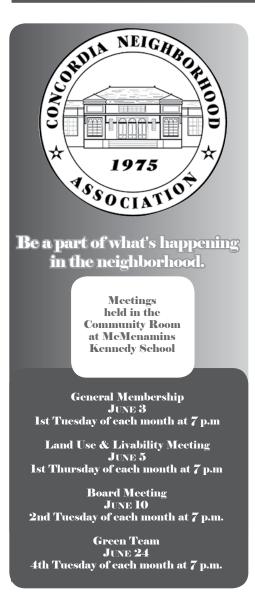
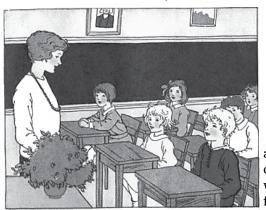
A free publication of the Concordia Neighborhood Association

June 2008



CNA's June General Meeting: Cully-Concordia Schools/Families/Housing Assessment

We hope to see a large turn out at the area for families with school age and associations like Concordia June 3rd General Meeting when project staff from the City's Bureau of Planning present the results to and solicits input from the neighborhood regarding the Cully-Concordia Schools/Families/ Housing Assessment. The Cully-Concordia Schools/Families/Housing Assessment is a cooperative effort of the City of Portland Bureau of Planning and Portland Public Schools (PPS) to look at portions of the Concordia and Cully neighborhoods, and focus on three public schools, Faubion, Rigler, and Scott, along with the PPS owned, former Whitaker Middle School site. The objectives of this project are to: explore how to increase and sustain the attractiveness of the Cully-Concordia



children and create an action list and build partnerships to follow up on ideas generated through the process. Key questions that are being addressed are:

> How do the existing conditions of the area, and anticipated growth and change affect local school capacity/viability and neighborhood livability?

> What is the potential for schools to serve as multi-purpose centers of community life in a way that benefits their educational mission?

> What are key missing neighborhood amenities that affect neighborhood livability?

> What are some potential strategies to address school issues?

> How can redevelopment enhance community goals?

This project began in the Fall 2007 and has focused to date on information collection including interviews with over 70 diverse stakeholders, from parents to service providers

Neighborhood, on their thoughts of the project area and the questions above. Planning staff is nearly done with an Assessment report that summarizes what staff has learned about the project area. In April and May, a Community Discussion Group met to talk about issues, review information collected and begin strategizing on potential actions to improve local schools and community livability. The group will meet again in mid-June to shape the action plan after broader community input.

Please join us at the June 3rd General Meeting when project staff will present information gleaned from the Assessment, report on some initial strategies generated by the Community Discussion Group, and solicit Concordia Neighborhood input on all of the above. A similar presentation will take place at the Cully Association of Neighbors meeting on June 10, and a third community input meeting will take place at one of the local schools, to be scheduled for June.

Project information can be viewed at the Bureau of Planning's website: www.portlandonline.com\ planning under planning projects

Why Not Portland? Low-Cost Health Insurance for Portland Public School Children

"Why not Portland?"

This simple question is both the name of and driving force behind a grassroots campaign to bring low-cost health insurance to the children of Portland public schools.

"It's terrible that any body is uninsured, and having uninsured children in our community is unacceptable," says Dr. Gregg Coodley, the WhyNotPortland campaign's chief petitioner and co-founder of the Fanno Creek Medical Clinic. "Every kid deserves access to a good doctor."

The goal of the WhyNotPortland campaign is to provide city-funded health care for the approximately 9000 uninsured kids attending Portland public schools.

To reach this goal, Coodley has been raising funds and gathering the 28,000 signatures required from City of Portland voters to officially place the initiative on the November ballot.

If Portland voters support the plan, the City would be required to purchase basic health insurance for all currently uninsured Portland public schoolchildren. Coverage would begin

February 1, 2009 and include visits to a primary-care physician with \$10 co-pay. Specialty services and prescriptions would be subject to an annual \$7,500 deductible, but under the rules of the program, no child can be excluded for a pre-existing medical condition. New students would be eligible for coverage one month after enrolling in a Portland public school. Children previously insured would have a three-month verification period before their coverage becomes effective.

"Our plan provides medical care for the kids of hard-working parents whose employers don't provide insurance and whose modest income makes them ineligible for public plans like Medicaid and the Oregon Health Plan. We don't want to see these kids continue to fall through the cracks," said Coodley.

To pay for the first two years of the program, the City of Portland will be asked to tap into the \$33.5 million budget surplus projected for 2008. This means no new taxes are required to put the WhyNotPortland health care plan into action. After the first two years, Portland school districts would be responsible for paying 66 percent of the \$4.05 million annual cost of the program. If a school district is unable to pay for the increased costs, it has the option to opt-out of the program without penalty.

Coodley, however, doesn't foresee schools having to opt out of the

"We think that city-funded health insurance will be a powerful incentive for families to move to Portland and enroll their kids in our public schools. With every new student, the state of Oregon gives schools about \$6,000 to \$7,000 per student, per year, which means for every new student attracted to Portland, about 13 current students could be insured."

Coodley admits that attracting new families may be difficult and that the WhyNotPortland plan isn't perfect. But until a viable state or federally funded health care program emerges, he believes that providing catastrophic coverage and primary care to all Portland schoolchildren is a "significant step forward" and "the right thing to







the 2008 **Images** from Concordia Wellness Fair. For more on the event, see Page 2

Chair's Corner*

by Katie Ugolini

As many of you know, the Concordia Neighborhood Association held two special elections in 2008 to replace vacant Board seats. In January 2008, Jennifer Neth Warberg was elected to serve on the Board for the next two years as one of our two SW Quadrant representatives. Additionally, Don Francis was just recently elected to fill a vacant At-Large position and will serve from May 2008 through December 2008, but may run for a full two-year term in November. As Chair of the Concordia Neighborhood Association, I am very pleased to have Jennifer and Don join our Board and feel they are excellent assets to the CNA. Thus, I would like to take this opportunity to introduce Jennifer Neth Warberg and Don Francis to Concordia neighbors.

Jennifer Warberg and her husband Brent have lived in the Alberta Arts district for over a year and couldn't be happier about their move from SE Portland to Concordia. In March, they welcomed a new addition to their family, a four-year-old black lab named Dink. Jennifer notes, "Our long walks with the dog and trips to the dog park have reinforced what we already knew about this neighborhood – it is a beautiful place, full of kind and engaging people."

Jennifer is an associate attorney with Meyer & Wyse LLP in downtown Portland where she primarily practices general litigation and employment law. Her firm's representation of many wonderful non-profit organizations inspired Jennifer to get involved in her community. "Working at the neighborhood level to improve the quality of life here is a wonderful way to make a difference."

Before being elected to the CNA Board, Jennifer became involved in the CNA Land Use and Livability Committee. Currently, Jennifer is working primarily on neighbor-developer relations.



Don Francis grew up in Northwest Portland where, he states, he was displaced gentrification. longtime environmental advocate, Don worked several nonprofit

organizations before starting Willamette Riverkeeper in 1996. Willamette Riverkeeper works to keep the watershed healthy for fish and wildlife, and safe for fishing and swimming. Currently, he owns an environmental consulting and contracting company named EcoTech located in North Portland. Don resided on NE 10th Avenue near Ainsworth for several years before moving to the Concordia Neighborhood in 2001. Don and his wife, Katy Brooks, have twin four-year-olds, Abby and Thiel, whom are lifelong Concordia residents!

Don is very interested in both land use and environmental issues and, thus, is interested in becoming involved in the Land Use/Livability/ Transportation Committee (LULT) and the Green Team.

I hope you will all join me in welcoming Jennifer and Don to the CNA Board! Like Jennifer and Don, if you value community activism. I urge vou to consider becoming involved in the Concordia Neighborhood Association, if not as a Board member, then as a volunteer on a CNA committee or for a CNAsponsored activity. If you are passionate about nurturing and giving back to the Concordia community, then the CNA needs you!

*The opinions, beliefs, and viewpoints expressed by the author(s) in this column do not necessarily reflect the opinions, beliefs and viewpoints of the Concordia Neighborhood Association.

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Concordia Spring Wellness Event

This year's annual Wellness Fair brought together a group of wonderful neighborhood professionals who love what they do and were excited to share their passions with the community. Even the rain could not stop us! Participants performed yoga and Tai Chi in the streets, and received free massage under a canopy tent. This event would not have been successful without the time and effort of many healthcare educators and practitioners here in our neighborhood. I would like to give a special thanks to the following people:

CONCORDIA NEWS

Concordia News is a free monthly publication of the Concordia Neighborhood Association (CNA). 4,899 newspapers are mailed to its members and surrounding neighbors. 1,000 are delivered to community locations.

> Deadlines for articles & advertisements: June 15th for the July 2008 Issue

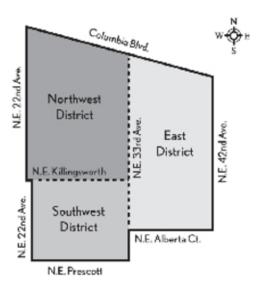
Submit articles, letters to the editor, calendar events and advertisements to: concordianews@vahoo.com

Please note, Concordia News may reject or edit for form and length any material, including letters to the editor, submitted for publication.

If you would like to participate in the Concordia News, please contact Peggy: concordianews@yahoo.com or PO Box 11194 Portland, OR 97211

MISSION STATEMENT

TO CONNECT CONCORDIA RESIDENTS AND BUSINESSES - INFORM, EDUCATE AND REPORT ON ACTIVITIES, ISSUES AND OPPORTUNITIES OF THE NEIGHBORHOOD.



Carrie Klein MAcOM, LAc at Alberta Street Acupuncture

Christine Knight L.Ac, LMT at Alberta Street Acupuncture

Pacific Audiology Clinic

Bob Wilson, Lifestyle Educator

Nursing Mother's Council

Milagros Boutique

Extraco Coffee House

Chrissie Ott, MD

Lisa Shaver, ND, L.Ac of Everyday Wellness Clinic

Nadav Aharonov, Tai Chi Chuan Instructor

Alison Alstrom, Yoga Instructor

Sabrina Rem, Yoga Instructor Amy Watson D.C., and Rebecca

Higginson D.C., at Whole Mama Whole Child

Dr. David Higginson D.C., of Highland Chiropractic Clinic

Walgreens Pharmacy

Erin Shirey, Northwest Regional Manager of Baby Boot Camp

Amy Bennett, LMT Erin Holroyd, LMT

Angela Severson, LMT

Lori Snyder of Community Energy

Project

After lots of hard work, we are already excited to start planning next year's wellness event. Thanks for all your time and effort!

Jason Lindekugel DC

Concordia Chiropractic & Movement Center

Concordia Neighborhood Association -Wellness Committee Co-chair

Confrontation — Commentary

by George Bruender, Land Use Chair

From: Land Use Committee

To: Developers, landowners, land sellers, city bureaucrats, employers, and residents – everyone

This is a difficult subject to write about, especially in our Concordia neighborhood which has undergone, and which continues to undergo, major changes. What we are about to say is probably self-evident, but a number of residents have suggested that we discuss what follows.

We have at least one presidential candidate who says that in dealing with each other and with problems that overlap into each other's lives, that the time for dealing by confrontation is over. Confrontation doesn't resolve problems unless one side has more money, more clout, more numbers, more power so we end up with winners and losers.

I've been on the Land Use and Livability committees for five years now and we've had a series of head-to-head battles with "recalcitrant forces." They've been exciting, the adrenalin gets pumping, folks get organized and take action — all good things in themselves. But when we don't succeed, we often end up bitter, disgruntled, and soon, apathetic. Another approach may be needed.

We would suggest the following ideas for any issues of change whether it's school expansion or closure, changes to your neighbor's side yard, a loud air-conditioner on a new business, a tall skinny house, or a neighbor who always parks in front of your house.

1. Take for granted that all of the parties are acting in good faith, and that solutions can be negotiated, or at least improved.

When Concordia residents went to PDX about getting some relief from the planes flying over our house tops, we soon realized that the Port of Portland

never really had citizens come to them with issues. They seldom faced open houses where non-airport-related people didn't rubber-stamp their predetermined "solutions." Their expertise advantage had never been challenged since they seldom challenged the decisions of their own bosses in the FAA. Their 'listening-to-citizens' learning curve is still struggling. But Concordia and Cully residents who got involved then are now on committees that are planning the future of the airport. Plus we have fewer planes above us, they are spread out over a wider area; PDX is seriously pushing for the development of quieter planes, and they are responding to complaints about errant low-flying planes. Far from perfect (perfect = no planes above us), but an improvement.

We can take strong stands as long as we realize that the other party has the same right. Trusting that the other person is acting in good faith isn't namby-pamby. Those folks from Concordia and Cully opposed to Boeing's paint factories emitting harmful volatile organic compounds into our airshed, did their homework and presented Boeing with reasoned objections. The real "culprit" was DEQ, which is understaffed with weak oversight capabilities and weak regulations. They demanded little from Boeing and other polluters. So Boeing and the two neighborhoods went around them and negotiated their own resolution to the problem. The aircraft painting company will probably spend at least a million dollars to keep our air cleaner and perhaps also redeem their claim to be a "green company." Because of this deal, local political representatives got involved and have promised a stronger, effective DEQ.

Another example: One local developer saw neighbors who were curious about his plans for two empty lots as potential enemies and he responded by threats and court orders. At a crowded public meeting upset residents called in City officials and Portland police to stop his harassment. A second developer who wanted to build a four-plex that needed approval for several variances came to CNA Land Use with his plans, and went door to door explaining his project and why he needed the changes from code. At another meeting of 45 neighbors, he received only compliments.

2. This is our second point: A good strong defense of our position is not to beat the other person to the punch with a strong offense. It seldom works and CNA has to do the negotiating in order for the parties to save face, to make it look like one didn't capitulate to the other, that there really wasn't a winner and a loser.

To further illustrate: In the case of developer one, Concordia Land Use has spent months with a City mediator and the developer's company reaching an understanding of how developers should interact with residents facing in-fill development next door. Developer number two knew how to do this correctly, so the process went quickly and smoothly – he's the good faith, non-confrontational guy.

3. A third point: We've found that the City officials that we have worked with to be unimaginative, rule-bound, block-headed, arrogant, and some just plain ignorant. And we've found just as many to be the exact opposite. We've learned to avoid the former when we can and work with and thank the latter. Of course, they are just like us.

Concordia will continue to have worrisome, upsetting issues. We want you to bring them to CNA and to the Land Use and Livability Committees. Our job is to get together with all the folks involved and say: "How can we work this out so that everyone will get some satisfaction?"

Land Use and Livability Issues

by George Bruender, Land Use Chair

A number of issues brought a wide number of local residents to our May 1st meeting. A few were settled and a couple remain open at this writing.

One issue that close-by residents brought up was the fencing with razor-type wire atop the Ainsworth Market building at NE 31st and Ainsworth. VTM Inc. has been concerned about the security of its building as it gains more tenants, especially since the low-level roof is easily accessible. Residents considered the fencing to be unsightly and gives the wrong public impression.

A compromise was worked out between the Land Use Chair, reps from VTM, Inc, and Denny Stoecklin, CFO of Concordia University (CU), the building's newest tenant. It was agreed that security cameras that also trigger night lights could provide the needed security concerns. CU's experience with that system, for example, has reduced car prowls on its campus 90%. Plus CU's security personnel will make the facility part of its 24 hour security patrolling. It was an issue of perception that was quickly resolved when the parties involved got together.

VTM Inc. is owned by the Richard Baek family who purchased the store, originally an IGA market, in 1988. Several of the family's members worked in the store in those days and were known by a large number of neighbors. By 2006 that commercial corner had gone into decline with the closure of the Ainsworth Drugstore across the street, and the building had trouble retaining

tenants that appealed to neighborhood walk-in traffic.

In January of 2007, at a neighborhood meeting attended by the owners of the four corners buildings and 50 neighbors, it was revealed that part of the building was used for storage. At the meeting VTM's rep committed his company to remodel and to market the structure for resident-friendly businesses. The Ainsworth Market, with new managers, was moved and remodeled, a pizza parlor, which hired local people, opened, but unfortunately, didn't survive, and most recently Concordia University opened its bookstore in the Ainsworth end of the building which will soon be repainted, with an added mural.

A second issue involved lots to be developed at Rosa Parks Way and NE 31st. Notice from the City to neighbors within 150 feet of the lots was confusing and there were fears of several tall skinny houses. Once the City and developers confirmed what their plans were, fears were eased. Three small lots will become two larger lots and a new Craftsman-style home will be built facing Rosa Parks, twice the span of a skinny house.

Another major item of general approval was submitted by local resident Marlon Basel, who plans to build a four-plex at NE 31st and Killingsworth, a lot that was originally planned for development by Ryan Olson Co., which went bankrupt. He is asking for larger footprints for his homes, off-

street courtyard entrances and parking, among other elements. Neighbors didn't object to his contemporary design saying that the street already has "eclectic" structures and that the new building is a good transition between business and residents. Neighbors also appreciate that Marlon had contacted most of them, explaining his project, door-to-door.

The majority of the meeting discussed a skinny lot north of 6130 NE 32nd. The owner asks that he be allowed to build an 18 foot-wide home on a lot 25 feet wide. City code says there must be five feet on each side of the home which would result in a much narrower house. Builder/developer George Crawford believes that a wider home with many windows, a front porch, and no garage in front is preferable and is why he's asking for a change. The next door neighbor, who would have only nine feet between the two homes, led the opposition to that aspect. Neighbors also asked that the front of the home be recessed to match the rest of the homes on the block.

The real opposition to the plans was that it would lead to the removal of a 100 year-old fir tree, 11 feet in circumference. Neighbors objected to the continued degeneration of the tree canopy in residential neighborhoods, especially on 2500 square foot lots - which all seem to be stripped of all original trees. This tree is near the front of the lot, which would make it difficult to build anything but a fairly small house.

Three problems present themselves

to the neighbors who want to save the tree. There is very little tree regulation on private property. (A City committee is working on that now with little reportable success.) Oregon allows a property owner to build on his/her property with relatively few restrictions. The tree issue is not part of the request to the City by the builder so residents' concerns could be rejected out of hand.

Those in attendance are organized to save the tree under the ad hoc sub-committee leadership of Ken Forcier, and three groups have been formed to approach the parties involved to see what could be negotiated: one to meet with the owner, one to meet with the City's Land Use supervisor in charge of this proposal, and one to meet with two City councilmen (Randy Leonard who is in charge of the building permit process, and Dan Saltzman, who heads the tree-review efforts). Results and decisions are not clear as we go to press.

On a related tree issue, this one on NE 37th near Fernhill Park. The developer, Randy Palazzo, agreed to preserve the trees an the rear of two lots he's building, plus move one of the homes back ten feet to accommodate a large front tree. These lots are much larger than the skinny ones so adjustments are somewhat easier to negotiate.

The combined land use and livability committees meet the first Thursday of each month at 7:15 P.M. We obviously have a lot of issues and we could use a lot of help.

Page 4 June 2008

An Interview with Diane Kassab of Aladdin's Café

Diana Kassab, husband Bachar, and Chef Omar Fekhar, took time out of their busy schedules at the restaurant to talk about their Aladdin's Café experience with me over a cup of fresh, hot Moroccan mint tea. Diana, along with her husband Bachar and her partners Nizam and Karima Moussa, own the restaurant which was established in October 2006. Twelve years ago, they bought the property on which the café now sits and established Food Villa, a grocery store. The area now occupied by the restaurant was once a warehouse for the grocery store. Diana and her partners originally contemplated opening a retail store in the space currently occupied by the restaurant, but abandoned that idea favoring a restaurant instead. To the good fortune of Concordia residents, they have been serving the neighborhood delicious, authentic Mediterranean food in a vibrant and congenial atmosphere ever

What was your vision when you began planning the restaurant?

I wanted to have a restaurant ever since I was young. I worked in a Mediterranean restaurant for two years, then in a hotel for seven years. I loved being with the customers and doing customer service. I had a very good experience during that time.

My father owned restaurants in Syria and Lebanon. He really enjoyed the customers, and he made wonderful hummus! He wanted us to open this restaurant and was very supportive during that time. He passed away only about six months after we opened, but he got to see us fulfill our dream.

Tell me about your journey to this place.

I didn't know much about the area when we bought here. This place was available, so we purchased it and then fell in love with the area. First we opened the Food Villa about twelve years ago, then we opened Aladdin's in October of 2006.

How have Concordia residents responded to your business?

They like the environment, and they know me like a friend. They all feel like this is home. They fell in love with the food. I wanted to make very good quality food. Those who know Mediterranean food know that we cook like home. Even the employees love it – they love the way we work together.

How did you develop the menu?

It's based on healthy food, like the appetizers: hummus, baba ganooj, falafel, tabouleh. I tried to pick the best appetizers. Like our schwarmas... we make our sandwiches from fresh bread we make here. That's what people like about our food. I have one person taking care of only the bread all day long, whether it's slow or busy. My mother makes the desserts and some of the specialties. We make food to appeal to the community: barbeque skewers, vegetarian, and vegan food. Mediterranean food is very healthy. People base their diets on it because it's so healthy.

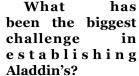
My chef for the past year and a half, Omar, has been a great gift for me. Omar is like family – he works like it is his restaurant. He is from Morocco, and has 30 years of experience as a chef in Morocco, Paris, Seattle, San Francisco, and Spokane where he has cooked Mediterranean, Italian, and French food.

What's your favorite menu item?

My favorite now is the Moroccan braised lamb shank. It's Omar's creation made with a sweet glaze of honey, apricots, and plums. I also like the baba ganooj. The eggplant in our baba ganooj is fresh. We grill it and it has a smoky flavor. We make our own falafel fresh from scratch. It's really tender and doesn't need sauce like falafel made from powder, which is very dry.

What do you usually eat for lunch?

I try to watch what I eat so...I eat kebabs, usually. I eat everything... hummus, baba ganooj, Greek salad... our Greek salad is very good!



It takes time to build the business. Every day I hear, "I've seen your restaurant, but this is the first time I've eaten here." We feel like all the neighbors are our family. We know them by name and thank them for their support.

Omar agrees with Diana adding, "Opening a restaurant

is a big risk. It takes time to build. You need good food, good service, good atmosphere."

If you could change something about our community, what would it be and why?

It's already cleaner with nicer stores around. It's already great! There have been lots of changes already.

What do you think makes a good neighbor?

There are friendly, nice people here. Something grabbed my attention here – the neighbors were watching and waiting for us to open – they were really happy for us. The college is close, and we have lots of customers from there. They walk over – students and professors

Aladdin's has provided food for the Concerts in the Park previously. How was that experience for you, and are you planning on doing it again this year?

We are planning on doing the Concerts in the Park this year. I've



Diana and her staff from left to right: Francisco, Marco, Chef Omar, Diana, and Nour

already signed up for it. We really enjoyed it last year, even with the bad weather.

If you could invite anyone to Aladdin's for dinner, who would it be and why?

I would invite anyone who would like to come and try our food – first the Concordia Neighborhood – but anyone can come and try our food.

What haven't I asked you about Aladdin's or your experience that you would like the Concordia Newsletter readers to know?

We use only extra virgin olive oil, raw sugar, sea salt – the best and freshest ingredients!

Aladdin's Café: 6310 NE 33rd Avenue, Portland, Oregon 97211, 503.546.7686

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Keep Colwood Green

The current landowners of the Colwood National Golf Course (7313 NE Columbia Boulevard; 140 acres) want to rezone the area from Open Space (OS) – its present designation in zoning maps and in the Comprehensive Plan – to General Industrial 2 (IG2). At press time, we were waiting to learn of the recommendation from the hearing officer, Greg Frank. Mr. Frank's recommendation will be presented to the City Commissioners for final determination and a public hearing is expected on this issue in June.

If the proposed rezoning is allowed to move forward, it would result in a permanent and significant loss of open space for Portland -140 acres and once it's gone, it's gone! Further, the Colwood Golf Course encompasses sizable portions of the Columbia and Whitaker sloughs. The impact on the habitat areas of the sloughs - especially the critical riparian habitat along the sloughs -will be substantial. Also, the conversion of the open space to industrial use will result in increased air, water, and noise pollution in northeast Portland. Finally, the rezoning of this area is in direct conflict with many of the goals, objectives, and policies and Portland's Comprehensive Plan; it is contrary to the goals of Neighborhood Plans in the area and undermines Metro's Greenspaces Initiative which has targeted the Columbia Slough for habitat preservation and recovery.

For all of these reasons, the Concordia Neighborhood Association has taken a formal position against the rezoning. As this issue unfolds, we hope that you will also stay involved and help protect the environment, and ensure that the City's limited open space and recreational opportunities in northeast Portland are not squandered.

We encourate you to contact the Mayor and the City Commissioners and consider attending any public hearing on this issue.

You can find contact information for your elected officials and the most up-todate information the Colwood Rezoning Proposal at keepcolwoodgreen.com



Shared Housing: A Great Way to Share in the 21st Century

Portlanders love to share. We share asked questions about what you need rides and stories and our favorite jokes. We share DVDs and kids' outgrown clothes, our best gardening tips, and recycled Halloween gear. We share our time and money for causes that are dear to our hearts. Poems, political discussions, our love of nature - all eagerly shared. We especially love to share by scrawling "free" on a piece of cardboard and placing it next to items we put out on our front curbs in nice weather. We share a good meal with friends at a potluck or with a homeless person in a local café. And, one of our favorite things to share is our ideas.

Neighborhoods and neighborhood associations, heads up! Right now there is a great sharing idea that's tailor made for these times of tightened budgets and dwindling resources. Ecumenical Ministries of Oregon's "Shared Housing' program is currently recruiting homeowners who would like to help themselves and others at the same time. Are you finding that your mortgage is getting too expensive? Are some household or personal chores becoming too difficult to do? Would you enjoy having some companionship for part of the day and the security of someone in the house at night? Would you simply enjoy sharing your home with someone? How about giving Shared Housing a

Here's how it works. Call the Shared Housing office at 503.225.9924 and sign up for a telephone interview. The process is fast and easy. You will be



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and can offer. You can join the program and simply rent out a room, or you can reduce the rent in exchange for some things you need help with around your home. The following options are available (depending on the level of help you need): rent only; reduced rent for services; room and board for services; and room and board plus salary for services. In all cases the homeowner provides one private room for the tenant. If you have a bit more space to provide, that's possible, too. Common areas such as living rooms and kitchens are shared. You may share a bathroom with the renter, or provide the renter with her/his own bath. The program is flexible so that you can decide which options best fit your specific needs. Homeowners often find renters who have interests or life experiences in common with them. Shared Housing has been bringing people together since 1982 – building friendships and making resources go a lot further. Many elderly, disabled, and low-to-moderate income homeowners and renters have found Shared Housing to be a happy mutual solution, allowing them to continue living with independence, comfort, and companionship. Your questions can be answered by giving the friendly staff a call, Monday through Friday. Shared Housing is a great old idea, made new again!

Urban Hiking

Although Mt. Hood, the Gorge, and the Coast are always calling, we are lucky here in Portland because we can enjoy the great outdoors and stay close to home. Here are two "in-city" family-friendly hikes that let you stretch your legs in the great outdoors without having to fill your gas tank.

Macleay Park to the Audubon Center: Park at Macleay Park and hike the Lower Macleay Trail to the Wildwood Trail (the junction is at the Stone House, continue straight at that point - don't go up the hill). The trail stays level as it follows Balch Creek and briefly heads uphill before reaching a parking lot. Head west 1/10 mile from the parking lot to the Audubon Center. Audubon offers a nature center and rescued birds on display. This scenic hike is approximately 1 1/2 miles each way.

The Interlakes Trail at Smith and Bybee Wetlands Natural Area: From the parking area walk a little west to access the Interlakes Trail. Be sure to explore the fun stone sculptures in the parking area as well as the unique "trees" with bird and bat houses.

The trail provides access to viewing blinds for both Smith and Bybee Lakes. The trail is paved and level, perfect for a family stroll. Wildlife in the area includes turtles, fish, beavers, herons, ducks, snakes, rabbits, countless dragonflies, and much more.

Happy trails!



Earth Day 2008





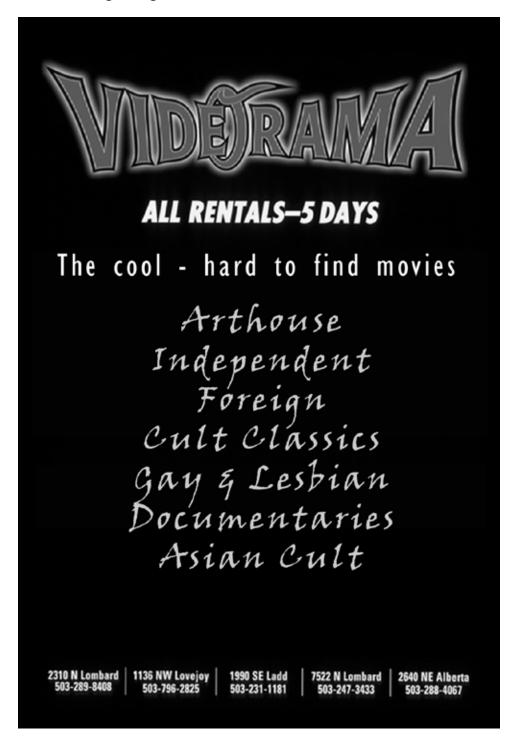
Neighbors got out early April 19th to remove over 200 pounds of trash from the streets. Thanks goes to SOLV for supplies and Appliance and Refrigeration Hospital for disposal. Katie Steinhauer (top center) organized the clean-up with the Green Team and seventeen adults and kids participated.

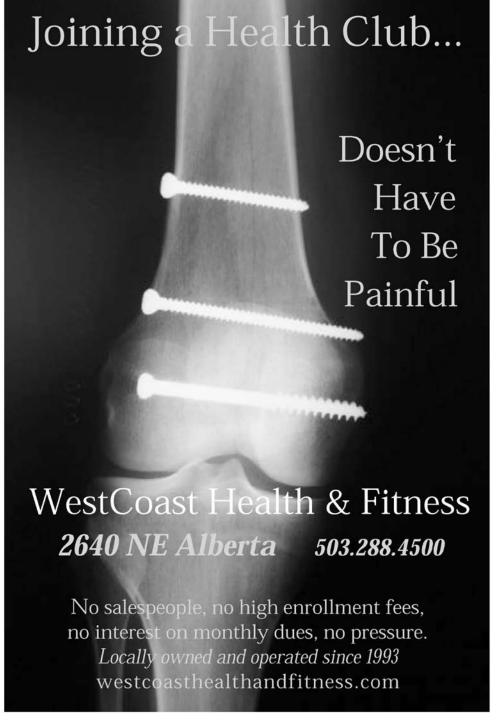
Art Hop 2008





About 10,000 people turned out for the annual Art Hop on May 17! For more on Art Hop, check out: http://www.artonalberta.org/





Unserviceable Flag Ceremony

Since 1937, The American Legion has promoted the use of a public flag disposal ceremony. The purpose of The American Legion in adopting this ceremony was to encourage proper respect for the flag of the United States and to provide for disposal of unserviceable flags in a dignified tribute to the flag of the United States and to its symbolism.

The American Legion Post 134 will hold a Ceremony for the Disposal of Unserviceable Flags on Flag Day, June 14, 2104 NE Alberta Street at approximately 4:00 P.M. We invite the community to attend this ceremony and to bring or drop off old and tattered flags for respectful disposal.

If you have any questions, please contact Mike Lynch at his email: mike@lynchs.net or call the American Legion Post at 503.284.7272.

Free Lead Testing Kits Available at Milagros

Lead-based paint was used in many homes built prior to 1978. When lead-based paint is disturbed it creates dust and this dust can be very hazardous to children. To help you test your home for lead hazards, Milagros is distributing free lead testing kits from the Portland Development Commission to residents of Multnomah, Clackamas, Washington, or Clark County.

Visit Milagros to get your free testing kit – 5433 NE 30th Avenue, Portland; only kit one per household please. If you can't make to Milargos or just want to learn more about how to minimize lead hazards in your home, call the Lead Hazard Program line at 503.823.3400.

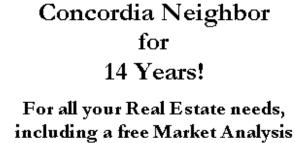
Food, Fun, & Field Trips for Seniors

The Urban League of Portland, Adult & Senior Services Program is excited to announce opportunities for seniors age 60 and up to have fun with their peers by going on field trips, having lunch, playing games, going shopping, watching movies, attending Bible study, volunteering, and participating in health and education classes every weekday at the Urban League Multicultural Senior Center. Seniors are healthier and happier when they engage in fun activities.

All of our activities are wheelchair accessible and open to those with disabilities. Our van will transport seniors to and from activities. We also offer case management services that link seniors to other agencies for transportation, in-home and personal care services, food and nutrition services, respite for caregivers, grandparent support groups, tax and legal assistance, and utility assistance. Most of these services are at no cost to seniors.

The purpose of The Urban League of Portland, Adult & Senior Services Program is to promote the health, well-being, and economic security of seniors by providing opportunities and services that enable them to live independently and safely in their homes for as long as possible.

If you would like to obtain more information, fliers, cards, or brochures, please contact us by calling our information and assistance line at 503.280.2632 or Arleta Ward, Activity Coordinator, at the Senior Center at 503.988.5470.



of your home, call

Your



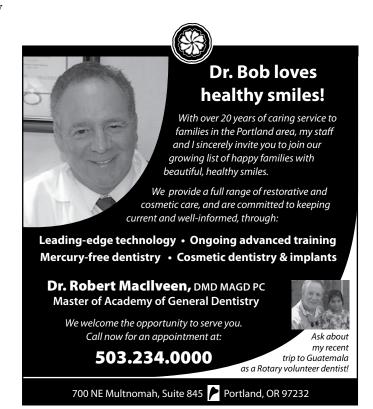
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June 7th

Alberta Drawing Group

WHAT: A life drawing group with live models each Saturday. Artists of all skill levels are invited to develop their technique in a non-judgmental setting.

WHEN: Noon - 3 P.M.

WHERE: Enterbeing. 1603 NE Alberta Street

June 14th

Cycle the Well Field

WHAT: A bicycle tour through Portland's ground water well field led by Columbia Slough Watershed Council and the Portland Water Bureau staff.

Discoverthemysteries of groundwater on this exciting and informative ride. Portland Water Bureau Groundwater Specialist Randy Albright will share his knowledge of local hydrogeology, discuss how groundwater provides flexibility and reliability to the city's water supply, and explain how the public can play a part in protecting this important resource.

The course is approximately 16 miles long, over relatively flat terrain, and best handled at a slow to moderate pace. Several stops are incorporated into the ride. The course is suitable for advanced, beginner, and intermediate riders. Children ages 12 and up are welcome. Helmets and pre-registration are required. To

register call or email Katie Meckes at katie.meckes@columbiaslough.org or 503.281.1132.

WHEN: 9 A.M. - 1:30 P.M.

WHERE: Starts and finishes at Parkrose/Sumner Transit Center parking lot across the bridge from the MAX Red Line stop at the intersection of NE Sandy Blvd. and NE 95th Avenue Portland, OR 97220.

June 14

Grand re-opening of North Portland's Patton Square Park

What: The grand re-opening of North Portland's Patton Square Park. The park is newly improved with paths, lighting, play equipment, benches, picnic tables, landscaping and more. The free celebration, features performances, story sharing, and activities for children and families.

When: 11:30 A.M. to 2:30 P.M

Where: Patton Square Park, N. Interstate and Emerson

June 15th

The Portland Plan Community Meeting

WHAT: The Portland Plan, first devised in 1980, is being updated to address Portland's current and future concerns. This is an opportunity to give your feedback. Go to www.portlandonline.com/portlandplan

for a comprehensive explanation.

WHEN: 6:30 – 8:30 P.M.

WHERE: King Elementary School Cafeteria, 4906 NE 6th Avenue

June 17th

Brain Health

WHAT: New Seasons offers free regular wellness classes. Doctors from Nature Cures clinic will teach this class. It will include a discussion of how the brain is affected by one's overall health, particularly in relation to digestion, blood sugar balance, cardiovascular function, and exposure to toxins. More classes are listed on the New Seasons website at www.newseasonsmarket.com.

WHEN: 7 - 8:30 P.M.

WHERE: Concordia New Seasons

June 21st

Summer Solstice Ceremony

WHAT: Soul Truth Shamanic Community is holding a ceremony to honor the changing of the season, our individual spiritual connections and our connections with each other. Open to all, bring a dish for the potluck following. You can find more information at www.soul-truth.com.

WHEN: 6 P.M.

WHERE: Soul Truth Shamanic Center, 5400 NE 30th Avenue, #102



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