

# CONCORDIA NEWS

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

July 2015





HANK SHREVE BAND

Hank Shreve Band won the 2014 and 2013 Muddy Award for Best Regional Act, following their Best New Act Muddy in 2012. Rocking Blues and Soulful originals with an in your face performance that you won't forget. High energy and pro delivery is what this band is all about. The Band members include: Hank Shreve (vocals, harmonica, & keyboards), Kenny Luker (guitar & vocals), and Bill Shreve (vocals & bass), and GT Albright (drums & vocals). Hank Shreve Band kicks off our concert series on Friday, July 10.

## Fernill Park Concert Series Fridays in July

The Fernhill Concert Committee has a sizzling line up planned for this year's Concerts in the Park series. These five bands from five distinct musical genres represent some of the best that the Pacific NW, and the world, has to offer. We hope you enjoy them.

All concerts start at 6:30 PM and end at 8:15 PM

Children's Activities begin at 6:00 PM

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)

CONCORDIA NEIGHBORHOOD ASSOCIATION PRESENTS

NATIONAL NIGHT OUT CONCERT

Tues., August 4: Chata Addy (Afro Highlife & Funky Reggae)

#### CONJUNTO ALEGRE

Conjunto Alegre is a Puerto Rican band, dedicated to promoting Salsa/ Jibara and music from the Caribbean, in general for the enjoyment of our diverse community. Conjunto Alegre plays Salsa, traditional Puerto Rican music, (Jibaro), Merengues, Plenas, Bombas, and other world rhythms. Conjunto Alegre was formed by Puerto Rico, San Francisco, and New Jersey. Conjunto Alegre have received accolades from all over the world sharing enthusiasm for their unique "tipico sound." Conjunto Alegre "is like a breath of fresh air to Latin music. ", inhale deeply on Friday, July 17.

#### KEN DEROUCHIE BAND

The Ken DeRouchie Band (KDB) is a High energy 9 piece guitar edged Funk/Soul/R&B band featuring a great horn section and a massive rhythm section, performing original music written by Ken DeRouchie as well as a few handpicked classic Soul tunes. Top players from the Northwest join DeRouchie, including Northwest Soul legend LaRhonda Steele, Arietta Ward, long-time KDB bassist Rob Busey, virtuoso guitarist Jeff Knudson , keyboardist Alex "Popcorn" Milsted, drummer Chris Lay, Clayton Daffron on tenor sax and David Chachere on trumpet. KDB combines old school and new school grooves.... Imagine if Lenny Kravitz and Jill Scott met at the intersection of James Brown Blvd. &

> Sly Stone Way while listening to Tower of Power covering an Average White Band tune. You can catch The Ken DeRouchie Band Friday, July 24.

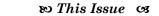
## SAMSEL & THE SKIRT

Samsel & the Skirt tells stories of hope, heartbreak and disconnect with energetic and emotional performances. Fronted by singers Cary and Kelsey

Samsel, the band is built on a

commitment to each other and music. Cary's blues background is evident in his singing but well complemented by Kelsey's smooth, heart-wrenching vocals. Churched on Soul, Rock and Blues, the band's catchy lyrics are complimented with thoughtful musicianship. Samsel And The Skirt performs Friday, July 31.





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# Thank you to our Sponsors!

This year's Fernhill Concert Series was made possible by the generous donations of neighborhood businesses and organizations. Thanks to our generous Fernhill Park Concert Sponsors. We couldn't do it without

#### CHAMPION SPONSORS:

- Concordia Neighborhood Association MAJOR SPONSORS:
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## CONTRIBUTING SPONSORS: • Legacy Emanuel Medical Co

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- McMenamins Kennedy School
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- Our 42nd Avenue
- Root Mortgage
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#### FOOD VENDORS:

- Aladdin Café: Fresh & Tasty Mediterranean Food
- Whole Bowl: Rice & Bean Bowls with Trimmings & Special Sauce
- Shave Ice, Fresh Juices
  Village Crepary: Crepas with Savory

Island Daydream Shave Ice: Natural

- Village Crepery: Crepes with Savory & Sweet Fillings
- Tortilleria Y Tienda De Leon's: Authentic Mexican Fare

REMEMBER TO SUPPORT THE FOLKS WHO SUPPORT OUR NEIGHBORHOOD!





## 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 NO MEETING IN JULY McMenamin's Kennedy School Community Room

**General Membership Meeting** First Tuesday Bi-Monthly NO MEETING IN JULY 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 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 21st 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.

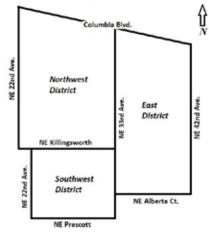
#### Tree Team Meeting

First Thursday of Every Month June 2nd at 6 pm Dining Area at New Seasons www.concordiatreeteam.wordpress.

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

# days of summer Fou'll wish that summer could always be here Nat King Cole

#### Concordia Neighborhood Districts



#### **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 PO Box 11194 Portland, OR 97211

#### **CONTACT US at our new** email addresses!

CNA Chair Isaac Quintero chair@concordiapdx.org 503-351-4585

CNA Vice Chair Luke Griffin vicechair@concordiapdx.org 503 545 2313

**CNA Secretary** VACANT secretary@concordiapdx.org

**CNA Treasurer** Robert Bowles treasurer@concordiapdx.org 503-490-5153

Crime Prevention Officer Mary Tompkins 503-823-4764 mary.tompkins@portlandoregon.gov

Neighborhood Response Team Officer Anthony Zoeller 503-823-0743 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

#### ~~~ Editor ~~~

Please send article submissions to: Mary Wiley (newspaper) CnewsEditor@concordiapdx.org

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

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

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

#### 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

# CNA Updates Committee Policy and Bylaws

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

The Concordia Neighborhood Association (CNA) Board has instructed the Land Use & Transportation Committee (LUTC) to perform research and prepare a proposal for new policies to govern the operations of all committees within CNA, including the LUTC. The LUTC, in turn, has created a new subcommittee to perform this research and create a proposal for discussion

This Subcommittee held its first meeting on Thursday, June 11th. It referred to ONI guidelines and bylaws from other neighborhood associations as templates for language to guide this update process. An initial proposal document was developed, including: a proposed new set of operating policies for the CNA LUTC; proposed modifications to the CNA bylaws concerning committees; and proposed modifications to the CNA Articles of Incorporation.

In order for the CNA LUTC to be able to operate quickly and efficiently on land use matters, that is, to reply to a land use case prior to the expiration of common 30-day comment-period deadlines, without having the deadline expire while waiting for a Board decision at its meeting the following month, the LUTC may receive delegated executive authority from the Board with regards to specified land use & transportation issues. Portland's Office of Neighborhood Involvement (ONI) guidelines state that executive authority cannot be officially delegated without modifications to both the Bylaws and the Articles of Incorporation of the Neighborhood Association.

The next step is for the CNA LUTC to discuss policy choices that have been revealed by the research, and choose the options that best fit the Concordia neighborhood. These choices will then be adopted as the LUTC's recommendation to the Board. The Board will then decide how to proceed.

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

# Free Summer Lunch Program in the PDX Parks

The end of the school year should be a time for fun, relaxation, and exploration for children. However, that's not the case for thousands of kids here in the metro area and millions nationwide. 57 percent of Portlandarea children qualify for free and reduced-price meals during the school year. To fill the summertime meal gap, Portland Parks & Recreation (PP&R) joins forces with Partners for a Hunger-free Oregon (PHFO), Bank of America, local school districts and other partners and local businesses to present the Summer Free For All Summer Playgrounds and Free Lunches program. The goal is to reduce what's known as food insecurity. The partners have distributed half a million free meals over the last five summers. For the summer of 2015, PP&R and its partners expect to serve around 111,000 free lunches, and to also provide supervised games and playground activities.

Combining efforts means more children will get the healthy lunches they need. PP&R teams up with Partners for a Hunger-Free Oregon (PHFO), Bank of America, Wal-Mart, the US Department of Agriculture (USDA), the National Recreation and Park Association, the non-profit Portland Parks Foundation and local school districts to help fill the crucial summer meal gap with free, healthy lunches at sites across the city. The need is there, even if it's not always evident.

"Hunger is typically not a visible problem, unless you know somebody who's experiencing it," says Portland Parks Commissioner Amanda Fritz. "Many of our neighbors continue to consume meals, but not nutrients. So today we see the faces of American hunger as a single mother forced to skip a meal, as children who don't get the needed nutrients for learning and growing, and as obesity and its accompanying spectrum of physical ailments." (See attachment regarding the science behind hunger)

It may come as a surprise that such a large effort is needed to keep kids fed in the summer. But food insecurity is all across the region, according to the experts.

# 2015 Portland Traffic and Transportation Class

The City of Portland Bureau of Transportation & Portland State University are pleased to announce the 2015 Portland Traffic and Transportation Class. This interactive Portland State University class is open to all Portland citizens and offers a unique opportunity to learn about the city's transportation system while working on actual neighborhood projects that affect your community.

You can learn more about the class at: www.portlandoregon.gov/transportation/psuclass

The class is free for Portland citizens and we'd like to inform you and your neighbors about this great opportunity. You are encouraged to sign up for the class if you are interested. In addition, inclusion in your newsletter and/or on an email distribution list or a mention at your next meeting would be most welcomed and appreciated.

Calling all transportation activists – Learn how the city that works, works! And how you can affect change in your neighborhood.

The Portland Traffic and Transportation Class offers citizens the opportunity to learn about the city's transportation system while working on actual neighborhood projects that affect your community.

Work with decision and policy-makers, planners, scholars and engineers to get your neighborhood transportation project moving.

This interactive Portland State University class is open to all Portland citizens and full scholarships are available to qualified applicants. Learn more on the website – www.portlandoregon.gov/transportation/psuclass - or contact Scott Cohen at (503) 823-5345, City of Portland Bureau of Transportation.

"Hunger looks different here than it does in many famine-struck countries. Children are not starving, but often the calories they have access to don't provide the nutrients they need," says Annie Kirschner, PHFO.

Andrea Anderson teaches fourth and fifth grade and observes the threat of hunger in her classrooms. "The difference between the haves and the have-nots is most clear in the month of May at a Title 1 school," Anderson says. "Children just fall apart this time of year. It is not summer vacation for many of them; summer brings worry, and fear, and hunger."

l program that provides consistent and healthy meals can make a huge difference in the kids' outlook about summer. "Not only do their brains and bodies need it, but also when food is in the equation, they get to be like any other kid... Plus it gets them to try new healthy foods."

The business community is stepping up

When you want to go fast, go alone. When you want to go far, go together.--African proverb

Portland Parks & Recreation's Playgrounds and Free Lunches program is a success story of the power of teamwork. The support of the business community is vital so that PP&R and its partners can provide a high level of life-enhancing lunch services to the Portland community. Bank of America is a leader around the issue of hunger in Oregon, dedicating thousands of volunteer hours and hundreds of thousands of dollars to help community members in need. For the second year in a row, they are the lead financial supporter of the Summer Lunches program, helping to underwrite this important program.

"Hunger is a critical need that we need to address to ensure kids have the foundation for successful learning," says Roger Hinshaw, Bank of America President for Oregon and southwest Washington. "As a sponsor of Summer Lunches and other programs to combat food insecurity in our community, we're working to encourage other corporate partners to support hunger relief efforts in Multnomah County."

Families have to know, to go

PP&R and PHFO have found that a lack of awareness among parents about summer lunch programs is one of the biggest reasons that some families do not participate. To find a local site, including the Portland Parks & Recreation Summer Free For All Summer Lunches sites and dates, families can go to www.summerfoodoregon.org. Partners for a Hunger-Free Oregon works with hundreds of meal programs across the state, like those run by PP&R, to help make sure families know where and when meals are served, and that they are open to all.

For more information on the Portland Parks & Recreation Summer Lunches, please visit this link. https://www.portlandoregon.gov/parks/article/489143

CONCORDIA NEIGHBORHOOD ASSOCIATION PRESENTS

## Concordia National Night Out August 4, 2015



#### Chata Addy (Afro Highlife & Funky Reggae)

In 1989 Chata Addy moved to Ashland, Oregon and formed his own band, Susuma. He has been delighting Northwest audiences ever since with his groovy mix of Afro Reggae and Funky Highlife bringing plenty of energy to the stage. Chata has performed and recorded with the likes of Jimmy Cliff, Obo Addy, King Sunny Ade and many others. Chata enjoys having the opportunity to connect with young people and pass on the gift of music. In this capacity he is working as part of the Young Audiences of Oregon and SW Washington programming for schools. Concordia Neighborhood Assn. is proud to present Chata Addy to our neighbors on National Night Out - Tuesday, August 4.



#### 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 arothert@gmail.com

## ~Nature & Garden~

### Water, Water, Water

By Rachel Freifelder

Water now! before the heat comes

Don't wait until the thermometer hits 100 degrees this Saturday to water your garden. Start now. Your plants will weather the heat best if they have several days to get well hydrated.

When to water

In summer weather, late evening is the best time. Have your dinner outside and observe which plants you will water. Then turn the task into a sunset-watching meditation. Or, water at the coolest time you can.

How to water

Water the soil, not the leaves. Wet leaves can get fungal diseases, and may sunburn if drops of water stand on them in the sun.

For large plants such as blueberries or squashes, a slow drip at the base of the plant is best. For small plants, overhead watering is ok. Use the "gentle spray" setting on your nozzle. Most hardware stores carry adjustable hose nozzles.

How much to water? It depends.

Unfortunately, there is no rule of thumb that applies to all plants. Established drought-tolerant natives will be fine without irrigation. Some drought-tolerant plants can be damaged or even killed by overwatering, especially if your soil has poor drainage. Lewisias can die of root rot if soil is wet. Tomatoes get blossom end rot if overwatered. Learn the specific needs of every plant you are tending.

For water-loving plants such as salad greens, a good test is to poke a finger in the soil a few minutes after watering. If the soil is very dry when you begin, water may not penetrate more than a half inch. Water again, wait another few minutes, and repeat the test. The soil should be evenly moist as far as you can feel.

Pull those weeds

Weeds, like all plants, take up water from the soil and transpire it into the air, away from the roots of other plants. Hot weather is a great time to weed. Lay weeds down on the soil - they will die and become mulch.

Upcoming classes:

Thursday, July 2, 6-8:30 pm:

Hot Weather Planting for Winter Eating

Sunday, July 26, 1-2 pm:

 $Free\ garden\ tour\ during\ Sunday\ Parkways$ 

Thursday, August 6, 6-8:30 pm:

Food Preservation

Handmade Gardens 4446 NE Going St.

Rachel Freifelder, handmadegardenspdx@gmail.com 503.849.9466

## Culinary Herb Gardening

By Jolie Donohue, The Gardening Goddess

Herbs have a variety of uses including culinary, medicinal and spiritual. Generally herbs are defined as any plant used for flavoring, food, medicine or perfume. Culinary use typically distinguishes herbs from spices based on the part of the plant that is use. An herb refers to plants used for their green leafy parts-either fresh or dried. A spice is a culinary product from another part of the plant such as seeds, berries, bark, roots and fruits. Some plants are used both as herbs and spices, such as dill weed and dill seed or cilantro leafs and coriander seeds. Many herbs are beautiful as ornamental plants in the garden. In addition to their fragrance, herbs have a wide variety of colors, textures, shapes to delight all the senses.

Growth habits of some common culinary herbs are:

- Evergreen woody perennials like bay laurel, lavender, rosemary, lemon verbena
- · Evergreen perennials like thyme
- Herbaceous perennials like sage, chives, lovage, german chamomile, bronze fennel, mints, oregano, tarragon, bee balm
- · Biennials like parsley and angelica
- Annuals like basil, dill, German chamomile, chervil, cilantro

Most herbs prefer well-drained soil. Most herbs need full sun, 6-8 hours/day. Direct sunlight is needed to achieve maximum flavor and fragrance. Herbs grown in the shade become leggy and lack intense flavor. Some herbs that can be grown in partial shade are mints, lemon balm, chervil and wintergreen. Some herbs that can be grown in full shade are angelica, sweet woodruff and yerba buena.

Most herbs do not need much fertilizer and are notorious for thriving in poor soil. Watering depends on the season, the location, and the herb. In the warm dry weather of summer, herbs grown in containers dry out quicker than herbs grown in the ground. Once established, most herbs are quite drought tolerant.

Most herbs, including basil, will develop a bushier growth habit and a fuller appearance if you pinch back new growth as it emerges. Herbs that develop into a woody shrub, like rosemary or lavender, can be pruned after flowering. Herbaceous perennials like mints, bee balm and sage can be cut back to a few inches above the soil during the winter.

Harvest fresh herbs as needed. Morning is the best time to harvest herbs, as that's when they have the most flavor. Leaves have the highest levels of oils when the blooms just begin to appear.

To dry herbs, hang small bunches from the ceiling in a dry, dark location with good ventilation for 1-2 weeks. Store dried herbs in a clean sealed glass jar in a cool dark. Consider making herbal pestos and freezing in an ice cube tray. They make great winter additions to soups and sauces.

## Great Slough Clean Up

Saturday July 18, 9:00am - 12:00pm

Join the Council for our seventh annual trashhauling extravaganza! Help out in our bimaran canoes, bring your own boat, or sort trash on land. With your help, the Slough gets cleaner ever year! Prizes for the best finds and most enthusiastic volunteers! Boats, gloves, refreshments, and Slough mud provided. For this event we welcome volunteers age 14 and up.

Space is limited, so register today! Please indicate if you're planning to bring your own boat or if you'd like to reserve space in one of our canoes. Whitaker Ponds Nature Park, 7040 NE 47th Ave, Hanna Davis, hanna. davis@columbiaslough.org, 503-281-1132

#### Columbia Slough Regatta 2015

Sunday August 02, 9:00am - 1:00pm

Join our on-the-water festival and celebrate the Columbia Slough! The Columbia Slough Regatta returns for its annual festival in honor of Portland's hidden waterway. This wetland waterway provides important habitat for bald eagles, turtles, fish, and otters, as well as enthusiastic kayakers and canoeists. Despite the name, the Columbia Slough Regatta is not actually a race, more of a leisurely wildlife-watching group paddle. Keep an eye out for Great Blue Heron, Osprey, Western Painted Turtle, Beavers and more!

Individuals and families are welcome to bring their own boat. A donation of \$8.00/person is requested. No one is turned away.

Want to volunteer for the Regatta? Email hanna. davis@columbiaslough.org for more information.



Some excellent herbs to include in a tea garden are bee balm, German chamomile, lavender, lemon balm, lemon verbena, mints, thyme and yerba Buena. Herbal teas can be made from dried or fresh herbs. The general proportions are 1 teaspoon dried herbs to 1 cup water and 1 tablespoon fresh herbs to 1 cup of water. When making iced teas, double the amount of herbs, to preserve flavor from ice dilution. To make tea, steep herbs for 3-5 minutes in boiling water, strain and serve. Steeping herbs too long causes tea to get bitter tasting. For more information: www.missjolieannkitchengarden. blogspot.com

# mark charlesworth

## "We advertise here because we live here..."

Mark Charlesworth is a long time Concordia resident who participates in this community. You would be hard pressed to find an agent who sells more homes in Concordia or even on the east side of Portland.

Our team cares about people and about working hard to get you the most money possible.

It makes sense to hire Mark - a top producer in your neighborhood.



Call today to schedule a free sellers consultation. 503.807.9911

charlesworthhomes@gmail.com



## Sunday Parkways Northeast: July 26



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.

## ~ Community ~



Concordia Neighborhood Alley Naming Contest

Alleys are the often neglected, corridors running parallel to 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 their shared space.

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 the alley? Here's what we have so far, alley name submissions to date:

#### NAME YOUR ALLEY:

http://bitly.com/Concordia Alley Naming

21ST AVE & 22ND AVE ALLEY - Tin Pan Alley

We have gardened back there, plan to paint our fence and we have art back there too. Tin/metal objects that can withstand the rain will likely be featured.

23RD AVE & 24TH AVE ALLEY - The Back Nine

I suggest this name because my neighbor across the alley, James, likes to hang out there and practice his golf swing (with no ball, just a club, old piece of carpet, and some good music). He's a blast, has a great laugh, and it brings us all together in the alley (between Liberty and Highland, specifically). I've suggested this name to a few of my neighbors and they agree!

26TH AVE & 27TH AVE ALLEY - Forgotten Lane 27TH AVE & 28TH AVE ALLEY - Chicken Alley

Three homes almost next to each other have backyard chickens and coops.

29TH AVE & 30TH AVE ALLEY - Guardino Lane

Donna and Sal Guardino opened their successful gallery between 29th and 30th that helped spark the revitalization of Alberta as an art destination. They helped create the Art Walk that became know as Last Thursday and were instrumental in Alberta being coined the "Art District".

 $31\mathrm{ST}$  AVE &  $32\mathrm{ND}$  AVE ALLEY - Oakley Alley

## Lead Poisoning Workshop

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

Register for the workshop at www. communityenergyproject.org or call 503.284.6827x109

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



## Friends of Ainsworth

Are you tired of looking a the unkept parkway of Ainsworth Boulvard? 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 Assocation

## **Teaching Compassion**

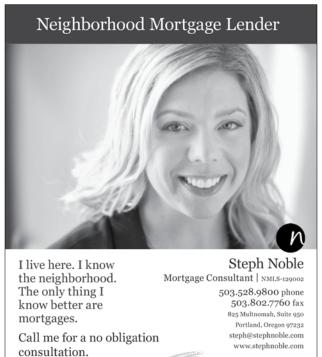
By Ken Forcier

Love Summit: teaching compassion for people and their environment; On Saturday, June 13th there was a Love Summit held here in Portland. It was to inspire compassion toward people and the environment from big corporations. The topic got me thinking about a similar disconnect between our City leaders and their constituents.

It appears that this City is a "development machine" planning and delivering a future environment for all of us, based solely on the profits for its own coffers and for those enjoying the build-out. Perhaps this could be addressed were our elected officials to have attend the "Love Summit." In the Oregonian interview with Samantha Thomas, organizer of the Wieden+Kennedy, TED-style conference, she fields the question "If business leaders can be compassionate toward people and the environment and still be prosperous, what keeps them from doing so?" Her answer, "People say "Isn't greed just part of human nature?" I don't think it is. I think greed becomes a part of us and gets instilled in us when something else is lacking. I think what's lacking in the world is that people aren't relating to each other and the environment like we used to, like indigenous cultures used to." Bravo Samantha!

You have just identified the disconnect between our governance and the people of Portland as we watch our city be denigrated by frequently ugly and incompatible neighborhood infill. Mayor Hales and Council members, you are our elected officials charged with advocating for us, not bending to the whims of developers. Can Portland's residents get some LOVE too?













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## ~ Keeping Busy this Summer ~

## Free Lunch in Parks

The City of Portland offers organized sports, games, and crafts - plus a free healthy lunch for kids at sites and times marked below.

Offered Monday-Friday, June 18-August 21, unless otherwise noted.

ALBERTA PARK, NE 22nd & Killingsworth

11 AM-4 PM Lunch: Noon

ARBOR LODGE PARK, N. Bryant & Delaware

2 PM-5 PM, Wednesday only. No lunch served.

FERNHILL PARK, NE 37th & Ainsworth

2 PM-5 PM, Monday only. No lunch served.

GRANT PARK, NE 33rd & US Grant Place

11 AM-3 PM, Monday & Wednesday No lunch served.

KENTON PARK, 8417 N. Brandon Ave

11 AM-4 PM Lunch: Noon

KHUNAMOKWST PARK, NE 52nd & Alberta

No lunch served. 10 AM-1 PM, Wednesday & Friday

PENINSULA PARK, N. Albina & Rosa Parks Way

June 18-Aug 21 10 AM-6 PM Lunch: Noon 11 AM-1 PM Lunch: Noon Aug 24-26 only

WOODLAWN PARK, NE 13th & Dekum

10 AM-2 PM Lunch: 11:30 AM

## Free Open Swim

FREE OPEN PLAY SWIMS • June 16 - August 28,

Columbia Pool, 7701 N. Chautauqua Wed, 2:10-3:50 PM

Wed, 1:15-3:15 PM

Grant Pool, 2300 NE 33rd

Montavilla Pool, 8219 NE Glisan Tue, 1:00-2:30 PM Thu, 1:00-2:55 PM

Peninsula Pool, 700 N. Rosa Parks

## Concerts in the Park

Tuesdays

COLUMBIA PARK ANNEX • N. Woolsey & Willamette July 7 at 6:30 PM

The Quick & Easy Boys - Harmonious Indie Rock July 14 at 6:30 PM

Tony Ozier & the Doo Doo Funk All Stars - Funk &

Beats Galore July 21 at 6:30 PM

The Quadraphonnes - PDX's Female Sax Sensation

KENTON PARK • N. Kilpatrick & Delaware •

July 28 at 6:30 PM

Sam Bam Boo - Caribbean Grooves & Tropical Rhythms

Aug 4 at 6:30 PM National Night Out

Norman Sylvester Band - Portland's Original Boogie

Aug 11 at 6:30 PM

The Little Sue Band - Powerful Acoustic Folk-Rock Wednesdays

DAWSON PARK • N. Stanton & Williams

July 8 at 6:30 PM

Legacy Emanuel Medical Center Presents: Music-Community-Legacy - Remembering Janice & Linda July 15 at 6:30 PM

Muthaship - Old School Grooves

July 22 at 6:30 PM

Tracy Fordice & the 8 Balls - Original, Soulful Rock July 29 at 6:30 PM

Pilon D'azucar Band - Incendiary Havana Salsa

PENINSULA PARK Sun, Aug 2 at 6:00 PM

PORTLAND FESTIVAL SYMPHONY

GRANT PARK Sat, Aug 8 at 6:00 PM

PORTLAND FESTIVAL SYMPHONY



## 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!





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







at 10 AM











UN CALENDAR



Fitness on NE MLK at 10 AM



## Movies in the Park

Wed,, July 8 - Peninsula Park,, 700 N. Rosa Parks Way

- Despicable Me 2 (2013) PG
- Echoes of Yasgurs & Portland Teen Idols

Thu, July 9 - Woodlawn Park, NE Claremont & Oneonta

- The Princess Bride (1987) PG
- Manimalhouse & Portland Teen Idols

Fri, July 10 - Wilshire Park, NE 33rd & Skidmore

- How to Train Your Dragon 2 (2014) PG
- **Echoes of Yasgurs**

Thu,, July 16 - King School Park, NE 6th & Going St.

- The Karate Kid (1984) PG
- Global FM & Portland Teen Idols

Fri, July 17 - Irving Park, NE 10th & Fremont

- The Imitation Game (2014) PG-13
- The Definition & Brothers Jam

Thu, July 23 - Grant Park, NE 36th & Brazee

Kuky se vrací (2010) NR (in Czech with English subtitles) Klezmocracy

Sat July 25 - Concordia University, 2811 NE Holman

- Labyrinth (1986) PG
- Hot Club Time Machine

## **Event Etiquette**

By Mary Wiley

Outdoor Event Etiquette is not anything to stress about – concerts are supposed to be relaxing and fun. The rule of thumb is to go by what other audience members are doing, if they are dancing and cheering you should, too; but if they are sitting quietly, you probably should too. Please be considerate of the other attending outdoor events.

If seating is on the grass; low beach/sand chairs or blankets is encouraged. Regular height chairs block the viewing pleasure of others, consider moving to the side or rear of the venue.

If you're so insistent on getting as far up as possible to the stage, get to the show early. Do not push your way to the front when other people have obviously already staked out their place by showing up early.

Most Portland park venues allow you to bring food and beverages. Some events will have food and beverages available for purchase from the vendors. Either way, please remember to clean up your area and remove all trash or debris.

We love your pets and ask that you be respectful of your neighbors by making sure your pets are welcome guests and on leashes both before you sit down while you are enjoying the music. Additionally, while parks are great places for dogs, some dogs do not do well in large crowds of people, especially around people and food. Know your pet and understand their limitations; big events may make your pet anxious and they may behave poorly.

Kids love to come to the park and run around. Be sure you have given them guidelines to keep them safe. Make sure they know where you are sitting, give them a landmark to help find you in the sea of blankets. More importantly, show them where to go if they get lost, either an info booth or a designated area set by you.

Be careful of flying objects, such as Frisbees, footballs, balloons and bubbles. Not everyone wants to play in your games.

Umbrellas limit the view of others and are not considerate. Wagons, strollers, bikes and bike trailers are great for transporting you, your children, or your supplies to the park. Be considerate of the people around you and make sure you are not blocking others view of the performance. Park and lock your gear off to the side or in designated areas.

Attending movies, you should consider bringing a flashlight or head lamp. It is difficult to move about in the dark and we do not want you to trip over your neighbor. As in movie theaters, when the movie starts. the conversations stop. Please try not to be disruptive to your neighbors.

Starting in July, there is a no smoking policy in Portland parks. The smoking ban applies to all tobacco, e-cigarettes, marijuana and vaping products.

Finally, always clean up after yourself. Let's keep our parks clean and ENJOY!

## ~Community~

## LED streetlights in PDX

\$1.5 Use

\$1.5 1/2

Million Per Year The Energy

Elimnate
10 5000

10,5000 Tons of Carbon Pollution

4X Longer

Last

Have you noticed the street lights in our neighborhood have been changing? Well, you are right. The new lights are have a fresh bright glow and will reduce energy use and help our neighborhd be more energy efficient.

Portland's largest-ever energy efficiency project is happening now. Through 2016, the Bureau will work to convert the City's 45,000 street lights to LED (light-emitting diode) lights. Before PBOT began the conversion, the bulk of the City's streetlights used high-pressure sodium bulbs. Those bulbs only last, on average, five years. The new LEDs are expected to last four times longer and use half the energy.

The City will look different once the conversion is complete. The current high-pressure sodium bulbs produce a light that looks almost pink or orange. The new LED lights, however, produce a light that appears cooler and whiter, akin to moonlight. The result is a higher light quality that improves safety because of depth of field and peripheral vision enhancements without distorting color.

These new lights aren't any brighter. In fact, the City's lighting standards are dimmer than national standards because we want to keep light levels manageable for residents. That said, the white light they produce does appear cleaner and brighter to the eye and allows colors to seem more natural at night.

Once this is all said and done, the skies should appear clearer with less light pollution. The vast majority of the new LEDs are "cobra-head" fixtures. They receive the best ranking – a '0' – when it comes to the amount of up-light they produce. That means less light pollution or sky glow.

In terms of energy efficiency, the City expects electrical usage to drop by 20 million kilowatt hours every year and eliminate 10,500 tons of climate-changing carbon pollution.

The City Council unanimously approved the program in December 2012 and provided \$18.5 million in funding. Energy and maintenance savings will more than cover the initial cost. Once the conversion is complete, Portland expects to save \$1.5 million every year. If you'd like to talk with a staff member about the project, please contact Tod Rosinbum at tod.rosinbum@portlandoregon.gov. Go online and learn more at https://www.portlandoregon.gov/transportation/66147.

# You can make the change too!

Switching from traditional incandescent light bulbs to ENERGY STAR® qualified bulbs is the easiest and most affordable step you can take to reduce your electricity costs. Efficient options such as LEDs far outshine previous lighting technologies when it comes to performance, lamp life and energy savings. They also come in a variety of shapes, sizes and tones to meet virtually any lighting need.

Light Emitting Diodes, LEDs, take efficient lighting to the next level. These cutting-edge bulbs are up to 85 percent more efficient than traditional incandescent bulbs and offer extremely long lamp life. While they may cost more upfront, they deliver significant savings in the long run. ENERGY STAR® qualified LEDs have an estimated lifespan of up to 25 years, which far exceeds the lamp life of other lighting technologies, including incandescent bulbs, halogens and even CFLs.

LED technology is integrated into all sorts of products because of its extreme efficiency. There's no phantom power draw, no flicker when dimmed, and they provide an even distribution of light and excellent color quality.

You can find reduced prices on LEDs at local retail stores. Just look for the *Energy Trust of Oregon* logo in stores to find qualifying bulbs

## 50+ Helping Kids

Volunteers Needed to Help Children Learn to Read

Volunteers, age 50 and above, are needed to serve as tutors and mentors for children in our local schools for the 2015-16 school year.

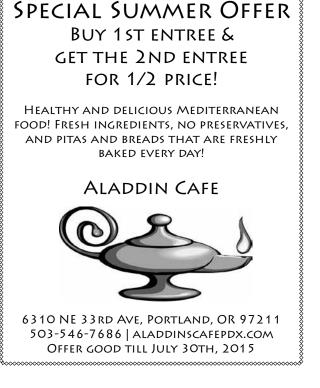
Many young children in our local schools need a little extra attention to thrive academically. This is where AARP Experience Corps comes in, matching volunteers, age 50 plus, with kindergarten through 3rd graders in need of a little help. Working one-on-one and in small groups these mentors provide the support and attention needed for students to succeed. Volunteers are currently being sought for the fall 2015 literacy program.

AARP Experience Corps is an intergenerational program that focuses on helping children become confident readers. All mentors work directly with students, establishing an ongoing relationship. Currently there are 50 volunteers working in 10 local schools on the east side of Portland, in Gresham and Milwaukie. "We have a wonderful group of dedicated people who love what they do, and return year after year," said McLaren. But the need

continues to grow. More volunteers are needed now to prepare for the coming fall.

Volunteer mentors must be age 50 or over and able to commit to four or more hours per week throughout the school year. Those able to commit to 8-10 hours may receive a monthly stipend. No formal experience is needed, just the desire to help children succeed, and to make a difference in our community. The program provides fun and dynamic training and ongoing support. "This is what differentiates Experience Corps from other literacy programs" according to McLaren "We not only understand the needs of the children, but also of volunteers in this age group, and we provide exceptional support for them." Applications for the 2015-16 school year are currently being accepted. A limited number of positions are available, so potential volunteers are encouraged to apply early.

For more information, contact 503-688-1782 or email volunteer@MetFamily.org.



THE MEDITERRANEAN TASTE YOU CRAVE!



All events are free, family-friendly and open to the public - join us!

Sat., July 11 & Sun., July 12 from 7-9:30 p.m. – "The Taming of the Shrew" presented by the Portland Actors Ensemble. A free event on Concordia's campus green. www.portlandactors.com/events/categories/summer-2015/

Sat., July 25, 6:30 p.m. (movie begins at dusk) – Movies in the Park "Labyrinth"

in partnership with Portland Parks & Recreation — free event held at Concordia's campus green. *Come in character costume. Prizes for best costume!* www.portlandoregon.gov/parks/article/489142.

**Sat., Aug. 15, 6:30 p.m.** *(movie begins at dusk)* – **Movies in the Park "Paddington"** in partnership with Portland Parks & Recreation — free event held at Concordia's campus green. www.portlandoregon.gov/parks/article/489142

Sat., Aug. 29, 12-8 p.m. - Campus Blues Fest: A Tribute to Janice Scroggins

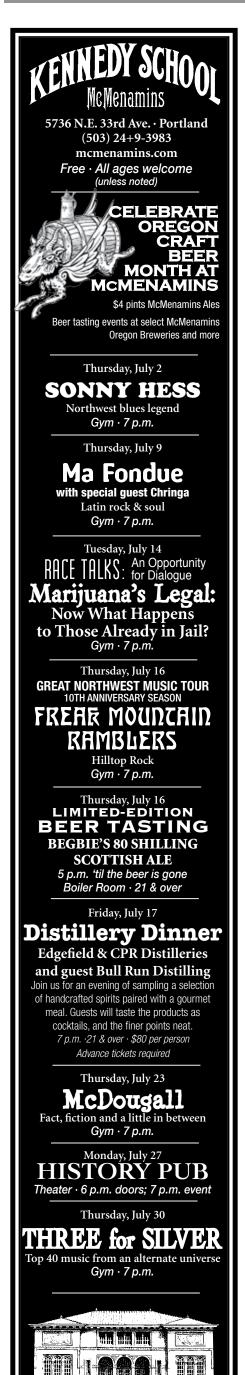
sponsored by Concordia University in partnership with The Original Halibut's, is a free event on Concordia's campus green featuring a series of local & national blues artists & local food vendors.



-PORTLAND, OREGON-

FOR MORE INFORMATION: CU-PORTLAND.EDU/EVENTS • #CUinSummer

## **Neighborhood Events**



#### Guardino Gallery

June 25-July 28 MAIN GALLERY

Carolyn Garcia's pieces are small in size and created with graphite and acrylic medium. The work is inspired by her observations of nature and her love of animals.

Thomas Soule creates complex sculptural objects fashioned of wood, are of a size to be carried by one person and are meant to occupy the human living space.

#### **FEATURE AREA**

Sarah Ferguson uses a variety of mediums: drawing, painting, clay, mosaic, assemblage to explore her vision. She is intrigued with nature, myth, story. Using line, color, form to bring an idea to life.

2939 NE Alberta St | 503 281-9048 www.guardinogallery.com

#### Alberta Street Events

Retail Happy Hour
Wednedays. 3-6 p.m. (July 1, 8, 15, 22, 29) Nearly 40 Alberta Street retail businesses will offer special deals every Wednesday, 3-6 p.m. starting June 24th as part of Retail Happy Hour on Alberta Street. Visit Alberta Street every Wednesday afternoon for great deals and exclusive discounts while supporting local independent retailers. Coordinated by Alberta Main Street, Retail Happy Hour is free and open to the public. Official hashtag: #retailhappyhour. Information: albertamainst.org.

Mix It Up With Alberta Main Street July 8. 6:30-8:30 p.m. Alberta Main Street invites you join us at our next Mixer! Mixers are a great opportunity to meet your neighbors, network with fellow business & commercial property owners and catch up with community leaders. Our July Mixer will be generously hosted by Helser's and sponsored by Coco B. LLC. Light appetizers will be provided, cash bar. RSVP to rsvp@albertamains. org. Information: albertamainst.org. Location: Helser's, 1538 NE Alberta St.

Eat for Alberta Street at The Knock Back

July 21. 4-6 p.m. The Knock Back voted one of "Portland's 10 Best New Bars 2014" by the Oregonian, generously hosts "Eat For Alberta Street", a series of monthly fundraising events benefiting Alberta Main Street, a volunteer-driven nonprofit community and economic development organization. Hungry philanthropists can dine heartily knowing that 30% the evening's proceeds will be donated back to the community. Information: albertamainst.org. Location: The Knock Back, 2315 NE Alberta St.

#### Trinity Lutheran School's 8th Alumni Picnic

August 1, 2015
Trinity alumni, future alumni, faculty, families, congregation and friends are invited to Trinity Lutheran School's 8th Alumni Picnic Saturday, August 1st, in Trinity's Gym and Cafeteria 11:30 AM, Registration • 12:15 PM to 2:00 PM - Lunch is served • 2:30 PM - Picnic Ends.

#### Alberta Street Gallery

June 25-July 28
Going Places Featuring the art of
Celeste Le Blanc & Eric Daws
Celeste Le Blanc creates serene,
painterly landscapes by reverse
paintings on glass and whimsical,
found object assemblages and
jewelry. Her work is eclectic and
always surprising.

Eric Daws will be showcasing his functional guitar works. Daws repairs, restores and embellishes one-of-a-kind, playable works of art. 2724 NE Alberta St | 503-280-6329 albertastreetgallery.com

#### Positive Business Review

7 steps to Positive Review for Local Businesses

July 8th - 9:30 AM - Seminar July 16th - 11 AM - Webinar. July 16th - 6:30 PM - Seminar 7 steps to Positive Review for Medical Practices

July 9th - 11 AM - Webinar focused on the needs of Medical Practices, offered in association with our subsidiary WebForDoctors.
All are free, please RSVP for any of these events at http://www.pasternackmarketing.com/events.
Pasternack Marketing
5257 NE Martin Luther King Jr. Blvd.
Suite 202

#### Summer Camp at Trinity

Trinity Lutheran will have summer day camp offerings that are perfect for working families. The Little Tigers program will include extended care and will be flexible for busy summer schedules.

The Trinity Lutheran Summer Day Camps with feature ten exciting themes for active kids from pre-school to school age. Trinity is excited to have a free vacation bible school session designed by Camp Lutherwood right at the Trinity Lutheran Church and School location on 5520 NE Killingsworth for K-6th grade from 9:00 am to 3:00 pm during the week of August 10 -14. Trinity Lutheran Church will also sponsor a free VBS for preschool children from 9:00 am to Noon at the same time.

There is a new special additional camp session for older kids ages 12 to 14. In the Game Design Camp, students will make amazing games for iPhone® and Android™. Working in a highly collaborative environment, students will brainstorm, plan, and build electrifying arcade-style games with powerful game creation tool with a user-friendly interface. The camp is designed by Jomo Greenidge an expert in video game design and teaching it to all ranges of skills.

Pre-registration Highly Recommended and fees must be paid in full on or before the first day the child attends each session.

Trinity Lutheran School's Little Tigers Extended Care & Day Care offers year around options that include after school activities and tutoring services. Interested in TLS for next year? Come in on the no appointment Walk Through Thursday tours from 10 am to 2 pm. For more information: http://trinityportland.org or call 503-288-6403.



THE WAIFS + AWNA TEIXEIRA

J.A.W.Z
THE MUSICAL - IN 3D!

BEN LEE THE FALLS RYAN DILMORE

## RUSSELL HOWARD

ROCK 'N' ROLL CAMP FOR GIRLS
SUMMER CAMP
SESSION 1 SHOWCASE

LIVE ANIMALS

A BENEFIT CONCERT FOR THE

OREGON HUMANE SOCIETY

15 CHAMBER MUSIC NORTHWEST CLUB CONCERT
THE FRENCH CONNECTION

IG JUNK PARLOR + GOLD STAR DANCE COMPANY

7 BELOVED PRESENTS: FANNA FI ALLAH -SUFI QAWWALI

## B JONATHA BROOKE

19

ANNE FEENEY • DANA LYONS Chris Chandler & Paul Benoit

WEST COAST WILDFLOWERS

NAOMI LAVIOLETTE - ARA LEE

KATHRYN CLAIRE - THE WILD REEDS

## PAT DONOHUE

25 ROCK 'N' ROLL CAMP FOR GIRLS
SUMMER CAMP
SESSION 2 SHOWCASE

PORTLAND SOUNDCHECK IV

## PAUL THORN

OREGON HUMANITIES PRESENTS
THINK & DRINK W/ EULA BISS

JESSE TERRY + TYLER FORTIER

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