



CONCORDIA NEIGHBORHOOD ASSOCIATION
PO BOX 11194 / PORTLAND, OR 97211

CONCORDIA NEWS

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

Propane Trains for Concordia and Climate Change for All

By Luke Griffin

As many neighbors have noticed, there has been an increase of fossil fuel bearing train traffic chugging through the Concordia neighborhood in recent years and it is likely to increase many times over as the planned Pembina propane terminal at the Port of Portland has passed a major hurdle. The environmental overlay zone protecting Portland's two major rivers was removed to allow Pembina to load their tankers destined for Asian markets. In a flood and earthquake hazard zone, along a route for endangered migratory salmon and many bird species in one of America's "greenest" cities, the Portland Planning and Sustainability Commission voted to allow the largest fossil fuel company of the Alberta Tar Sands to build a huge propane export facility.

By the time this article is published, the city council may have voted on the issue and if Mayor Charlie Hales has his way, millions and millions of gallons of highly volatile propane will ride the rails through the "protected" Columbia River Gorge and many local communities (including this one) on its way to be burned and transformed into millions of tons of greenhouse gases to further heat up the world. This move for Portland to embrace fossil fuels comes after 2014 marked the warmest year on record, Oregon saw no winter, and our snowpack is dangerously low.

The Portland Planning and Sustainability Commission had a public comment period where concerned citizens could write the commission. The Concordia Neighborhood Association board was resoundingly against the terminal and hence drafted a letter expressing two main concerns. First was a more localized objection to the dangers posed by the transport of hazardous material through the neighborhood along with the impact of

Continued on page 3, TRAINS

CNA Spring Clean-up May 16th from 8:00 am to 12:30 pm PCC Workforce Training Center NE 42nd Ave & Killingsworth!

Tired of seeing all the clutter & junk in your closet, basement & garage? Drop it all off at the PCC Workforce Training Center on May 16th for CNA's BIGGEST FUNDRAISER OF THE YEAR!

Spring Cleaning has come to Concordia and the CNA will dump, recycle and find a new home for your household items! Your trash, may just be your neighbor's treasure!

WE WILL TAKE : Household Waste, Metal, Furniture, Electronics, Lamps, Block Styrofoam, Building Materials, Batteries, Mattresses, Clothes, Bicycles and other Household Stuff.

WE WON'T TAKE: Food Waste, Yard Debris, Tires, Rocks, Concrete, Paint, Oil, and other Hazardous Waste!

SPECIAL FEATURES in 2015

- "You Price It" Yard Sale for reusable household goods! You see something you like, tell us what it's worth to you, and it's yours!
- Collecting household items for Community Warehouse, a nonprofit organization that provides essential household furnishings to low-income people. Their high-priority items are as follows: 1) Pots & Pans 2) Dishes & Silverware 3) Microwaves 4) Arm Chairs 5) Twin/Queen Mattresses 6) Kitchen Tables & Chairs 7) Dressers 8) Toasters. Items for Community Warehouse must be clean & in useable condition, & free of stains or tears.
- Collecting building materials for Habitat for Humanity's ReStore, which helps build affordable homes in the Portland/Vancouver area and keeps usable materials out of the waste stream. Building materials must be in good, useable condition.
- Professional Tool Sharpening (8 AM - 3 PM): Bring in your Knives and Garden Tools and have them professionally sharpened by 1 SharpTool Edge Service. 25% of the tool-sharpening profits go to the CNA .

SUGGESTED DONATION FOR CLEAN-UP VEHICLE LOADS:

\$10/car \$15/truck, van, & SUV

\$20/large truck

\$30/oversized load

Extra \$5 Donation for Electronics & Batteries

VOLUNTEERS NEEDED to help organize event, & unload vehicles and direct traffic the day of the event. If interested, please email. CONTACT: Katie Ugolini at ktugolini@gmail.com or call 503-449-9690!



NORTHEAST COALITION OF NEIGHBORHOODS

Trash for Peace's Pop up Dekafe

by: Laura Kutner

On May 16th from 12pm-2pm, stop by the launch of the new Dekafe following the Neighborhood Clean-Up for some freshly brewed coffee and pastries, as well as participate in an afternoon "Craft for Cause."

Dekafe is a brand new pop up cafe that will be starting once a month on May 16th. Held at the St. Michael's Lutheran church (NE 29th and Dekum), the Dekafe is a collaborative effort led by Trash for Peace and generously supported by a grant from the Northeast Coalition of Neighborhoods (NECN) and Home Forward. The Cafe is created and led by youth, and is meant to teach life skills such as team building, leadership, business, marketing, customer service skills, and more, all through a lens of environmental education.

The Cafe is "zero waste," meaning that there will be no waste generated by the cafe; all byproducts will be composted or recycled, and there are NO paper cups as a part of the cafe. Please join neighbors after the Neighborhood Clean-up by relaxing over a cup of coffee in a durable mug, or bring your own coffee mug to take coffee on the go.

If you would like to participate in a craft, we will be painting rocks using all reclaimed paints and varnishes to decorate home gardens.

All proceeds from the cafe are direct donations to Trash for Peace to support further youth empowerment programming. A HUGE thank you to our community partners, without whom this project would not exist; NECN, St. Michael's Lutheran Church, Home Forward, and the Concordia Neighborhood Association.

Please visit www.trashforpeace.org for more information, and we hope to see you there!

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

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Charlie Hales, Mayor • Susan Anderson, Director



DULL BLADES?

Concordia Neighborhood Association

TOOL SHARPENING FUNDRAISER

Saturday May 16, 2015
8 am to 3 pm
5600 NE 42nd, Portland, OR 97218

*The Neighborhood Spring Clean Up is coming
What a great time to get your tools ready for the season too!

*Bring your Kitchen knives and Garden tools and have them professionally sharpened when you bring in your Spring Clean up items (*first come first served*).

*Prices start at \$6.25 for garden tools and \$7.50 for kitchen knives. Cash/Check/Card.

Proudly brought to you by:
1.Sharptool Edge Service
1sharptool.com 360-606-7062

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

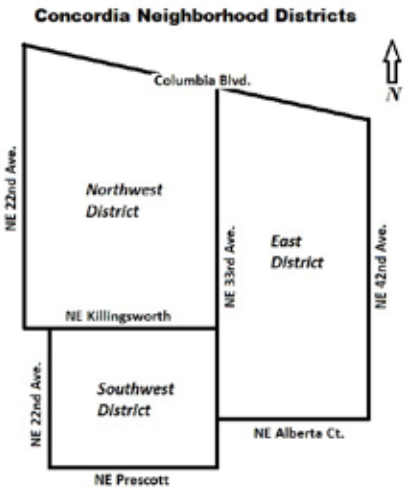
Media Team
Newspaper and Website
Volunteer and join the media team as “Beat Reporter” or manage the CNA Wordpress website.
Email: ConcordiaNews@yahoo.com

Social Committee
If you are interested in volunteering for the Spring Clean-Up 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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~~~ **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)  
[ConcordiaNews@yahoo.com](mailto:ConcordiaNews@yahoo.com)

Concordia News is printed on 40% post-consumer or better paper, manufactured at a local mill.

[www.ConcordiaPdx.org](http://www.ConcordiaPdx.org)  
Visit the website of the Concordia Neighborhood Association for:  
Community Events &  
News Neighborhood Information & Blog  
[www.ConcordiaPdx.org](http://www.ConcordiaPdx.org)

Please enjoy your this community and the people and businesses that make this neighborhood great!

## Chair’s Corner

Hello again neighbor. Thanks for checking back in. This monthly column is my way of getting the word out about what your Board of Directors is working on, but so far I do not have any idea of who actually reads this. So, time for a reality check. Please email me at [chair@concordiapdx.org](mailto:chair@concordiapdx.org) with your comments so I will be able to determine if there is sufficient readership for this column to continue.

As you may know, we had a General Meeting on April 7th that was attended by approximately 40 neighbors as well as very interesting and timely speakers. We were fortunate enough to have the following attend and make presentations to our group:

Jillian Detweiler, Policy Director for the Mayor’s Office

Jillian provided a status report on the Comprehensive Plan, Pembina Terminal proposal, Oil Trains, Last Thursday as well as other topics having to do with the Concordia Neighborhood.

Chad Stover, Project Manager for the Mayor’s Office

Chad reviewed proposals for community centers not only in our neighborhood but also for other neighborhood community centers. The City is considering all proposals. Even though there won’t be a community center in every neighborhood, there will be an emphasis on community centers and/or related recreation centers strategically located to serve all Portland neighborhoods.

Mary Tompkins, Crime Prevention Officer for Concordia. Mary is primarily working with commercial businesses in our neighborhood advising shop owners on the best ways to deter crime. Suggestions include strategic placement of display racks, furniture, etc. Mary, like all the other speakers, is a great asset to our community and a resource any shop owner would be fortunate to access.

Anthony Zoeller, Neighborhood Response Officer Portland Police Department

Officer Zoeller provided a status report on the shooting at 29th and Alberta, stating it was still under investigation. Officer Zoeller also briefed us on programs for youth at risk and for crime prevention in both commercial and residential settings. We asked about excessive speed by students driving to and from the Concordia campus (a constant safety hazard for everyone). Everyone was surprised and shocked to learn that many of the students

who were stopped by Police possessed International Drivers Licenses. Because this type of license exempts the driver from receiving a citation, the speeding students have been released with a warning. (See related comments in next profile)

Gary Withers, JD, Executive Vice President, External Affairs, Office of the President of Concordia University

Gary provided updates on both Concordia expansion plans for itself and for its partnership with Faubion School. We were also brought up to date on the Educational Plan of Action to empower teachers at Fuabian and the University’s long-term commitment to Faubion Students. Important note: The quality of education and success rate of students at Faubion has a direct relationship to local home values. Only when Faubion is considered a top school will our home values achieve real intrinsic value. Think about it. Gary also addressed neighbors’ complaints of students driving at excessive speeds. This issue has appeared to be on the rise and the perception that strategies implemented by the University have not appeared to have had results neighbors expected, however, Mr. Withers met with me and another resident on NE 30th on Thursday the 23rd of April to discuss this matter. The meeting was very informative and productive obtaining a better understanding of limits and opportunities to explore and most importantly the recognition that business as usual is not working. Mr. Withers and his staff will be meeting with us again to discuss and hopefully develop some very creative ideas I believe will make a real difference. I was very impressed by the cooperation and commitment by the University to explore out of the box solutions. I will report on progress in the future.

Madeline Turnock, APR, Strategic Communications & Partnerships Advisor, Concordia University

Madeline highlighted other Concordia’s activities with Faubion. She also discussed the importance of her office’s commitment to find more ways of partnering with us to enhance our neighborhood community.

Mary Wiley, Editor and Business Manager of CNews

We were fortunate to have Mary provide insight on how the paper is published each month with almost no support. She emphasised our need for local content to take the paper up a notch. Please consider becoming a beat reporter for the newspaper.

So what was our reaction to all this? While I had asked our speakers to provide background as to how each agency or group interacts with CAN, I also clarified that the attendees would not have an opportunity to ask questions. This might seem odd and contrary to a community meeting; however, I stated that the purpose of the meeting was to open our ears to a larger picture of our community. Upon closing the meeting, I asked those who attended to give serious thought to all that was said and then rethink what is important within the context of the big picture. I believe most left the meeting with valuable information and a new perspective, ready to come to the next board meeting wiser and a more effective agent for positive change.

I look forward to your comments and hope to see you at the next Board of Directors meeting on May 12th at 7pm.

Happy Spring!

Isaac Quintero, Concordia Neighborhood Association, Chair  
[chair@concordiapdx.org](mailto:chair@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 |
| VACANT                      | At-Large #5 |
| Truls Neal                  | At-Large #6 |



## Summer Concerts N E E D S Y O U

We Need to Raise \$19,000 to fund this year's Fernhill Concert Series & we are still \$8000 short! So, if you have the means, PLEASE DONATE!

*We have a fabulous lineup this year , but  
WE NEED YOU to help make it happen!*

|                 |                                                                                      |
|-----------------|--------------------------------------------------------------------------------------|
| FRI, July 10th: | Hank Shreve Band (Rockin' Blues & Soulful Originals)                                 |
| FRI, July 17th: | Conjunto Alegre (Salsa, Cumbia, Bachata, & More)                                     |
| FRI, July 24th: | Ken DeRouchie (Muddy Nominated Blues)                                                |
| FRI, July 31st: | Samsel & the Skirt (Alt Harmonious Indie Rock)                                       |
| TUES, August 4: | The CNA presents Chata Addy<br>for National Night Out (Afro Highlife & Funky Reggae) |

If you are a family or individual and would like to contribute to this Spectacular Summer Series, please visit: [www.give2parks.org/concerts](http://www.give2parks.org/concerts) to donate!

- Choose FERNHILL PARK from the Pull Down Menu
- Donate Now & Get an Immediate Tax Receipt

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.

- Up to \$1000 in individual donations will be MATCHED by the Portland Parks Foundation!
- Any contribution (e.g. \$5 or \$10) is greatly appreciated!!

WE STILL NEED BUSINESS SPONSORS!

If you are a business or institution 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

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](mailto:judith.yeckel@gmail.com).

*SUPPORT THE POWER OF MUSIC TO BRING OUR COMMUNITY TOGETHER!*



## Trains in Concordia

*Continued from page 1, TRAINS*

possible accidents that may occur at the port. Second, the board stated that climate change was a real issue and that any promotion of fossil fuels by the City was "irresponsible and reprehensible".

After the letters had been sent, many from other neighborhood associations, the commission allowed for oral comments at their meeting before a vote was to take place. Hundreds of people showed up to oppose the oil terminal. The Audubon Society, Columbia River Keeper, various tribal representatives, children from the environmental school, concerned scientists, and many others crammed into the meeting room downtown. To be sure, there were a few supporters of the proposal as well, all of whom had monetary interest in the project including the Port of Portland, Pembina, Union Pacific, a few labor unions (though the Longshoreman's Union was notably absent). Each person was allotted two minutes to express themselves with the exception of the Port which held the floor for a half hour.

During the meeting, some of the commission's board members seemed irritated at the lack of specifics provided by both ODOT, who is responsible for rail safety, and the Port, whose statistical data on blast zones seemed based on "best case scenario" rather than "worst case scenario". Distrust of Pembina was also somewhat apparent as the company previously was intentionally vague and unresponsive to concerns. However, many of the board members were visibly pleased as the terminal proponents explained the payments the City will get for being

part of the hazardous fuel distribution system.

Passionate speeches were made. Climate change, exploding trains, fracking, spoiling of the Columbia, and the "trampling" of Oregon core values, were all well-articulated by various people opposed the changes in environmental protection rules. I presented a condensed version of the letter formulated by the Concordia Neighborhood Association. In the end however, the money seemed to be too much to ignore for the board and they voted 6-4 to remove one of the last hurdles for an export terminal along the banks of the Mighty Columbia.

The mayor has already indicated that he would like to approve the change of the overlay zone protection. The big oil money sings in his political ears, a siren song worth selling out the soul of Portland to an untrustworthy, industrial giant, peddler of fossil fuels and environmental destruction, profiteer of a burning planet. As our city continues to congratulate itself for being progressive and "green", the political leaders like the mayor want to deal with the devil, ignoring the voices of the people, of the scientists, of the natives who have called this place home for thousands of years. At a time when the City should not simply say "no" to dirty fuels and rampant exploitation of our natural resources politicians should push progressive, sustainable, and environmentally friendly policies that do more than simply slow global warming but actually fight it as well the council is poised to become another cog in the machine which is truly irresponsible, reprehensible and simply put, "un-Oregonian."

## Concordia 17th Annual Yard Sale

*Concordia Neighborhood Association - 17th Annual Yard Sale*

*June 26, 27 & 28, 2015*

Time to gather all those items you no longer want or need and plan to join us and have a yard sale at your home. Your unwanted items can be the treasure that someone else is looking for. We do the advertising in newspapers, on TV and radio, on internet and with large signs on major corners in the neighborhood. We supply you with signs and balloons to mark where your sale is located. Just complete the registration coupon below and include the \$7 fee (make checks payable to Concordia Neighborhood Association)

Mail or deliver to Concordia Neighborhood Association  
c/o Donna Carrier 3597 NE Simpson St Portland OR 97211

All participants are placed on the map. Deadline to be on the printed map is Wednesday June 17. Yard sale packets with signs and maps can be picked up at this address starting Sunday June 21 after 1 pm. If not picked up by Wednesday they will be delivered to participants address (volunteers are needed to help with these deliveries).

You can still be in the sale but will not show on the printed map if registration is received after June 17...you will show on the online map. We do request that you live within or your sale be within the Concordia Neighborhood boundaries. Yard Sale Coordinator—Donna Carrier | 503-288-9826 | [donna.carrier58@gmail.com](mailto:donna.carrier58@gmail.com).

Maps are available on line. They will be updated as registrations are received.

Pay \$7 and send this coupon with payment to address above.

\*\*\*\*\*

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

PHONE:\_\_\_\_\_ CELL:\_\_\_\_\_

EMAIL:\_\_\_\_\_

Please indicate days you wish to participate in the sale. Check all that apply

\_\_\_\_\_ Friday June 26 \_\_\_\_\_ Saturday June 27 \_\_\_\_\_ Sunday June 28

## 18th Annual Street Fair

*The 18th Annual Alberta Street Fair is Saturday August 8, 2015.*

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.

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/](http://albertamainst.org/whats-happening/street-fair/sponsorship/)

Vendor Registration: 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/](http://albertamainst.org/whats-happening/street-fair/vendors/). Register before June 14, 2015 for early bird pricing!

Alberta Main Street advances efforts to develop a vibrant district serving residents and visitors to our community. For information about contact Sara Wittenberg at [sara@albertamainst.org](mailto:sara@albertamainst.org) or visit [albertamainst.org](http://albertamainst.org).

***“The interests of Oregon for today and in the future must be protected from the grasping wastrels of the land. We must respect another truism – that unlimited and unregulated growth, leads inexorably to a lowered quality of life.”***

***Gov. Tom McCall***

## Energy Reporting in Portland

Portland City Council approved a new policy that will require owners of commercial buildings over 20,000 square feet to track energy use and report it on an annual basis. The policy will cover nearly 80 percent of the commercial square footage and affect approximately 1,000 buildings.

“Portland has set a goal to cut carbon emissions 80 percent by 2050. To reach that goal, we all have a role to play — public and private, at work and at home,” said Portland Mayor Charlie Hales. “Reducing energy use in buildings is a critical part of that picture. Tracking energy use and investing in energy efficiency saves money for the building owners. And for the city as a whole. Last year alone, the city saved \$6 million on its own energy bills.”

The policy will cover offices, retail spaces, grocery stores, hotels, health care and higher education buildings. It does not include residential properties, nursing homes, and places of worship, parking structures, K-12 schools, industrial facilities or warehouses. The new Energy Performance Reporting Policy will require commercial buildings to track performance with a free online tool called ENERGY STAR Portfolio Manager and report energy use information to the City of Portland on an annual basis.

Visit [www.portlandoregon.gov/bps/energyreporting](http://www.portlandoregon.gov/bps/energyreporting) to learn more and track program updates.

**Neighborhood Community Room**

Rent it for your next gathering, book club, celebrate a special occasion, birthday, baby or wedding shower? CNA manages the rental space & benefits from the proceeds.

Non-Profit Organization f  
or \$15 an hour

All others for \$25 an hour

[CNAroomKennedy@gmail.com](mailto:CNAroomKennedy@gmail.com)



## ~Garden~

### Tomato Planting Season

By Jolie Ann Donohue, The Gardening Goddess

Spring has sprung full force in Portland. In May we are itching to fill up the edible garden for our summer harvest. Tomatoes are a favorite of gardeners everywhere. One of my all time favorite garden quotes comes from public radio show host Mike McGrath "Everybody wants to grow tomatoes. Tomatoes are the gateway drug to all of gardening."

Lest we get to eager to start planting tomatoes. Here are some tips for successful growing in Portland.

- Tomatoes like warm weather. They need consistent minimal night temperatures of 55 degrees. In Portland this is typically between May 15-June 1. Planting your tomatoes too early will result in stunted or dead plants.

- Plant your tomatoes into the garden by transplants/starts. Portland does not have a long enough or hot enough summer to facilitate direct seeding tomatoes. If you want to start tomatoes by seed start seeds indoors in mid-February.

- Tomatoes need a full sun location, ideally south facing, where they receive 8-10 hours a day of sun. They will not set fruit in shady areas.

- Tomatoes are "heavy feeders" and appreciate being planted with an organic granular fertilizer, which will slow release to your plants through out the season. To prevent the disease blossom end rot, add a calcium source into the planting hole, such as a spoonful each of rock phosphate and lime.

- Tomatoes have very long root systems (3-4 feet) and they need plenty of room to grow. Make sure your planting bed is deep enough for the tomato's roots. Give the plants plenty of space between each other, at least 4 feet wide per plant. Tomatoes have dense branches laden with heavy fruit. Install a tomato cage or other support system at planting time to prevent later damage to your plant.

- Tomatoes don't need a lot of water. Be consistent with a deep watering once a week throughout the growing season. Inconsistent watering contributes to fruit splitting and blossom end rot.

- Tomato plants take several months to produce in Portland. Expect your harvest to begin in late August and end in October when cold temperatures set in.

- Rotate your crops. Do not grow your tomatoes in the same place every year. This will create disease and pest problems. Use a 4 year rotation for all edible crops!

For more information: [www.missjolieannkitchengarden.blogspot.com](http://www.missjolieannkitchengarden.blogspot.com) Follow me on Facebook: Jolie Ann Donohue, The Gardening Goddess

### Gardening Help from the NE Tool Library

Seed Library --Have you checked out the seed library? It's free and available to all tool library members when the library is open.

Free Wood Chips -- Are you building a rain garden, refreshing paths, creating a dog run or just need some extra mulch? One of our members recommended using this free wood chip service: <http://www.chipdrop.in/login/>

You create a username, identify your house, and specify the type of chips you are willing to take. You can't specify quantity and there isn't a guaranteed delivery date... but FREE chips!

### 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](http://www.communityenergyproject.org) or call 503.284.6827x109

Tues, May 5, 6-7:30pm - Community Energy Project - 2900 SE Stark St, Suite A, Portland

Wed, May 20, 6:30- 7:45pm - Hollywood Library - 4040 NE Tillamook, Portland

## ~ Getting Local ~

### Support Restaurants for Raphael House

*Concordia Restaurants Support Local Domestic Violence Shelter via Fundraiser on May 20th*



By Amanda Ives (Grebner)

On Wednesday, May 20th three Concordia restaurants will donate portion of their day's proceeds to support Raphael House of Portland, a domestic violence agency that provides life-saving services to survivors seeking safety.

Neighborhood residents can get involved simply by dining at Cocotte Bistro, NePo42 and Bella Faccia Pizzeria on the event date! All three eateries will generously contribute 15% of their profits from May 20th to aid Raphael House's emergency domestic violence shelter, which is the largest in Multnomah County.

This 6th annual "Restaurants for Raphael House" event is a vital fundraiser, since every \$100 raised will provide one safe night in shelter for a woman or her child escaping intimate partner violence. Community members are encouraged to order generously, enjoy meals at as many involved eateries as possible on May 20th, and post about their delicious support on social media using #R4RH.

"This is a fantastic opportunity to show local businesses how much their giving back is appreciated by the community, especially in connection with domestic violence, which too often remains an unspoken issue," says Raphael House of Portland's Executive Director, Teri Lorenzen.

This year's dine-out event is setting a new record for support from Portland's culinary community. Already more than 25 restaurants have pledged their support, and the list of participating eateries continues to grow.

More information about "Restaurants for Raphael House", including a full list of involved businesses, can be found online at [www.rafaelhouse.com](http://www.rafaelhouse.com).

Last year Raphael House's dine-out event raised enough to fund their domestic violence shelter for more than three days. That support provided safe housing, round-the-clock case management, food, clothing, transportation, support groups, and other essential services for up to 36 women and children living in their shelter. This year the agency foresees even greater success, with more restaurants participating than ever before.

"Domestic violence is real," says Mary Karter, a Raphael House volunteer who's been involved with the agency for more than 20 years. "It is often ignored or covered up. No one should have to live in fear. Raphael House helps people get their safe lives back. They support both women and children in this process. I can't say enough good things about the staff and the difficult work they do."

### About Town Summer Camp

We'll dive in to the conversation about town, by getting about town. Every day is an outing and a classroom experience. By noticing and listening to our environment during outings, we'll inspire lots of ideas for our classroom projects. We'll learn how to say things in new way through art, stories, games and food prep. Sessions are small to ensure full participation. Welcome to greater participation in the community!

Who: Ages 6-11 Where: 5431 NE 20th Ave

When: One-week sessions run mid-June- August

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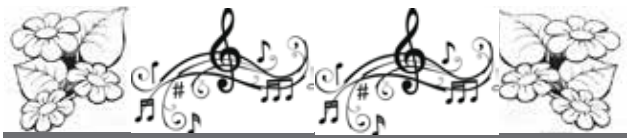
### Make Music PDX

This one-day-per-year musical event will be held in Portland for the first time on June 21, 2015., Please send this email to all your friends who play music, whether as amateurs or professionals to encourage them to sign up to perform in Make Music PDX. This is a FREE event for people who love music and the joyous sense of community that music can foster. It will be held at numerous locations in Portland, mostly outside, every June 21 (the summer solstice). Signing up to perform is easy:

- Go to the website [www.makemusicdaypdx.org](http://www.makemusicdaypdx.org)
- Click on Log In to get a Password
- Click on Register
- Provide information about your group...any genre
- Propose a time you'd like to perform
- Propose a Venue where you'd like to play

Please provide 30 additional minutes for plugging and breaking up sound system

*Join the BAND wagon with your music!*



### Healing Powers of Flowers

By Hilary Spray, Joyful Floral PDX

Mother's Day is on the horizon, coming up on Sunday May 10th this year. Now let's be honest- for some of us, the thought of communicating with our mothers elicits a cringe, a burden of guilt or the feeling of dread. Are you a terrible person for admitting this? No, no and no. Sometimes the most important relationships in our lives are also the most difficult.

But I do have some rather obvious news for you. The act of giving softens your own heart. The act of giving paves the road to forgiving

Most people recognize the meaning of giving flowers. It says "I care about you", " I've been thinking about you"

Oftentimes flowers can say what is difficult to verbalize in person. No matter what the intent, flowers always creates a smile and opens the heart just a little more for both parties.

### Simple ways to handle backups

By Gordon Riggs , [gordonriggs.com/](http://gordonriggs.com/)

It is often said that a hard drive crash is a matter of when, not if. While that may be true, many of us don't do anything about it, since a catastrophic failure seems so unlikely to occur and a backup system appears difficult to set up.

While a backup system can help you if your computer crashes, it can also be a big help for minor disasters and from one's own mistakes. I think of my backups as a big undo button.

Whenever I delete a file by accident or make changes to the wrong file, I go to my backups to recover the original file.

An ideal backup system:

- Backs up files automatically, without any input from you;
- Keeps a history of each file;
- Enables you to easily recover a particular version of a file.

Windows 8 comes with the File History tool (for Windows 7 and earlier, use Windows Backup and Restore) and Mac OS comes with Time Machine. These backup systems are easy to set up, make versioned backups automatically in the background, and have a simple method of restoring files when needed. Both tools use an external USB drive to store the backups, which can be purchased for less than \$80.

But what about a free alternative if your backup needs are relatively small? Dropbox, a service with 2 GB of free storage space is used primarily as a way to share files and images between multiple people. But Dropbox also keeps a history of changes for every file you add to Dropbox.



~ Community ~

Take the Online Survey of Concordia Alley

By Garlynn Woodsong, Chair of the CNA Land Use & Transportation committee

Are you interested in making the alleyway behind your home more attractive and interesting? Portland Alley Project and Concordia Neighborhood Association want to help you. This spring and summer, we'll be working with neighbors to envision and implement projects to make our shared spaces places more useful, more beautiful, and safer for recreation. So tell us about your alleyway and your concerns, skills and interests - we want to hear from you!

Please take the online survey:

<https://www.surveymonkey.com/s/S5J6N7H>

Also, feel free to contact Neighborhood Sustainability Coordinator Cheryl Leontina by email [cheryleontina@gmail.com](mailto:cheryleontina@gmail.com) or by phone 503-586-4709 if you would like to meet and discuss your alley ideas, and/or if you are unable to take the survey online!

Finally, a report back on the alley cleanup event sponsored by CNA, Concordia University, SOLVE, and on Saturday, April 11th. Between 75 and 100 people, including neighbors, students performing a day of service, and others gathered to clean up various alleys around the neighborhood. We pulled more than four pick-up truck-loads of trash out of the alleys, and volunteers were able to visit over 90% of the alley blocks in the neighborhood. Free coffee was provided by Extracto, which may have helped the volunteers to continue the cleanup during the torrential downpour that hit about 15 minutes after the beginning of the event. Good times!

Concordia residents interested in discussing issue related to land use and transportation, are invited to attend the next Concordia Neighborhood Association Land Use and Transportation (CNA LU&T) Committee meeting, the third Tuesday of the month, 7pm, in the Community Room in the SE corner of McMenamins Kennedy School. To join the mailing list, send an email to: [pdx\\_cna\\_lu\\_and\\_t\\_committee@googlegroups.com](mailto:pdx_cna_lu_and_t_committee@googlegroups.com)



The Skinny

By Ken Forcier

Thanks to all for your letters to the Mayor and Council and to the Bureau of Planning and Sustainability (BPS) before the closing of the comment period on the Comprehensive Plan. The Staff at BPS will be presenting to the Planning Commission on **May 12th** a proposal that the neighborhood region between Jessup to the North and Alberta in the South, NE 22nd Ave to the West and 33rd Ave to the East, to be “Down Zoned.”

The proposal is to make this portion of our neighborhood R5 rather than R2.5. It will improve the quality of development in these regions and it should be seized upon as an opportunity to take back your neighborhood from the destruction being wrought by faceless, uncaring developers. You may develop your property at any time with an Accessory Dwelling Unit (ADU) and boost the number of “Residential Units” by your own design and for your own profit. There is no reason that the City should be targeting your neighborhoods for infill beyond the Comprehensive Plan prescribed regions of the “Transit Corridors.” Write to your Mayor and Councilors and ask them to support the “down zoning” of Concordia’s R2.5 neighborhood as the BPS has recommended. This zoning change will significantly limit some of the poor quality of developments in our neighborhood.

Thank you to all who have already written and neighborhood blessings on those who follow up with a message of their own. I can be contacted through Nextdoor.com at the group “Mighty Concordia.”

Diary of Demolition & Development

By Luke Griffin, Part 1

I am currently the vice chair of the Concordia Neighborhood Association. I have lived in Concordia since 2011 and am a native of Northeast Portland. Over the years, I have seen the neighborhood greatly change in many ways. Since the mid-2000s I have witnessed many old houses fall and many lots split up, much larger houses built along with “skinnies”, -plexes, and the occasional apartment. This surge in development is now a hot topic given the frequency at which they occur, the largely ignored concerns of neighbors, and the development of Portland’s Comprehensive Plan. I am not “for” or “against” development and think such dualistic thinking is unproductive for our community. However, I also believe that as members of the community we all have made an unspoken agreement, from an acknowledgement of interdependence, that we should aim to support and foster the valuable elements of our neighborhood. Therefore some regulation of development is warranted to maintain Concordia’s quality of life while allowing progressive change. That said, my house is the neighbor to one such development project. This is part one of my story of the ongoing experience of the demolition and development project unfolding next door.

In the summer of 2014, the owners of the house to the south of me opted to sell to developers that had approached them. The owners did not live in the neighborhood and had been renting the house out but, after six years, decided that they wanted to be done with it. Without putting the house on the market, they sold it for same amount at which it was purchased.

Within a month of the sale, a surveyor appeared to take measurements for a (then rumored) new structure. In truth, the old home was not in the best shape and was quite small. It had a large yard with raised beds for gardening in back and a nice deck but would have been a hard sell as a family unit. I spoke with the surveyor at the time and he confirmed that the plot would indeed be developed. He said he did not know the exact plans but based on what he was measuring he believed that they would split the lot and build a duplex.



In the fall, many of the neighbors including myself, received a notice from the city with the owners petition to split the lot in half. Public comment was welcome and it marked the only time in the process where the community’s concerns would be heard. Many neighbors submitted comments. The size of the new unit(s) was a major concern as the larger the structure the more potentiality negative impact it could have on the livability of those around it. Of course, with scant regulations about splitting the lot, the split was approved. The developers were not required to provide a detailed plan about the structure to be built. Their only limitations were that the structure be recessed 10 feet from the front and rear property lines, five feet on either side, and that the structure could not exceed 35 feet. Most other specifications were entirely up to the developers. The notice of approval came to us in November.


For the next few months, short term tenants lived in the house. Neighbors received no more notices. From the moment of sale, there had been no attempts by developers to communicate with anyone. One neighbor did make contact with them concerned during the split lot petition review process about the size of the units to be built. She was told that it would be a modest-sized duplex whose front would be recessed in line with existing homes (more than the required 10 feet). This generally relieved people, fearing an out-of-place giant home that would block sunlight, erode privacy, and degrade the quaint beauty of the block. However, no offer was made to show the plans and so we all waited. In February the tenants moved out and in March the demolition of the old home began.

Next month: Experiencing demolition, interactions with developers, and construction begins(?)



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~ Health and Wellness~

Hungry for Lunch?

By Dee Craig-Arnold

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 stop 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 noon until 1:00pm. The suggested donation is \$3, but no one is ever turned away.

For 45 years this center serves more than 67,000 older adults in north and northeast Portland annually. 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 treat every diner like a restaurant guest. Our servers bring your meal and beverage directly to the table. Also, daily activities are provided by the Urban League of Portland for many different interests.

MLK Center Manager David Lomax says "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 always need more volunteers to help serve meals at the Center or especially to help deliver meals. Why not drop by for a tour and a monthly Urban League activity calendar? David Lomax welcomes your interest and questions. If you want to volunteer, just ask. Stop by today, phone 503/953-8207 or visit us at [mealsonwheelspeople.org](http://mealsonwheelspeople.org).

Or, if you're homebound and unable to cook for yourself, we 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. All it takes is a phone call to 503/736-6325 or visit us at [mealsonwheelspeople.org](http://mealsonwheelspeople.org) to register.



May Community Kitchen Cooking at St. Mike's

1st Thursday Cooking Group will meet on May 7th from 6-8 p.m. to make some Mexican food! Suggested donation \$5.

3rd Thursday Cooking Group will meet on May 21st from 6-8 p.m. Sarah will share with us how she makes veggie stock from scratch. Participants will get started on their own veggie stock. Participants will also make 8x8 dishes of Beef Ravioli to take home! Suggested donation \$10.

If you have questions or would like to take part in either group, please contact Rachel Schweitzer at [st.mikes@kitchencommons.net](mailto:st.mikes@kitchencommons.net) or 503-997-2003.

If you would like to participate in the 3rd Thursday cooking group, please bring an 8x8 dish to take your food home in and if possible, a 1 gallon bag of frozen vegetable scraps to serve as the basis for your own veggie stock. (Sarah's suggested proportions: onion and garlic peels and ends, carrot and potato peels and ends, miscellaneous (hers is usually kale stalks, broccoli stalks, beet ends and peels, and stems from thyme or rosemary or basil).



Body Spring Cleaning

Spring Cleaning For Your Body

You don't need to be intimidated by the rigor of extreme diets, juice cleanses, and intense supplementation when there are simple ways detoxify your body every day.

Detoxification is the normal process of eliminating cellular toxins and waste products through your digestive system, liver, and kidneys. Because we're exposed to an onslaught of chemicals and environmental toxins daily, it's important to ensure that we're eliminating toxins and waste products properly.

If you're experiencing acne, headaches, fatigue, insomnia, or digestive disorders - especially constipation, you may not be eliminating well. You can upgrade the function of your detox pathways, resolve symptoms, and enhance your overall health in these simple ways:

First, limit toxic exposures. Choose organic produce and pastured meat, and healthy fats such as pastured butter, coconut oil, and olive oil. Filter your drinking and shower water. Use natural cleaning, skin and hair care products, and makeup. The safety ratings of your favorite foods and products are available from the Environmental Working Group's guide ([ewg.org](http://ewg.org)).

Next, ensure daily elimination. Drink plenty of water to improve detoxification of cells and tissues, and elimination of those toxins through your kidneys. Drink from a water bottle throughout the day. Although the liver does the bulk of the work in the detox process, it will be for nothing if the toxins can't exit the body in a timely fashion.

Third, enhance liver function. The liver's job is to conjugate toxins, converting cells from being fat-soluble to being water-soluble, so they can be excreted through the kidneys and bowels. There are several foods and herbal teas that can enhance liver function, including garlic, artichoke, turmeric, dandelion, nettles, and burdock root.

Dr. Sara DeFrancesco is a Naturopathic Doctor & Acupuncturist, passionate about root cause resolution health care and community education. Visit [thrivingfornaturalmedicine.com](http://thrivingfornaturalmedicine.com) to learn more.

Sunday Parkways



**East Portland Sunday Parkways May 10, 2015** ~ 11am-4pm (7 miles) The route will highlight some of the beautiful natural areas that are located in East Portland, such as the newly finished Foster Floodplain Natural Area as well as Lents, Ed Benedict, Glenwood and Bloomington Parks.

**North Portland Sunday Parkways June 21, 2015** ~ 11am-4pm (9.5 miles) This 9.5 mile double loop course will highlight gems across the route, such as the scenic Willamette Bluff, the Peninsula Rose Gardens, the universally accessible Harper's Playground at Arbor Lodge, as well as the activities offered at the Kenton, Columbia Annex, and McCoy Parks.

**Northeast Portland Sunday Parkways July 26, 2015** ~ 11am-4pm (8 miles) Explore the Northeast Neighborhood Greenways while you make your way around the Northeast Portland 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.

~ Kids ~

Signs a Child Needs Help

by Mike Mihalas, LCSW, Rose City Psychotherapy

Deciding if a child's behavior is age appropriate, a phase, or quirkiness can be a challenging task. Since many children do not ask for help, it is up to caring adults to recognize warning signs that hint at the need for more support.

The importance of early recognition and treatment is clear. Half of all lifetime cases of diagnosable mental illness begins by the age of 14 and jumps to threefourths by the age of 24. Over half of all 14 year olds with mental illness in special education will drop out of high school. Even more startling are the statistics for suicide, which is the third leading cause of death for young people between the age of 15 and 24.

Parents face many barriers to seeking help and two rarely discussed obstacles are feelings of shame and guilt associated with having a child in distress. This could include blaming yourself for causing the problem or not doing enough to fix it. Being stuck in the shame and guilt cycle is toxic and unproductive.

Another barrier is the uncertainty that help is necessary. Adults should consider seeking help when their interventions do not achieve its intended result and/or seem to make matters worse. If the child is not responding to rewards, consequences, or conversation, it may be necessary to involve outside help. Meeting with a therapist will help a child develop skills to better manage emotions, tolerate distress, function interpersonally, and to form a positive and healthy identity. Various online resources exist to help find a qualified individual to work with your child and family. As a general recommendation, seek out a licensed mental health professional with work experience relevant to the child's need.

Here are a few common signals that additional support may be needed: a disrupted sleep pattern, social isolation, frequent peer conflict, low frustration tolerance, little interest in previously enjoyable activities, decline in grades, unexplainable stomach, head, or body complaints, and changes to appetite, concentration, and energy. Obvious signs that immediate support may be necessary: selfinjury, thoughts of suicide or homicide, angryexplosive outbursts, property damage, physical or verbal aggression, sudden weight loss, drug and alcohol abuse, skipping school, excessive worry or rituals that interfere with daily life, seeing or hearing things others do not, and frequent tearfulness.

Since it is not possible to cover all possible warning signs in this brief article, please talk with your doctor or child's school counselor about anything that seems out of the ordinary. A 24hour mental health crisis line is operated by Multnomah County at 5039884888

.Send an email to [mike@rcpcenter.com](mailto:mike@rcpcenter.com) with questions or requests for a specific topic

To the Moon and Back

By Aimee Brown

I was recently down in California celebrating my niece Loja's 18th birthday. She has grown into a beautiful young woman and I'm astounded at how quickly the time has gone. I never could have anticipated how much joy she would bring into my life. The weeks before her birth were so exciting and meeting her was one of the most precious moments of my life. I remember holding her in the hospital and reading to her Sam McBratney's, "Guess how much I love you"- yes Loja, to the moon and back.

Loja has been a vital part of my life and I cannot imagine how it would have been without her. She is worth more than gold and diamonds and I want nothing but the best for her in everything and I know she wants fullness of life for herself also. I've seen her blossom over the last year and I'm watching her become her own person and in a sense this has given me courage to do the same in my own life. Her growth and courage is challenging me to live my life more fearlessly. She has become independent and she is conquering many of her own fears and I am so proud of her. To her core, she is strong, with a spirit of morality, a deep sense of human value and a divine discontent. She wants what's right for all beings at all times. I'm learning a lot from her and I think it is so important to be open to let others teach us and reflect ways that we need to change, grow and be respectful to one another.

I have seen how important it is to let her be her and where she is emotionally, and not expect her or anyone else for that matter, "I love you to the moon and back"



~ Spring Egg Hunt was a Grand Success! ~

Thank You to all the Volunteers who helped at this Year's Spring Egg Hunt!



We had a record number of volunteers stuffing a record number of eggs with candy at the American Legion on Aril 3rd!

6000 Eggs were Stuffed and Hid, and were found in a FLASH on the Morning of April 4th! We could not have done it without our Wonderful Volunteers! Hope to See You All Next Year & New Faces, as well!



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