I'm tempted to add things I have to tell myself no, and learn to be in this season of rest and simplicity.

As I slow down, I find I have time to engage with those I encounter during my day. Whether a grocery store clerk or a customer at work, I stop to look them in the eye, and genuinely ask "How are you today"? These moments are the most important part of my day. By giving a stranger, an acquaintance or even my dearest friend the time they are worthy of, brings value and dignity, and I believe, healing to both of our souls. I will never regret devoting a few moments of my time to connect with the heart and mind of another. We are all created with an innate need to love and be loved; it's reciprocal, the cycle creates more love the more we do it. It can be easy to think we don't need it as much as we do, to minimize or deny its power but it is of the highest importance. We are presented everyday with opportunities to grow and connect, to heal and be a conduit of healing. We never know what someone is facing in their life and by being present we have the chance to meet someone where they're at and offer an encouraging word, an acknowledgment of their situation or just a tender smile.

Through simplicity and creating space, my life is now more peaceful. I'm eternally grateful for this season and the healing it is bringing into my life- and hopefully the lives of those I meet, ever be it so small. So stop and smell the roses! Enjoy your life and remember: the value of the person in front of you and their soul far outweigh anything that tries to compete for your attention. **Take time for yourself and others and, truly, keep it simple!**

10 Healthy Weight Loss Tips

By Dr. Rose Paisley, ND

Eat small frequent meals – balance blood sugar and stimulate metabolism

Eat half of everything you order – reduce calories and don't gorge yourself

Cook real food and eat with friends – celebrate the bounty the earth provides with people you love – eliminate processed food!

Use a blender – a smoothie with a high quality protein powder can serve as a great meal replacement – load it with veggies!

Rainbow on a plate – 5-9 veggies/day – accessorize with protein, fat and grains

Protein and fat with every meal – high quality (clean meat) and totally satisfying

WATER – Essential for normal cell function

Move your body – everyday – for fun!

Manage your stress with positive loving relationships – stress reduction equals better metabolism and less fat storage. Most people loose weight when they fall in love so all in love every day!

Change up your exercise routine every 12 weeks – the body is a master of adaptation and will naturally take the path of least resistance to conserve energy – it's a survival mechanism. Therefore you need to be tricking it in to overdrive all the time. Studies have shown that 12 weeks is a good change over period.

For more information contact: Rose Paisley at (503) 719-4806 or RosePaisley@ResetNaturally.com

Get your Meals on Wheels

HUNGRY FOR LUNCH OR NEED MEALS DELIVERED?

If you're age 60 or older and looking for a great place for lunch with a fun group of people, plus interesting activities, why not consider stopping by the Meals on Wheels People/Loaves and Fishes Center at 5325 Northeast MLK Blvd? We serve delicious, nutritious lunches with a choice of entrée every weekday from 11:00 noon until 1:00pm. The suggested donation is \$3, but no one is ever turned away.

This center has been operating for 45 years and serves more than 67,000 meals annually to more than 1,000 older adults in north and northeast Portland. It's a friendly, convenient place to meet new people, see old friends, or just get out of the house and relax while eating an attractive, well-prepared lunch. We also have activities provided by the Urban League of Portland for many different lifestyles.

"Some seniors come early for coffee, to play cards or just shoot the breeze," says MLK Center Manager David Lomas. "Many are widowed or live alone, so coming to the Center gives them a chance to talk with others. Our Center takes the place of the front porch in the old days." If you're not sure where the center is, it's in the familiar Walnut Park Building (#5325) on the corner of Killingsworth and MLK Blvd. Parking is in the back and the entrance is right there in the center of the building.

We rely on dozens of volunteers to help serve meals I the Center and to deliver Meals on Wheels. We treat ever diner like a restaurant guest. Our servers bring your meal and beverage directly to the table. We can always use more volunteers especially to help deliver meals.

Why not drop in and ask for a tour and a monthly Urban League activity calendar? David Lomas will welcome your interest and questions. If you're interested in volunteering, there are opportunities available, just ask. Stop by today, phone 503/953-8207 or visit us at mealsonwheelspeople.org.

Or, if you're homebound and unable to cook for yourself, the Meals on Wheels People, MLK Center will bring you fresh, hot, nutritious lunches Monday through Friday. All it takes is a phone call. Meals are provided on a donation basis and are available to any senior 60 or over, regardless of income. Phone us at 503/736-6325 or visit us at mealsonwheelspeople.org to register.

We look forward to seeing you smiling face at our center or receiving you phone call soon.

St. Mike's Community Kitchen

1st Thursday Community Cooking Group: We will meet on March 5th from 6-8 p.m. to make some Irish dishes! If you have questions or would like to RSVP, contact Rachel Schweitzer at st.mikes@kitchencommons.net.

3rd Thursday Community Cook and Freeze Group: We will meet on March 19th from 6-8 p.m. to make beef lasagna and a vegetarian dish! If you have questions or would like to RSVP, contact Rachel Schweitzer at st.mikes@kitchencommons.net.

Looking Ahead: The 1st Thursday Community Cooking Group will not meet on Thursday, April 2nd due to the fact that it is Maundy Thursday and the church will be using the kitchen and Fellowship Hall for a Seder during the cooking group time.



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Neighborhood Events



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MARCH 2015

- 1
- HELLO EVERYBODY
MUSIC TOGETHER TEACHERS
CONCERT AND SCHOLARSHIP FUNDRAISER
- 1
- WILLY PORTER
WITH ELLIS PAUL
- 3
- PORTLAND OPERA PRESENTS
THE GREAT AMERICAN SONGBOOK
SONGS OF LOVE
- 4
- ALAN DOYLE
SO LET'S GO TOUR
- 5
- 2ND ANNUAL HAWAIIAN
SLACK KEY GUITAR FESTIVAL
- 6
- TRACE BUNDY
- 7
- BACK FENCE PDX: MAINSTAGE
- 8
- SECOND SEASON PRESENTS
TERRY ROBB
THE IVIE-MEZIERE-FOSS TRIO
THE STEVENS HESS BAND
- 10
- THE ZOAS
A COMEDY VARIETY SHOW
- 11
- MARTYN JOSEPH
KRIS DELMHORST
- 12
- IGNITE TAO! V6
- 13
- FEARNOMUSIC PRESENTS
MR. OONG-KAH AT 75
- 14
- ANNALISA TORNFELT
ALBUM RELEASE WITH THE SOUND OUTSIDE
+ SPECIAL GUEST MICHAEL HURLEY
- 15
- SOUTHERN TROUBADOURS IN THE ROUND
JOE ELY, RUTHIE FOSTER + PAUL THORN
- 19
- AFTON PRESENTS: LOCAL MUSIC SHOWCASE
- 20
- TAYLOR JOHN WILLIAMS
- 21
- WOMEN WITH THE BLUES
ANNE WEISS, MARY FLOWER,
& LARHONDA STEELE
- 22
- ALTAN + LIZ CARROLL
- 24
- PORTLAND OPERA PRESENTS
THE GREAT AMERICAN SONGBOOK
UNSUNG WOMEN
- 25
- DIVAVILLE FAREWELL CONCERT
- 26
- JOHNNY A. + BOB MALONE
- 27
- HUNGRY OPERA MACHINE PRESENTS
- 28
- FLOUR, SALT & MOONBEAMS

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Alberta Street Gallery

Feb. 26 - March 25

Christopher St. Johns: "The Old Ways"

I have always felt that painting offers a doorway into a slower and archaic world. Paintings seem old fashioned and overshadowed by the technologically obsessed world we make our way in... These paintings embrace the crudeness of our emotional life... They thirst for something quiet and embrace form as a gateway to the unknown. This work is completely against the notion of spectacle, because in most respects, the old ways are our future.

2724 NE Alberta Street | 503-280-6329
sixdaysartgallery.net.

Guardino Gallery

February 26-March 24

MAIN GALLERY

- - Arielle Adkin has created a series of "Peonies" in colored pencils and gouache on paper, both light materials, in order to emphasize the delicate quality of these flowers. Her work explores Nature's ability to evolve in a modern man-made world, with an emphasis on creating a beautiful and palatable aesthetic.

- - Anne Goodrich's title for her ceramic show is "Leav". Her inspiration is the act of letting go. This is concept is true for the tree as well, letting go of leaves enables the tree to store energy, survive the winter and apply that energy toward new growth when spring comes.

FEATURE AREA

- - Lisa Bledsoe is a mixed media artist who marries painting, collage and assemblage together to create complex paintings. Lisa creates each painting by intuitively experimenting with combinations of color and placement of collage and assemblage elements.

- - Shelly Caldwell creates mixed media sculpture using assemblage, painting, modeling. She has given it the title of "Redemption, Passage & Escape". As she describes her process, "I am attempting to coerce very disparate objects into playing nicely together.

2939 Alberta Street | 503 281-9048
www.guardinogallery.com

Thousands of Cats

Thursday, March 19th

Children are welcome to see the puppet performance of Thousands of Cats from Heart in Hand at Green Bean Books, 1600 NE Alberta.

Portland Storytellers' Guild

Portland Storytellers' Guild Story Swap/ Potluck—Free. Friday, March 6, 6:30 pm, McMenamins' Kennedy School. A social time to listen or tell a 5 minute story in a safe environment. Open to listeners, newcomers, and experienced tellers. We gather and share potluck foods, then share 5 minute stories in a safe and welcoming environment. The Story circle is an ideal place to listen to, try out new material or to hone a story you already know. For additional information call Ken Iverson 503-631-2167.

March Performance: Harvest the Spring

Saturday, March 14, 7:30 pm, Hipbone Studio, 1847 E. Burnside. Adults - \$10; PSG Members & Students - \$8. Portland Storytellers' Guild invites you for a night of stories from the flower-covered fields of Texas to the dark underworld of Hades, from a farm's rich soil to a cat's cozy cottage. Join storytellers Gretchen Peterson, Sam Butler, Rebecca Hom, and Patrick Gannon as they weave stories of growing, healing, descending, and transcending. Tickets at the door, at PortlandStorytellers.org or Brown Paper Tickets.

Sorry Wrong Number

March 3, 2015, 10:30 a.m.

Sorry Wrong Number by Lucille Fletcher and The Mystery at Twicknam Vicarage by David Ives, will be the March reading for the Portland Civic Theatre Guild's Readers Theatre, Tuesday, March 3, at The Old Church. The event begins at 10:00 am with complimentary refreshments followed by the reading at 10:30. The Old Church is located at 1422 SW 11th. Tickets are \$8.00 and available at the door. The plays, directed by Sam A. Mowry, of the Willamette Radio Workshop, will be read in the style of old time radio broadcasts. Sorry Wrong Number, originally written in the 1940's for the radio, is a thriller about a bedridden hypochondriac who, while trying to make a call from her bedroom, gets her wires crossed and overhears two men plotting a murder.

Eat for Alberta

at Bamboo Izakaya

March 18, 2015 5-10 p.m. Bamboo Izakaya generously hosts this month's "Eat For Alberta Street" a series of fundraising events benefiting Alberta Main Street, a volunteer-driven neighborhood nonprofit organization. Hungry philanthropists can dine heartily knowing that Bamboo Izakaya will donate 10% the evening's proceeds back into the community. Location: Bamboo Izakaya, 1409 NE Alberta Street.

Retrofitting Older Homes for Energy Efficiency

Wednesday, February 18, 2015

7:00pm-8:00pm

1401 NE Alberta Street

Living Room Realty Monthly Workshop

Series: RSVP to rsvp@livingroomre.com

- - Russ Eisenberg of Indow Windows will discuss ways to make a home more energy efficient including the importance of insulation and why it's essential to address drafty windows. Indow handcrafts interior storm windows that make a home instantly more energy efficient and comfortable. The lightweight acrylic inserts block drafts to preserve historic single-pane windows and shore up newer but leaky double-pane windows. Studies by the U.S. Department of Energy and Portland State University's Green Building Lab found that Indow inserts can reduce a home's energy use by 20%.

- -Matt Sipes of Neil Kelly's Home Performance division will discuss common challenges homeowners face when it comes to creating healthy, energy efficient spaces. He will outline specific steps that can be taken to improve indoor air quality and comfort as well as save 15-30% on utility bills. He will also address how these updates, along with newer technologies like HRV's, solar panels and "Nest" thermostats, can add measurable value to a house.

- - Jim Stephens of Umpqua Bank will discuss the Greenstreet Lending program, which offers preferred rates and no fees on loans used for energy efficient home improvement projects.

David Barsamian Reading

Benefit for KBOO Community Radio.

Wednesday, March 4, 2015

7:00 pm-9:30 pm

Clinton St. Theater, 2522 SE Clinton St

David Barsamian, one of America's most tireless and wide-ranging investigative journalists, has altered the independent media landscape with his weekly radio show Alternative Radio. Barsamian will be speaking on Capitalism & the Environment: Collision Course. Find out more at: <http:kboo.fm>



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(503) 249-3983
[mcmenamins.com](http:mcmenamins.com)
Free · All ages welcome (unless noted)

Thursday, March 5

Bill Wadham and Company

Singer of the '80s hit "Obsession."
Gym · 7 p.m.

Tuesday, March 10

RACE TALKS: An Opportunity for Dialogue

LEARNING TO BE WHITE: The Unwritten Rules and Roles of Being White

Gym · 6 p.m. doors; 7 p.m. event

Thursday, March 12

GREAT NORTHWEST MUSIC TOUR
10TH ANNIVERSARY SEASON

Ural Thomas & The Pain

R&B and Soul Powerhouse
Gym · 7 p.m. 'til 10 p.m.

Tuesday, March 17

ST. PATRICK'S DAY

We do so love this particular holiday!

with live music by
BROTHERS DUNNE
THE LASSES
RIVER CITY PIPE BAND
KATHRYN CLAIRE BAND
and **GERALDINE MURRAY'S IRISH FAMILY HOOLEY & DANCERS**

Yeates Academy Irish Dancers
Joe Mishkin "The Balloon Guy"
Amanda "The Face Painter"
All Day! Music begins at 12 noon
All ages welcome

McMenamins Irish Stout · Irish Coffee
Irish food specials and more.

Thursday, March 19

LIMITED-EDITION BEER TASTING
FEATURING T-1000 VIENNA LAGER

5 p.m. 'til the beer is gone
Boiler Room · 21 & over

Thursday, March 19

Marca Luna

Indie rock
Gym · 7 p.m.

Thursday, March 26

Hoot Family Showcase

Portland-area Americana musicians
Gym · 7 p.m.

Sunday, March 29

CRAIG CAROTHERS SONGWRITERS IN THE ROUND

Award-winning Nashville singer & songwriter
\$10 · Gym · 7 p.m.

Monday, March 30

HISTORY PUB

A Community on the Move: Night Life – Clubs, Restaurants & the Music Theater · 6 p.m. doors; 7 p.m. event

Monday, April 6

OREGON HISTORY 101 NEW POLITICS: Environmentalism and Civil Rights

Theater · 6 p.m. doors; 7 p.m. event

