



CONCORDIA NEIGHBORHOOD ASSOCIATION  
PO BOX 11194 / PORTLAND, OR 97211

# CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association | [concordiapdx.org](http://concordiapdx.org) June 2015



Retail Happy Hour on Alberta Street kicks off Wednesday June 24th 3-6 p.m. at nearly 40 Alberta Street retail businesses. Retail Happy Hour invites shoppers to visit Alberta Street every Wednesday afternoon for great deals and exclusive discounts while supporting local independent retailers.

"Happy Hour is a social event; customers understand the concept and know there will be deals. They can expect the same at Retail Happy Hour but the deals are on retail items," explained Angie Heiney, chair, Alberta Main St Promotion Committee and co-owner of Frock.

Retail Happy Hour is an opportunity for customers to take advantage of great deals at their favorite Alberta Street retailers and it is an opportunity for retailers to increase sales and foot traffic on a nontraditional shopping day. Deals and discounts will vary from week to week and by location so there will always be something new.

"Everyone loves happy hour - why not treat yourself to more than just a cocktail and get that outfit, pair of shoes, or piece of art that you've been eyeing! I know I'm excited to take advantage of it as a customer, just as much as I'm excited to be a part of it as a business owner," stated Amelia Blakeman, owner of Amelia.

Similar to their foodie friends, the Retail Happy Hour menu offers something for everyone's tastes many participating businesses. Retail Happy Hour is free and open to the public. Official hashtag: #retailhappyhour

## Fernill Park Concert Series Fridays in July Come Join the Fun!

The line-up for this season includes a variety of musical genres and cultures, & features some of Portland's most popular performers

- All concerts start at 6:30 PM and end at 8:15 PM  
Children's Activities begin at 6:00 PM
- July 10th: Hank Shreve Band (Rockin' Blues & Soulful Originals)
  - July 17th: Conjunto Alegre (Salsa, Cumbia, Bachata, & More)
  - July 24th: Ken DeRouchie (Muddy Nominated Blues)
  - July 31st: Samsel & the Skirt (Alt Harmonious Indie Rock)

CONCORDIA NEIGHBORHOOD ASSOCIATION PRESENTS NATIONAL NIGHT OUT CONCERT  
TUES, August 4: Chata Addy (Afro Highlife & Funky Reggae)

## Concordia National Night Out August 4, 2015

**WANT TO BE IN A PARADE?**  
Teams, schools, friends, church groups, businesses, child care, YOU!

The Concordia Neighborhood Association invites you to participate in our annual parade. Each year our parade grows and we would like your organization, business or family to be part of it. The parade starts at 6:00 pm and we will work our way from Faubion Elementary School to Fernhill Park for music, food, activities and more fun! A kazoo band? A wagon train? A hula-hoop troupe? Get creative and join the parade!

For information or to register your group contact: Anne 503-381-7370 (Individuals/families do not need to register) [arothert@gmail.com](mailto:arothert@gmail.com)



### 17th Annual Yard Sale June 26, 27, & 28

*Time to gather all those items you no longer want or need and join us for the annual neighborhood yard sale. Your unwanted items can be the treasure that someone else is looking for.*

For Details, See Page 3



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## CNA Clean-Up a Big Success!

Thank You to Our Volunteers & Sponsors for making the 2015 Neighborhood Clean-Up a Big Success

- Thanks to Our Sponsors
- Bureau of Planning & Sustainability
  - Metro Metals
  - METRO
  - NECN
  - Heiberg Garbage & Recycling
  - Total Reclaim
  - Habitat for Humanity ReStore
  - Community Warehouse
  - 1 Sharptool Edge Service
  - Cafe Vita
  - New Seasons Market
  - Multnomah County Alternative Community Service Program

A Heartfelt Thanks to All Our Concordia Neighborhood Volunteers:

- Belinda Clark, Carrie Wenninger
- Cheryl Leontina, Chris Lopez
- Daniel Greenstadt, Darnell Hurst
- Esther Freeman, Faith Adams
- Garlynn Woodsong, Isham Harris
- Jamie McGeathy, Jim Johnson
- Katie Ugolini, Ken Forcier
- Kimasue Garrison, Paul Carrier
- Mark Charlesworth & friends
- Nora Hilbers, Paul Wilkins
- Robert Bowles, Robin Johnson
- Terry Medaris, TJ Milbrooke
- Truls Neal

It's Amazing what we Reused/ Recycled & Cleaned-Up, while makin over \$2200 for the Concordia Neighborhood!:

- 20.05 Tons of Mixed Waste
- 2.17 Tons of Metals
- over 1.6 Ton of Electronics
- 470 pounds of batteries
- 150 pounds of light bulbs

Plus hundreds of household items and 5 bicycles were re-homed through our "You Price It" Yard Sale and two truckloads of household items were collected for Community Warehouse, a nonprofit organization that provides essential household furnishings to low-income people. Also, a huge load of building materials was collected for Habitat for Humanity Restore and a large trailer full of clothes and shoes was donated to Good Will! Additionally, 30 neighbors were able to get a total of 112 of their tools and knives professionally sharpened by 1 SharpTool Edge Service who, in turn, donated 25% of their profit to the CNA!



# Concordia Neighborhood Association

## Meetings & Updates

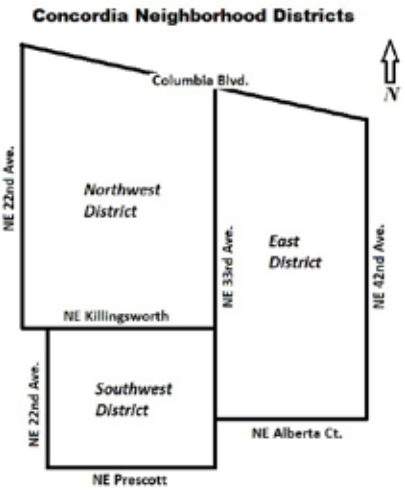
Get the latest news at [ConcordiaPdx.org](http://ConcordiaPdx.org)

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

- Board Meeting**  
Second Tuesday of the Month  
June 9th @ 7:00 PM - 8:30 PM  
McMenamin’s Kennedy School  
Community Room
- General Membership Meeting**  
First Tuesday Bi-Monthly  
June 2nd @ 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](mailto: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](mailto:ConcordiaNews@yahoo.com)
- Social Committee**  
If you are interested in volunteering for  
the CNA Yard Sale, the Fernhill Concerts  
in the Park or for planning National Night  
Out, please contact Katie Ugolini (Chair)  
503-449-9690 for details.

- Land Use, Livability and Transportation Committee**  
Third Tuesday of the Month  
June 16th 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  
June 4th at 6 pm  
Dining Area at New Seasons  
[www.concordiatreeteam.wordpress.com](http://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](http://www.concordiapdx.org)  
PO Box 11194  
Portland, OR 97211

### CONTACT US at our new email addresses!

- CNA Chair**  
Isaac Quintero  
[chair@concordiapdx.org](mailto:chair@concordiapdx.org)  
503-351-4585
- CNA Vice Chair**  
Luke Griffin  
[vicechair@concordiapdx.org](mailto:vicechair@concordiapdx.org)  
503 545 2313
- CNA Secretary**  
VACANT  
[secretary@concordiapdx.org](mailto:secretary@concordiapdx.org)
- CNA Treasurer**  
Robert Bowles  
[treasurer@concordiapdx.org](mailto:treasurer@concordiapdx.org)  
503-490-5153
- Crime Prevention Officer**  
Mary Tompkins  
503-823-4764  
[mary.tompkins@portlandoregon.gov](mailto:mary.tompkins@portlandoregon.gov)
- Neighborhood Response Team Officer**  
Anthony Zoeller  
503-823-0743  
[Anthony.Zoeller@portlandoregon.gov](mailto:Anthony.Zoeller@portlandoregon.gov)

~~~ 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)  
[CnewsBusiness@concordiapdx.org](mailto:CnewsBusiness@concordiapdx.org)

~~~ Editor ~~~  
Please send article submissions to:  
Mary Wiley (newspaper)  
[CnewsEditor@concordiapdx.org](mailto:CnewsEditor@concordiapdx.org)

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!

| 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        |
| VACANT                      | 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 |

## Chair’s Corner

As I write this month’s Chairs Corner, I realize Memorial Day will have come and gone by the time this paper reaches you. I salute all of the vets who stepped up to serve our country and say “Semper Fi” to my brothers. Sun is out, kids are running around in our beautiful parks, summertime is here and the living is easy. The beginning of summer reminds me what a great place we live in a region considered nationally as a favorite vacation destination. A great place known for its natural resources and beauty and just as importantly because of all of the little things our neighbors do for each other.

Those acts of kindness and compassion are, more often than not, forgotten and lost in the noise of glamorous or “newsworthy” headlines. We certainly have had our share of issues to ponder . . . the potential of the Pembina Pipeline becoming a reality and threat to nature and us alike, the potential of an oil train rolling along its rails turning into a destructive fireball, the potential for city planners allowing unwanted change to the character of the place we live. These are some of the big issues we have been struggling with. Come to the CNA General Meeting on June 2nd where experts in the field can provide clarity and answers to many of your questions.

The majority of us see our glass as more than half full, and we marvel at how improved life has become within the boundaries we call the Concordia Neighborhood, maybe even taking on the appearance of Norman Rockwell’s depiction of Americana. Corny maybe but still describes the dream we all share along with apple pie and white picket fences. So how is it that we start from an image of the “Hood” to become one of Portland’s most in-demand locations?

Some will say it has been the push by economic development programs for the Alberta Street commercial establishments and last Thursday events. Great starts and progress but that alone is not enough to change history. It’s really the efforts of individuals and local volunteer organizations working diligently to improve our neighborhood and change the course of our history. There are many examples of these independent efforts, most of which will only be remembered by a few and never connected to the bigger picture but as essential as the canvas on which this community is painted. It has been the efforts of such programs as starting a community tool library (Thx Robert) or those individuals who, every week with their own equipment and supplies, maintain the islands/medians on Ainsworth. Next time you drive Ainsworth and see a beautifully manicured median know it was a neighbor who made the difference, not the City. Not a big deal you say, only about two hours a week for years. (Thanks to all of you whose names I don’t know and to Joel who would never look for recognition.)

From time to time I wonder if I would be so committed to do this on my own. I would like to think I would but so far my lawn mower has not gone past the driveway. Unfortunately, there are still occasions when I drive down the street and see medians across from commercial establishments and other places that bring in visitors to our community that rarely if ever clean up the street or landscape in front of them. If you frequent these places, you may want to ask why they don’t participate in the community that hosts them.

Like I said, it’s the small things that really count, which brings me back to a term I used earlier and want to get back to at this point. When I wrote “... image of the ‘Hood’”, I did so purposely as I wanted to point out an issue for me that may be trivial to others. Let’s explore it for a moment. Popular culture and the media have been using the term for years but never for such places as the Alameda, Irvington or the West Hills. Care to take a guess why? Having grown up in Oakland, California, part of a Spanish-speaking family, I was accustomed to references such as “homie, homes, bro, hood.” Those were terms we used among ourselves and friends as a form of familiarity. However, used by the outside world, those terms often took on a darker, sinister meaning. Just recently I saw a flyer from one of our own community organizations advertising an event expected to be “good in the hood.” Initially, I thought it sounded odd, then I realized that my community is still being referred to as the “hood,” not a noun that has the ring of Rockwell’s Stockbridge, Massachusetts. If Rockwell were to paint a Concordia scene today, I think it would include many colors, shapes and lifestyles that celebrate our diversity and synthesis of culture. Rockwell would have celebrated our positive aspects. So why is it that we still accept the outsider’s use of the word “hood”? Can words hurt? Well of course they can and they continue usually because the speaker is not aware of how it rings in different ears. So let’s get this right... Let all know that this is our Concordia Neighbor-”Hood,” not just the “hood.”

Hope to see you at the General Meeting on June 2, at 7pm at the Kennedy School  
*Isaac Quintero, Chair*

**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)

## Portland is Growing

Join Us for an Evening Expo

Learn from local innovators on affordable and neighborhood friendly infill housing solutions. To foster affordable, great neighborhoods it is going to take a wide variety of living options.

*Thursday, June 4th*

*Exhibits open from 6 p.m. to 9 p.m.*

*German-American Society*

*5626 NE Alameda off of Sandy Blvd.*

- Short round of presentations will be given throughout the evening by various innovative groups:
- Accessory Dwelling Units (ADUs)
  - Architectural Heritage Center Housing Preservation
  - Bureau of Planning and Sustainability Accessory Structures Project
  - Co-housing Development-Eli Spevak
  - Columbia Ecovillage Co-Housing
  - Communitecture-Mark Lakeman
  - Division Street Initiative
  - Fish Construction NW
  - Habitat for Humanity Affordable Housing Programs
  - Micro Community Concepts
  - North Star Village Services for Aging-in-Place
  - Portland Community Reinvestment Initiatives (PCRI)
  - Proud Ground Community Land Trust Model\
  - Restore Oregon-Housing Preservation
  - United Neighborhoods for Reform-Barbara Strunk
  - Villages NW Network Aging-in-Place
  - Welcome Home Coalition Affordable Housing Advocacy

Join your neighbors at the community table for local treats and conversation.

Sponsors Central Northeast Neighbors, North Portland Neighborhood Services, Rose City Park Neighborhood Association, Southeast Uplift, TDR & Associates. For more information about the event please contact Tamara DeRidder [infillexpo@tdridder.users.panix.com](mailto:infillexpo@tdridder.users.panix.com) (503) 706-5804 or Sandra Lefrancois [sandral@cnncoalition.org](mailto:sandral@cnncoalition.org) (503) 823-2780

## The Skinny

***Opinion** By Ken Forcier, Gracewood Design, [www.gracewooddesign.com](http://www.gracewooddesign.com)*

Portland is guided by the Planning and Sustainability Commission (PSC), which is composed of 11 volunteer members with expertise in a range of areas. As a group, they have a variety of viewpoints. Formed in 2010, the PSC has specific responsibility for the stewardship, development and maintenance of the City’s Comprehensive Plan, Climate Action Plan and Zoning Code. By holding public hearings and discussing issues and proposals, the PSC develops recommendations to share with City Council in hopes of creating a more prosperous, educated, healthy and equitable city.

On May 12th, the PSC heard from the Bureau of Planning and Sustainability (BPS) about a proposal to “Down Zone” (zone for LESS density) the region of Concordia from Jarrett to Alberta and 22nd to 33rd. History: before the close of the comment period on the Comprehensive Plan, a number of residents wrote in to request that change and also to request that regions of the neighborhood platted in 25x100 lots but zoned R5 be down zoned to R7. This change would have stopped “Skinny House” construction where the zoning is now Residential 5000 square foot lots (minimum 50x100 historically). The combined appeal from concerned neighbors was distilled down to only the R2.5 portion and then dismissed out of hand by BPS. For those who wrote comments, the outcome was that BPS unilaterally decided not to forward your request to the Planning Commission for their consideration. They feel they “need more R2.5 neighborhoods, not less.”

Lets return to the R5 neighborhoods of Concordia. Are they really “Residential 5000” anymore? If you purchased a home in an R5 region you maybe thought that your neighbor couldn’t build a skinny house. It wasn’t your “neighbor”, per se, who did that though was it? It was a “take-the-money-and-run” developer with cash to buy homes to demolish and homes with “yards” who enjoys the support of the Bureau of Development Services (BDS) who, it seems, will assist in every

## Name the Alleys of Concordia

*By Garlynn Woodsong*

Alleys are the often-neglected corridors running parallel or perpendicular to our streets. Naming these humble lanes breathes life into them, honors their uniqueness, and gives them an identity.

Naming alleys gives neighbors a sense of pride over these shared spaces Consider the personality and qualities of the Concordia alleys. What makes these alleys special? Are there murals, unique histories, neighborhood themes, or urban gardens along an alley that could become its namesake? Or, do you have some more esoteric inspiration for an alley-naming scheme that you would like to suggest?

*Enter an alley name in the Concordia Alley Naming Contest:*

<https://www.surveymonkey.com/s/8XP858F>

Please include any history or background information about your alley name suggestion in the space provided on the website. We will be collecting alley names tentatively through May and June, 2015. We will present all submitted alley names in July and open the voting through July and August.

Winners of the Alley Naming contest will be announced online and in the Concordia Newspaper, and the tentative date for Alley Signs installation is September.

Keep up to date on all of the Concordia alley-related activities going on, including upcoming Goat Walks!

<http://bitly.com/ConcordiaAlleyways>

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!

Concordia residents interested in discussing this or any other 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)

***Alley Project: Thanks, Vernon School!***

The Concordia Neighborhood Association and the Concordia Alley Improvement Project would like to extend a very special thank you to Connie Schwendemann and Teresa Walworth of Vernon K-8 School, for supporting the Alley Improvement Project by printing and distributing the Alley Allies Brochure and Survey to your students!

“weaselly” plan they need to shoehorn in another “dwelling unit” all the while being in complete cahoots with BPS who writes the “code” allowing for these development practices.

In my opinion, the Skinny now is that your R5 neighborhood is effectively R2.5 as per the BPS admitted wish. There are NO restrictions on development at R2.5 levels when your neighborhood was platted as such 100 years ago (the five year rule is easily side stepped). While not having “officially” changed your zoning on a map, the City has come around your back side and inserted 100% more density (R2.5 zoning) at will and they are sponsoring the developers. This will continue over and over again until you look around and accept that you are R2.5. So much for that R5 investment that you made when you purchased your home.

Be assured that, short of our localized “bubble” bursting, there will be no cessation to the incursion of the Skinny House or to the lackcluster “demolish and development” tactics in this neighborhood until we all speak our voices to the powers that be. Amanda Fritz should hear from you ([Amanda@portlandoregon.gov](mailto:Amanda@portlandoregon.gov)) She can fix this and she knows the problem. She was there fighting the Ordinance (affiliated with Policy Package 2-A, 11/2003) which allowed this destruction of our inner City neighborhoods back in 2003 as a member of FONZ, Friends of Neighborhood Zoning. She rode that notoriety into her position today. It is no coincidence that she is now the commissioner in charge of these departments (Mayor Hales shackled her with it so that she would have that taint next election). To fix this, the Mayor and Council must shrug off big Business Interests and repeal that catastrophic decision made when this policy allowed development on 25x100 parcels in R5 neighborhoods.

## Concordia 17th Annual Yard Sale

***June 26, 27 & 28, 2015***

Time to gather all those items you no longer want or need and 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: \_\_\_\_\_

EMAL: \_\_\_\_\_

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

\_\_\_\_\_ Friday June 26    \_\_\_\_\_ Saturday June 27

\_\_\_\_\_ Sunday June 28

## Lead Poisoning Prevention

*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, June 2, 6-7:30pm - Community Energy Project - 2900 SE Stark St, Suite A, Portland

Tues, June 16, 6-7:30pm Portland Miracle Revival Church- 8333 N Ivanhoe, Portland

## Alberta Street News

***Alberta Seeks Passionate People***

June. 11.. 6:30-8:30 p.m. Imagine what we can do together! Residents, business owners, and interested community members are invited to learn more about Alberta Main Street and volunteer opportunities. Alberta Main Street is a volunteer-driven nonprofit working to keep Alberta Street vibrant! Free. Information: (503) 683-3252 or [sarahceline@albertamainst.org](mailto:sarahceline@albertamainst.org) albertamainst.org. Location: Alberta Main Street, 1722 NE Alberta Street

***Eat for Alberta St at Donnie Vegas***

June. 18. 6-10 p.m. Donnie Vegas generously hosts this month’s “Eat For Alberta Street” a series of fundraising events benefiting Alberta Main Street, a volunteer-driven nonprofit community and economic development organization. Hungry philanthropists can dine heartily knowing that Donnie Vegas will donate 10% the evening’s proceeds back into the community. Information: [albertamainst.org](http://albertamainst.org). Location: Donnie Vegas, 1203 N.E. Alberta St.



~Nature & Garden~

What is that Smell?

By Penny Hill, LMT

As I write this it is early spring in the city and I eagerly open my windows to bring in fresh air and take a deep breath of benzaldehyde, ethylenediaminetetracetic acid and nonylphenol ethoxylate. Ahh, my neighbors are doing laundry, so I close my windows again.

Long ago fragrances were used to cover up the smell of unwashed people and the fragrances were derived from natural sources. The common folk spread herbs and flowers on the floor and the wealthy had perfumes. The chemical substitutes used today are very cheap; and over 90% of those are petroleum based. Indeed gasoline and perfume contain many of the same ingredients. As “fragranced” products proliferate it pays to look more closely at what these chemicals are and do. The original purpose of these ingredients in laundry and other household cleaners was probably to mask other unpleasant odors in the formulas. Now the “perfumes” have become the selling point, and “clean” has to have a smell.

But what are the consequences of all this smelliness? At the mildest end of the spectrum we have contact dermatitis, eczema, and rash. Moving on, people can experience migraine, nervous disorders, burning of the eyes and respiratory distress. There is evidence to suggest that the dramatic increase in allergy and sinus disorders is linked to increased exposure to these chemicals. Those who are more chemically intolerant can develop panic disorder and depression. These fragrances can cause neuro-toxicity, and disrupt hormones. Some of them are bio accumulators and can be found in the tissues of aquatic organisms (and in our own adipose tissues, of course) as well as accumulating in the environment.

Phthalates were in the news a few years ago, causing an uproar because they were found in soft plastics that children were exposed to. They are also the chemical that cause scent to linger. Now the fragrances are “unstoppable.” Every time you wear them you are wrapping yourself up in a film of hormone disruptors. Fragrance is a deeply personal issue. We all want to smell good and the lack of bad odors does indicate to us freshness and cleanliness. We use our noses to sniff out danger all the time. But I think the use of these “artificial” smells is disrupting our senses and altering our sense of right (or actual) smells, as well as exposing us all to the health dangers listed above.

As city dwellers we know that our personal choices affect our neighbors. We modulate our noise and lights, the barking of the dogs and refrain from using the leaf blowers at 6 AM. May I suggest one more action? Since dryer exhaust vents into the outdoors choose unscented laundry products. You will reduce your chemical exposure, and your grateful and sensitive neighbors will be able to leave their houses and smell the actual roses! Penny Hill, LMT can be reached at [www.concordiamassagepros.com](http://www.concordiamassagepros.com).

Growing Cucumbers

By Jolie Donohue, The Gardening Goddess

Cucumbers are a favorite warm season edible for the home gardener. A cucumber harvested at the peak of freshness from the summer garden is hands down better than any cucumber you will ever get from the grocery store.

Growing cucumbers in Portland is relatively easy if you plant them at the right time. Cucumbers need ground temperature of 60-65 degrees and night air temperature of at least 55 degrees. Typically in Portland this is mid May to early June. If the weather is not warm and dry, cucumber plants will grow slowly and fall prey to disease.

Cucumbers cucumis sativus are a member of the cucurbits family along with zucchini, summer squash, winter squash, pumpkins and melons. Cucumbers require a full sun location with at least 6 hours of sun per day. Cucumbers are rambling vine plants that need to be spaced 3-4 feet apart in all directions. We have successfully grown cucumbers up a trellis in our raised beds. These days there are also patio varieties that don't get as large and are excellent for growing in small spaces including container.

Cucumbers require very rich well draining soil. They will rot out in the thick clay of native Portland soil. Prepare your planting bed by adding fresh compost. Better yet grow cucumbers in a raised bed filled with fresh planting mix.



In Portland you can plant cucumbers by seed or by transplant. Cucumbers are heavy feeders and benefit from an organic granular vegetable fertilizer in the planting hole. Additional applications of organic granular fertilizer are every 4 weeks during the growing season. Once plants have grown to a decent size and are beginning to set flowers begin applying an organic liquid bloom fertilizer every 2-3 weeks.

Cucumbers are more than 90% water and are stressed by insufficient watering. Cucumbers want average to moist watering while growing, about 2 inches a week. Water stress can be the cause of bitter tasting fruit and odd shaped fruit that is smaller in one end. How often you water will depend on your soil and location.

Cucumbers and other members of the cucurbits family have separate male and female flowers on the same plant that require pollination for fruit set. If your plants develop flowers and then the subsequent tiny fruits fall off, lack of pollination is the cause. Be sure to plant plenty of flowers in your bio-diverse garden to encourage pollinators and keep them safe by growing organically and avoiding the use of sprays.

In Portland it is inevitable for cucumbers to fall prey to the dreaded powdery mildew. The leaves will develop a white residue and then shrivel up with crispy

Healing Power of Flowers

June kicks off Summer Break for many school aged kids around Portland.

Getting to go on a vacation is a wonderful way to recharge the batteries, but it is just as important to get the kids (and yourselves!) outside on a daily basis.

Why?

Exposure to sunshine helps provide a healthy dose of vitamin D which is important for strong bones, brain development and immune system strength among many other functions.

Fresh Air-The oxygen in fresh outdoor air is vital to mental clarity and physical health. White blood cells require more oxygen when working to kill and destroy bacteria, viruses, and germs.

Exposure to dirt improves mood. A new study reveals healthy microbes in soil mimic artificial antidepressants by stimulating serotonin production in the body. Serotonin levels are directly related to feelings of relaxation and happiness. So go ahead, get dirty!

One of the many ways to explore the neighborhood outside your front door is by walking to over to Joyful Floral at 5429 ne 30th, in a little transformed alley between Milagros Boutique and Beast Restaurant. We offer kids flower arranging every Sunday at 1pm. \$5 for 5 stems of their choice based on stock on hand.

Flower arranging improves fine motor skills, decision-making skills, artistic expression, and a connection to nature. Creating arrangements also raises awareness of the importance of giving to others. And, it's super fun too!

Sunday afternoons during the summer at 1pm. Joyful Floral PDX.

Continued from Column 2, Cucumbers

brown edges. Powdery mildew is a fungal disease that flourishes in the summer in Portland. During the growing season you can prevent powdery mildew by spacing your plants appropriately to provide good air circulation. Water the soil, not the plant, by use of a watering wand, drip irrigation or soaker house. If you use overhead watering the fungal disease easily spreads by splashing from leaf to leaf and soil to leaf. Practice crop rotation and in the fall clean up all plant debris. For more information: [www.missjolieannkitchengarden.blogspot.com](http://www.missjolieannkitchengarden.blogspot.com)

Sunday Parkways  
North: June 21  
Northeast: July 26



**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.



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CONCORDIA



~ Community ~

Diary of Demolition & Development

By Luke Griffin

Part 2

Everyone in Concordia has had the opportunity to watch a house be torn down to make way for new houses, duplexes, and “skinnies”, for better and/or for worse. This is the continued chronicle of my personal experience.

The beginning of March started uneventfully. The temporary tenants had moved out and most of us neighbors awaited the inevitable tear-down. During the wait, no neighbors received any notice of demolition, something that under the current regulations should have occurred. Through the previous notice regarding the splitting of the lot however, we understood that



work could occur Monday through Saturday, 8am to 6pm. Nothing was done to prepare the site for potential environmental hazards like asbestos or lead. Men were simply sent in to salvage what they could over the next few days and by St. Patrick’s Day, a giant dumpster was dropped off on the front lawn along with an excavator. Then, the demolition began in earnest.

Based on the allowable hours and the type of work to be done, my family was a bit worried about the potential disruption the demolition could cause. As a board member with the neighborhood association, I had heard some disheartening stories of crass, messy and otherwise rude workers littering the neighborhood, tapping into neighbors’ water lines without permission, damaging neighboring properties, chopping down 100-year old trees, and being very loud all day, everyday and even deep into the night. Thankfully, our experience was far less unpleasant than such horror stories, especially given the fact that it is very unclear as to how neighbors can complain when something does go awry.

As the Skanner News recently reported, complaining about any aspect of demolition and development is far from user friendly. There are at least six different government agencies that could be involved. To make matters worse, many of the limited regulations designed to protect only apply to renovations and not complete demolitions. This is true for tree removal and lead & asbestos mitigation. While the tear down was in full swing, dust containing unknown particulates did billow into our backyard

causing immediate lung irritation for adults and children forcing us inside during most of the week.

The worst part of the demolition process for us (other than the lack of protective regulations, mandated notices, an almost non-existent enforcement policy, and a failure to notify residents) was when they filled in the hole where the basement had been. For three days, our house vibrated causing our dishes to shake and our brains as well. They used a steam roller to repeatedly pat down the laid gravel-like concrete and the reverberations shook the earth. Watching them fill in the basement space, we couldn’t help but think how wasteful it was to remove potential square footage but, apparently, it is easier and cheaper to fill in a hole and build up or out instead of having a basement.

On the plus side, the demolition crew was actually pretty nice. True, a few nights they worked well past 6pm, using all available daylight until about 8pm. But, they also rarely started before 10am and did minimal work on Saturdays. They were courteous to my family and others in the neighborhood, let us use the free space in their dumpster, and gave neighbors the chance to salvage house parts themselves. They kept the work site relatively clean, asked permission once to use a little water to spray down the dust, and methodically went about their task at hand.

By early April, the demolition was complete. Where once a house and garage had stood, now was an empty lot covered with hay, dirt, and rocks. With the house gone, the developers themselves started showing up, presumably to survey the site. Since the moment of initial purchase in 2014, neither developer had made contact with me in anyway. When on site, they avoided eye contact and would not wave or say “hello”. Other than a couple of phone conversations with one proactive neighbor, they remained somewhat of a mystery to everyone on the block. Thankfully, the neighbor did continue to communicate with them and eventually learned that the new building would be a “modern brownstone duplex”, relatively modest in size but very out of place within the rest of the 60-100 year old bungalows that line the street. Neither live in inner Northeast and one of them, in an odd moment of honesty, let down his friendly public relations face and smugly bragged that they were going to make a killing on the transaction before abruptly amending his statement with smoother, less hungry words. Now, the property was clear for them to break ground, the lax permits had all been secured, and for the developers, their profitable dreams were about to become a reality.

Next month: The project stalls, property dispute, and bully behavior.

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Friends of Ainsworth

Are you tired of looking a the unkept parkway of Ainsworth Boulevard? The City of Portland lacks the funds and time to do the adequate maintenance.  
**So let’s do it ourselves!**  
All we have to do is some mowing and some weed control. Is there a section near your home that could use some extra care? Some neighbors are already making a difference and have been maintaining their section of Ainsworth for years. You can help out too! Let’s keep are neighborhood looking beautiful.  
*Thank you from  
the Woodlawn Neighborhood Association*

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~ Seniors ~

~ Kids ~

Hungry for Lunch?

Northeast Village PDX

Farewell Faubion

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.

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 to register.

What Is Northeast Village PDX?

Neighbors Helping Neighbors Age in Place

A group of Northeast Portland residents is working to create a membership organization that will allow seniors in the neighborhoods we serve to stay in their own homes as long as they can, at the least cost possible. Our purpose is to extend members' independence and autonomy by developing a network of engaged seniors and volunteers of all ages.

HOW IT WORKS

The village operates by bringing services to people rather than moving people to services. Examples include: help with yard work, rides to medical appointments and the grocery store, simple home repair, and assistance using computers and other electronic devices.

PART OF A LARGER MOVEMENT

As boomers age, they are increasingly taking charge of their senior years. The village exemplifies this spirit of self-sufficiency. The first village – Beacon Hill in Boston – began in 2002 with 12 older adults. It now serves 400 households in several Boston neighborhoods. Nationally, there are now over 140 villages up and running and 150 more in development.

WHEN AND WHERE WE WILL OPERATE

Northeast Village PDX is one of eight being developed in the Portland area. It will encompass 15 neighborhoods stretching from the Columbia River to I-84 and from NE 15th to NE 122nd. We plan to begin delivering volunteer and reduced-cost professional services, such as plumbing, electrical, and home health care, to members in June of 2016 to supplement existing community resources.

JOIN US

If you love your neighborhood and want to stay in your home, living independently for as long as possible, join us to build our village. Here's how to get involved:

o Contact Margaret Baldwin at nevillagepdx@gmail.com or 503-895-2750.

o **Come to a Northeast Village PDX planning meeting at the Rose City Park United Methodist Church, 5830 NE Alameda, 7 pm on the second Wednesday of the month.**

For more information:

o visit our website – <http://nevillagepdx.org>

o learn about the larger village project in the Portland area at <http://villagesnw.org>

o watch a good video about villages at <http://tedxboston.org/speaker/willet>

Hosting

Further Details about Hosting a Korean and/or Japanese International Student:

Concordia University is expecting 22 female students from Baewha Women's University in South Korea 6/28-7/26 and 12 students (male and female) from Bunkyo University in Japan 8/2-9/6. These student groups are wonderful, well-behaved University students who are curious about American culture and range in age from 18-21. Our programs are a short commitment (4-5 weeks) for the

Farewell Faubion BBQ/Talent Show

Staff, students, parents, and community will celebrate our last days of teaching, learning, and laughing in our Faubion School on Saturday, June 6, 2015, with a FREE outdoor Farewell Faubion Celebration complete with hot dogs, hamburgers, popcorn, cotton candy, watermelon, music, games, karaoke, and a talent show!

8:30-10:00am-MEMORY WALK

Come visit the school and take a Memory Walk tour. Take photos of your favorite desk/place. Stroll down the Writing Gallery and write a final message of Hope and Inspiration on the Walls.

10:00-12:00pm-FUN ON THE FIELD

Have a little Fun in the Sun while running through obstacle courses, playing games, eating FREE cotton candy/popcorn, enjoying the adult and student Open mike entertainment (for adults & students) and watching the circus acts perform!

10:00-12:00pm-FAUBION KARAOKE IDOL

This is a fun singing opportunity that is open to the Faubion community (which includes kids and adults). While a karaoke machine and screen will be provided, it is strongly encouraged that participants memorize the song(s) they will be performing. All participants must limit each song performance to one song. Songs and dance performed must be appropriate for family entertainment.

10:00-3:00pm -ART BOOTH

Student Art will be on sale. Come see their creations at the Art Booth!

10:30-11:00am-DIGGING UP TIME CAPSULE

Parents, students, families and alumni are invited to gather at the school flagpole to dig up a Time Capsule that was planted in 2000. This capsule will travel with us to Tubman and will be replanted once we return to the new school in 2017.

11:00-1:00pm- FREE BBQ Lunch

Menu includes Hot Dogs, Hamburgers, Chips, Bottled Water, Cookies, Watermelon (There will be a veggie option)

12:00-12:45pm-Brazili/Samba Showcase

Come join us as the middle school Samba Drummers/Dancers perform their end of the year showcase

12:45-3:00pm-TALENT SHOW

Talent Show!! Come watch as our very own Faubion students showcase their talents! (On the Field)

SHUTTLE BUS SERVICE

There will be a school bus picking up and dropping off students and families that live on Hayden Island. More info to come!

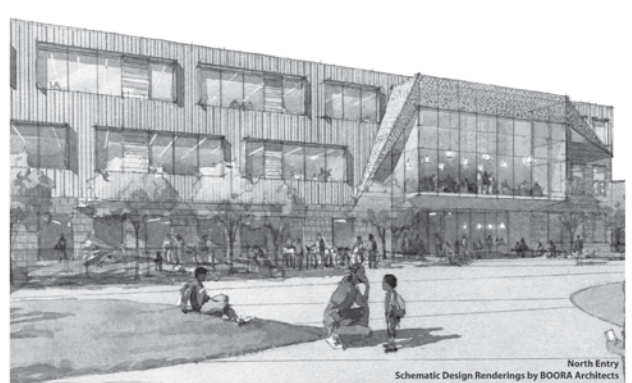
Please feel free to bring your own chairs, picnic blankets, folding tables.

Relocation to Tubman School during construction.

Faubion PK-8 students will relocate to Tubman School 2231 N. Flint Ave. during construction of the new building. Tubman School will be vacated and all Faubion students, teachers, and staff will be at Tubman for two school years; 2015-2016 and 2016-2017.

The new Faubion PK-8 leverages a major capital partnership with Concordia University in a new facility scheduled to begin work in the fall of 2015 and open in September 2017. The new facility will serve as a new public/private model for higher education and K-12 sharing space as well as leveraging resources to create a new teaching model for the Cully/Concordia community.

Find out more: <http://www.pps.k12.or.us/bond/8497.htm>



Host a Japanese and/or Korean International Student this summer and expand your family and our Portland Community!



Who can host:

- Anyone open to establishing lasting relationships with people from other cultures

Why should I host:

- To form lifelong relationships
- To be a part of a cohesive global community
- To learn about a different culture
- To positively impact an international student's life

Hosting Details

Dates: June 28-July 26 (Korean program) and/or Aug. 2- Sept. 6 (Japanese program)

Host Responsibilities: breakfast and dinner, make students feel welcome and treat them as if they were a member of your family

Stipend: \$125/ wk per student placed in your household

For more information contact:

Linda Rountree  
lroundree@cu-portland.edu  
or  
Erika Wiescher  
ewiescher@cu-portland.edu



rewards that families receive from hosting. Concordia University offers an honorarium of \$125 per student/per week housed in your home. Breakfast and dinner is expected Monday through Friday with three meals on weekends. Students are in class at Concordia University from 9:30 am - 4 pm Monday through Friday and are provided transportation passes to take public transportation to and from campus. Hosts have time with the students on evenings and weekends. Hosts are encouraged to treat their students as if they were members of their own family and include them on outings and sightseeing.

If you have any questions or would like further details, please contact Erica Wiescher, Assistant Director of International Studies at Concordia University at [ewiescher@cu-portland.edu](mailto:ewiescher@cu-portland.edu).



~ Health and Wellness~

Summertime is “All Play”

By Anne Koski

We’re feeling it, the late sunsets, the warm afternoons. That familiar scent. Summer’s coming. And this one will be different.

Let’s go, my tired, busy, grown-up neighbors. You lounging cocktail drinkers. This is a call to all you idle standers at the edge of the playground, to all you sitting soakers at the Kennedy School, to all you drivers to the corner store. You sloths of summertime. This is an invocation to anyone who’s spent a weekend camping but not found the trail, or sunned at the river’s edge but not dipped a toe. I’m talking to you, you gardeners not pulling your own weeds, walkers sticking to the track, and runners taking the same route every time. This summer will be different.

Sideline sitters, watchers, social norm conformers, too old for this’ers, familiar safe routine’ers, they were wrong. You don’t have to stand and watch your kid play; you can join them, and its okay. Nobody will laugh at you.

Do you remember when we used to play? When we would run around all day, get dirty hands, and find hills to ride our bikes down? We would explore creeks, alleys, or play all sorts of sports in the fields -- and the street. We’d do handstands and swing at the park.

And then one day we grew older, and realized that only those who really knew how to dance were supposed to be dancing. And it became no longer cool to play on the playground, and who wants to ride a bike when you could get your driver’s license?! Gradually, we stopped moving, and started sitting, and observing our summers, more, and more, and more.

Had you known that you’d forget-- and maybe not even miss-- that feeling of joy and freedom that comes through organic movement and having little concern for anything or anyone’s opinions, you might have kept playing. But alas, you are grown-ups, and grown-ups don’t swing on monkey bars.

WRONG! This is your summer. I implore you not to go another day without feeling that long-lost joy again. Get on your bike, swing on the swings, do a hand stand in the pool. Dance at the lawn concerts, get wet in the freezing river, or take a hike. Whatever it is, start moving and don’t give a hoot what anybody else thinks.

**Accupuncture Need to Know**

By Dr. Sara DeFrancesco ND, LAc

1) Your acupuncturist may ask you questions you haven’t heard before.

The big picture is extremely important. We want to know about your mood, sleep, digestion, if you tend to run hot or cold, and more.

2) The physical exam is a little different too.

Your acupuncturist will feel your pulse on both wrists for a what may seem like a long time and then ask to see your tongue. These are key elements to making a correct diagnosis and treatment plan.

3) Your treatment will address the symptoms that are bothering you, and much more than that.

It will address your mind, body, and spirit to relieve your symptoms and to address the energetic cause of your symptoms so you can move back into balance and health.

4) You will feel the needles. And you will like it.

Acupuncture works with the qi of your body. The sensation of qi is different for everyone, but you might experience it as a tugging feeling, a warm and tingly feeling, or a dull achy feeling.

5) Your life will never be the same.

You may want to go deeper with your treatment and ask your acupuncturist for herbs, lifestyle, and diet recommendations. You may become more aware of your energy and the people, places, and activities that affect you.

And you may get to know yourself and this beautiful planet we call home in a way you never knew was possible. Dr. Sara DeFrancesco is a Naturopathic Doctor & Acupuncturist, host of Thriving Force Radio. Visit [thrivingforcenaturalmedicine.com](http://thrivingforcenaturalmedicine.com) to learn more.



Adaptive Cycling

By Adam Amundsen

Spring is here and Summer is just around the corner. With all of this great weather, people all over town are pulling their bike out of the garage and getting on the road. From Pedalpalooza, to Sunday Parkways to date night, there are limitless opportunities to ride a bike. As a long time cyclist and proponent of cycling for all, I run into many people who would like to participate in all of this bike fun but feel like there aren’t any cycles out there that work with their unique needs.

These days, there a cycle out there for riders of all abilities, shapes and sizes - I call this “adaptive cycling”. Adaptive cycling in its simplest terms is the concept that all of us are cyclists and that the cycles should be adapted to fit you, not the other way around. With the proper consultation, you can find a cycle that will fit your needs - whatever they are. Within the last few years, there has been an explosion of creative cycle designs. Recumbent trikes and handcycles have increased in quality and availability to the point where now, anybody can be a cyclist.

If you are curious about adaptive cycling or have a friend or family member with a y who would benefit from some pedal-powered fun, I’d recommend starting your riding season at the Adaptive Cycling Clinic, May 31st on the Eastbank Esplanade underneath the Hawthorne bridge. This free event is hosted by some great local non-profits and is a safe, fun way to learn about all the various types of cycles that are out there.

For more details, check our [www.oregondisabilitysports.net](http://www.oregondisabilitysports.net) or feel free to send me an email, Adam Amundsen, [adamantpdx@gmail.com](mailto:adamantpdx@gmail.com)



# Be a Dream Walker

Join N/NE Business Association & the NE Coalition of Neighborhoods

## Free Dreamwalks throughout the summer in NE Portland, aka the "Soul District", using parts of the MLK Dream Run route

With over 1,500 runners, walkers, and volunteers last year, "Double-down" is our motto this year so bring a friend!

Meet fellow community folks and professional trainers from LA Fitness, ME Fitness, and others to help get you in shape and ready for this year's run!

Register to run, walk, or volunteer @ [www.mlkdreamrun.org](http://www.mlkdreamrun.org)

### MORE THAN A DREAM

SPIRIT OF PORTLAND AWARD WINNING EVENT

#### Weekend Celebration Sat. & Sun. Aug. 1st & 2nd

Honoring Dr. Martin Luther King Jr's "I Have A Dream" speech  
Benefiting Youth Entrepreneurship & Empowerment  
Featuring Music, Food, Entertainment & Professional Chip-Timed Races  
BBQ Cook-off Contest on Saturday, August 1, starts at Noon

For more info call us at: 503-841-5032

TRAINING WALKS/RUN CALENDAR

|                                                                                    |                                                                                           |                                                                                        |                                                                                                 |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Saturday<br>JULY<br>11 <sup>th</sup><br>Meet at AJ Java 6425 N Albina Ave at 10 AM | Wednesday<br>JULY<br>15 <sup>th</sup><br>Meet at Crown Q Market 445 Killingsworth at 6 PM | Saturday<br>JULY<br>25 <sup>th</sup><br>Meet at Whole Foods on Fremont & 15th at 10 AM | AUGUST<br>Sat 1 <sup>st</sup> Taste of the Dream Event<br>Sun 2 <sup>nd</sup> MLK Dream Run '15 |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|

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Saturday  
MAY  
23<sup>rd</sup>  
Meet at Whole Foods on NE 15th & Fremont St at 10 AM

Wednesday  
JUNE  
3<sup>rd</sup>  
Meet at Geneva's S. P. NE 5601 MLK at 6pm

Saturday  
JUNE  
13<sup>th</sup>  
Meet on 77 NE Knott St at Matt Dishman's at 10 AM

Saturday  
JUNE  
27<sup>th</sup>  
Meet at ME Fitness on NE MLK at 10 AM





Neighborhood Events



**ALBERTA  
ROSE  
THEATRE**

GREAT FOOD | MUSIC | BEER & WINE

**JUNE 2015**

- 2
- puddles  
pity party
- 3
- NOAM PIKELNY &  
STUART DUNCAN**  
+CALEB KLAUDER & REEB WILLMS
- 5
- BACK FENCE PDX:  
MAINSTAGE**
- 6
- SIREN NATION PRESENTS  
10TH ANNUAL  
DOLLY PARTON  
HOOT NIGHT
- 7
- GREAT LAKE  
SWIMMERS**  
+ THE WEATHER STATION
- 10
- EILEEN  
JEWELL**
- 13
- THE  
MYSTERY BOX SHOW**
- 14
- TELL MAMA  
A TRIBUTE TO  
ETTA JAMES**
- 19  
20
- NIGHT FLIGHT PRESENTS  
**SEA OF DREAMS**  
AN UNDERWATER CIRCUS
- 23
- AN EVENING WITH  
**TOM  
RUSSELL**
- 25  
26  
27  
28
- AN ENCORE PERFORMANCE OF  
**J.A.W.Z**  
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**Guardino Gallery**

May 28-June 23  
MAIN GALLERY  
Dayna Collins’ new abstract paintings are created with layers of plaster, oil, cold wax, and markings. She brings her energetic and visceral reactions to such themes as aging, addictions, secrets, joy, environmental issues, health, and friendship.  
Tamae Frame’s ceramic sculptures depicts female figures, in which her emotions, moods, and feelings play out. Her intention is to give meaning to that insight and sublimate it into an archetype of the psyche.

FEATURE AREA  
Kim Hamblin’s medium is cut paper, painted and layered, and then nailed to plywood panels with tiny nails. The combination of the delicate art of paper cutting with the industrial nature of hammering nails make for a unique and striking combination.  
Daniel Granas creates ceramic sculpture. His newest work is an interpretive exploration of bodily mechanics, driven by the behavior of flesh and tissue under tension and pressure. Granas manipulates the clay to mimic the qualities of living tissue as it folds, wrinkles, stretches, and squeezes itself.y  
2939 NE Alberta St | 503 281-9048  
www.guardinogallery.com

**Alberta Street Gallery**

May 28-June 23  
Anomalies: Featuring the art of Maquette  
Fun, attention grabbing paintings exploiting our photographic mistakes or anomalies, in acrylic on canvas. Maquette’s work deviates from the standard and demands attention. “The fun playful nature of this artistic style is called whimsical by the professor. I call it life’s anomalies re-visioned. The story is no less complete and better understood because the viewer fills in the blanks.” -Maquette  
2724 NE Alberta St | 503-280-6329  
albertastreetgallery.com

**Portland Storytellers’ Guild**

Festival of Stories  
Portland Storytellers’ Guild—Festival of Stories  
Friday, June 12, 2015 - Tales of Quests, 7:30 - 9:30 pm  
Saturday, June 13, 2015 - Journeys and Transformations, 7:30 - 9:30 pm  
Hipbone Studio, 1847 E. Burnside, 7:30-9:30 pm. Tickets at the door: \$15.00. Advance tickets \$12 / \$10 students / \$8 PSG Members. Advance tickets available at www.portlandstorytellers.org.

Join us for two evenings of delightful tales during our fourth annual Festival of Stories, the rousing finale to another successful year of monthly performances. Ten tellers entertain us with two different programs:  
Friday, June 12th Tales of Quests features Eric Foxman, Will Hornyak, Ken Iverson, Ingrid Nixon and Anne Rutherford. Saturday, June 13th Journeys & Transformations features Chetter Calloway, Barbara Fankhauser, Rick Huddle, Gretchen Peterson and Julie Strozyk. Come and enjoy these stunning tales of personal, historical, magical and traditional stories in this two evening storytelling event.

**Concordia Summer Events**

June 12- 31- Uniquely Oregon:  
A Visual Exploration by Portland Photographers Forum will be held in the George R. White Library & Learning Center. This year, it celebrates people, places, and a potpourri of images unique to Oregon.  
Sun., June 14, 2-4 p.m. -  
Photography Exhibit Reception, in partnership with the Portland Photographers Forum, will be catered, free, and open to the public. For more information, visit: <http://www.cu-portland.edu/about/events/campus-calendar>  
Sat., July 11 & Sun., July 12 from 7-9:30 p.m. - Portland Actors Ensemble presents “The Taming of the Shrew” a free event held at Concordia’s campus green. For more information, visit: <http://www.portlandactors.com/events/categories/summer-2015/>  
Sat., July 25 at dusk - Movie on the Green “Labyrinth”, in partnership with Portland Parks & Recreation, is a free event held at Concordia’s campus green in front of the library. For more information, visit: <https://www.portlandoregon.gov/parks/article/489142>.

**Good in the Hood**

The Good-in-the-Hood is a multicultural music and food festival held annually in N/NE Portland. The festival features the best entertainment in the NW, a variety of cultural food vendors, an Information Village, a KidSpace arts & craft area, and an Ethnic Marketplace.

**Good in the Hood Parade:**  
Saturday, June 27th, 2015.  
Check-in: between 9:00 am - 10:00 am.  
Starts at King School Park NE 7th & Alberta streets)  
Ends at Lillis Albina Park North Flint & Russel Streets - (next to Tubman Middle School).  
Parade will begin at 10:45 am (approximately 1 ½ hr. route.)  
<http://www.goodinthehood.org>

**Northwest Tool Library**

We Need Help  
Summer is our busy season and we need to have three volunteers on morning and afternoon Saturday shifts to make sure that tool returns and check outs go as smoothly as possible.

We’ve lost several of our recurring shift volunteers and we are feeling the scheduling pain. Every week our volunteer coordinators are pleading with our membership in order to get a full Saturday crew. We’ve even had to close early due to lack of volunteers.

This doesn’t have to be. Our members are loyal, industrious and value the tool library as a resource. Most of our members could probably donate 2.5 hours of their time this summer to keep the library open for everyone. And... volunteers get NEPTL swag as “Thank You” gifts! Please sign up for a shift!  
[volunteer@neptl.org](mailto:volunteer@neptl.org)



**KENNEDY SCHOOL**  
McMenamins  
5736 N.E. 33rd Ave. • Portland  
(503) 24+9-3983  
[mcmenamins.com](http://mcmenamins.com)  
*Free • All ages welcome (unless noted)*

Thursday, June 4  
**Buoy LaRue**  
Orchestrated rock  
Gym • 7 p.m.

Sunday, June 7  
Brunch, A Show & Movie with  
**POISON WATERS**  
featuring **DREAMGIRLS**  
10:30 a.m. doors, 11 a.m. event  
21 & over • \$21 per person

Tuesday, June 9  
An Opportunity for Dialogue  
**RACE TALKS:**  
**The Black Panthers’ 50th Anniversary**  
Presented by Rev. Leroy Haynes, Kent Ford and Percy Hampton  
Gym • 6 p.m. doors; 7 p.m. event

Thursday, June 11  
**GREAT NORTHWEST MUSIC TOUR**  
10TH ANNIVERSARY SEASON  
**JP HARRIS & THE TOUGH CHOICES**  
Country Music from Nashville  
Gym • 7 p.m. ‘til 10 p.m.

Thursday, June 18  
**LIMITED-EDITION BEER TASTING**  
5 p.m. ‘til the beer is gone  
Boiler Room • 21 & over

Thursday, June 18  
**LEE KOCH TRIO**  
Impactful, original music from southern California  
Gym • 7 p.m.

Thursday, June 18  
**KENNEDY SCHOOL CIDER DINNER**  
In honor of Oregon Cider Week, we’re hosting a cider-themed dinner, complete with a custom menu that’s paired with Edgefield and international ciders.  
7 p.m. • 21 and over  
\$75 per person

Thursday, June 25  
**MATTHEW ZELTZER’S**  
**Portland Indie Folk Revue**  
Soul-wrenching, California songwriter  
Gym • 7 p.m.

Monday, June 29  
**HISTORY PUB**  
**The Hood River Crag Rats and The Cloud Cap Inn**  
Mountain Rescue Stories from Mt. Hood’s North Side  
Presented by Don and Bill Pattison, Lifelong Crag Rats  
Theater • 6 p.m. doors; 7 p.m. event

