

CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

August 2008



Be a part of what's happening
in the neighborhood.

Meetings
held in the
Community Room
at McMenamins
Kennedy School

General Membership
NO GENERAL MEETING
1st Tuesday of each month at 7 P.M.

Land Use & Livability Meeting
AUGUST 7
1st Thursday of each month at 7:15 P.M.

Board Meeting
AUGUST 12
2nd Tuesday of each month at 7 P.M.

Green Team
AUGUST 26
4th Tuesday of each month at 7 P.M.

Social Committee
July 30
Wednesday at 6:30 P.M.

Media Committee
August 14 @ Concordia Coffee House
2nd Thursday at 6:00 P.M.



THE CONCORDIA NEIGHBORHOOD ASSOCIATION PRESENTS...

NATIONAL NIGHT OUT

TUESDAY, AUGUST 5, 2008



STARTS AT NE 30TH
& DEKUM

@
FAUBION
SCHOOL



NE 33RD
AVE

AINSWORTH
BLVD.



FERNHILL
PARK

ENDS AT NE 37TH
& AINSWORTH ST.

ON STAGE FROM 6:30 - 8:30:

TRASHCAN JOE

DECORATION
STATION
OPENS AT
5 P.M. @
FAUBION
SCHOOL
(DECORATE
YOUR BICYCLE,
TRICYCLE,
UNICYCLE,
STROLLER,
SKATEBOARD,
ROLLER SKATES,
ETC...)

PARADE
STARTS AT
6 P.M.

FREE ACTIVITIES WILL
INCLUDE:

FACE PAINTING
BALLOON ARTIST
HULA HOOP-A-THON
PAPER MAKING
FIRE ENGINE 14
HENNA ARTIST
BASKETBALL THROW FEST

BRING YOUR OWN PICNIC
OR BUY FOOD FROM OUR
NEIGHBORHOOD VENDORS...

ALADDIN'S CAFE
HOTDOG ERNIE'S
FAUBION PTA ICE CREAM
HOT LIPS SODAS

NATIONAL NIGHT OUT CELEBRATION IN FERNHILL PARK:
TUESDAY, AUGUST 5, 2008 FROM 6 P.M. TO 9 P.M.

Neighbors are invited to join in on the National Night Out Celebration on the evening of Tuesday, August 5th, in Fernhill Park. This unique community event will be fun for the whole family with a focus on community building to prevent crime and fear of crime. National Night Out is held on the first Tuesday of August every year around the country and is designed to strengthen neighborhood spirit and community partnerships, generate support for participation in local anti-crime programs, heighten

community awareness of crime and drug prevention, and send a message to criminals that neighborhoods are organized and fighting back.

Our neighborhood celebration will begin at 6 P.M. with a pedestrian and bicycle parade at Faubion Elementary School located at 3039 NE Portland/Rosa Parks Blvd. The parade will wind its way to Fernhill Park via Dekum, NE 33rd Avenue, Ainsworth Blvd, and NE 37th Avenue. We hope to see everyone, individually or in groups, get out and join the parade. Children and

adults, marching bands, sports teams, church and civic groups, city officials, dance troupes and kazoo bands are all welcome! We will have a bicycle decoration stand at Faubion School beginning at 5 P.M. that is sponsored by SCRAP and your neighborhood association, so bring your bikes, trikes, and strollers and get creative.

The celebration will continue at Fernhill Park with the last concert of our free Summer Concert Series featuring Trashcan Joe (Old-timey Strings) at 6:30 P.M. There will also be a myriad

of children's and educational activities to participate in at the park beginning at 6:00 P.M. as well as our favorite food vendors such as Aladdin's Café, Hot Dog Ernie's, soda from Hot Lips Pizza, and ice cream from the Faubion School PTA ice cream cart.

Come one, come all - come meet your neighbors, city officials, fire and police officers, and local business owners, and celebrate our community spirit.



Trimet at Concordia Night Out

TriMet staff will attend the Concordia National Night Out event in Fernhill Park on August 5th to discuss ideas under consideration for downtown bus service once the Transit Mall (SW 5th and 6th Avenues) reopens in late May 2009. TriMet is conducting outreach to riders and community stakeholders through the spring and summer of 2008 to help develop the new service plan for downtown Portland. A formal proposal will be released and a comment period and open houses will occur in Fall 2008.

Current considerations include moving bus lines that serve SW 3rd and 4th Avenues during lightrail construction back to the Transit Mall. However, the routing for Line 10 (NE 33rd Avenue) is still under consideration. One possibility is to run Line 10 only between NE Portland and the Lloyd District, terminating at the Lloyd Center MAX Station. Once the

I-205 MAX Green Line begins operation, trains will arrive every 5 minutes in each direction at the Lloyd Center MAX Station. Making this change would allow TriMet to improve rush-hour frequencies on Line 10 from every 15 minutes to every 10 minutes, and midday frequencies could be improved from every 30 minutes to every 15 minutes. TriMet will be seeking feedback from Concordia residents about this possible change at Fernhill in August, so please attend the gathering.

Concordia Neighborhood Association Board Members and Elected Officials

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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:
August 15th
for the September 2008 Issue

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

The Air We Share, cont...

Share" comes the BBQ grill. Now that there appears to be a semblance of summer, this is a good time to address the issue of gas versus charcoal grills. The villain on the charcoal side is mainly the charcoal lighter fluid. It emits ground level ozone which is not good. It also leaves a residue of toxic chemicals on your food. However, there is a simple solution. Use an electric charcoal lighter or a charcoal chimney. I opted for the electric lighter and it cost less than \$14. Charcoal briquettes also have many additives that get on your food via the smoke. It also causes emissions of smog forming particulate matter. There is a brand of charcoal that is additive-free, available in the Portland area, called Wicked Good Charcoal. You can access the information at www.wickedgoodcharcoal.com. Take advantage of our nice weather and have a safe and tasty BBQ. For more information on the gas versus charcoal debate you can go to the website <http://www.slate.com/id/2193873>.

Want to know what happens to your recycling after it has been picked up? Go to the website <http://www.beavertonoregon.gov/departments/recycling> and click on "Where Does Our Recycling Go" video.

Tired of all those catalogs in your mailbox? Go to the website www.catalogchoice.org. This free service will help you get rid of the catalogs you don't want to receive. The process of making and shipping the 19 BILLION catalogs that are produced contributes 5.2 million tons of carbon dioxide emissions. It is estimated that 53 million trees are harvested annually to meet the demand for paper for catalogs.

Do you have a green idea? Come join us on Green Tuesday at 7 P.M. in the Community Room. Our meeting is always the fourth Tuesday of the month.

Remember, we have the opportunity to take charge of the small things in our lives to change our direction.

WANT TO BE IN A PARADE?



National Night Out August 5, 2008

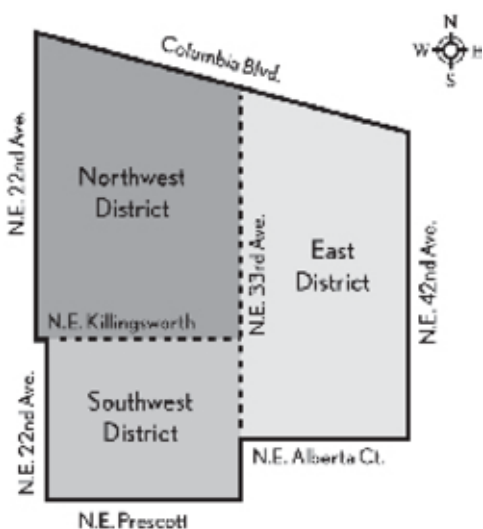
Teams, schools, friends, church groups, businesses, child care, YOU! Organize a group or come by yourself but plan to get out for some fun! Concordia Neighborhood Association is sponsoring a parade August 7. The Decoration Station will be at Faubion Elementary School parking lot facing NE Dekum open from 5 pm on to decorate your bike, trike, wagon etc. The parade starts at 6 pm and we will work our way 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 503-493-1938 (Individuals do not need to register) arothert@gmail.com

AT THE PARK: TRASH CAN JOE, SCOTT DAVIS BALLOON ARTIST and more

DECORATION STATION

Located at Faubion Elementary School
Bring your bike, trike, scooter or stroller before the parade, be creative and get festive!

Opens at 5:00 pm



The Air We Share

by Gayle and the Green Team

The Green Team will be conducting air quality tests in the Concordia area. We are working with a PSU student who has access to the testing equipment. The testing should be complete before the next Concordia News is published; we will be able to give you the results then. One of the tests is for NO2 (nitrogen dioxide). The major source of NO2 comes from combustion

engines. We will be conducting a test for benzene also. It has a long list of causes -- too many to address in this article. One of the causes is car and truck exhaust; thus, many Concordia areas will qualify for the testing. We're hoping for a particulate test but haven't heard yet if we will get the equipment for that type of test.

Under the canopy of "The Air We



Fernhill Concerts Off to a Great Start!

At the time that this paper went to press, the Fernhill Concert Series was off to a fabulous start. The La Rhonda Steele Band kicked off the Concert Series on July 11th with their mix of R & B, Jazz, Blues, and Soul. Then on July 18h, the Vagabond Opera wowed neighbors with a cabaret of rich musical improvisation, witty lyrics, audience interaction, and captivating stage presence. These concerts were enjoyed by young and old, newcomers and long-term residents of the neighborhood who picnicked, socialized, lounged, and danced in beautiful Fernhill Park. There were hundreds of people that attended both concerts. It was a great opportunity to meet new neighbors, listen to quality music, and appreciate with each other why we live in Concordia.

So bring your family and your dancing shoes, because there are two more fabulous Fernhill Concerts to enjoy, right around the corner! Don't forget your sunscreen and lawn chair. Bring a picnic to the park or purchase food from our fabulous vendors: Aladdin's Café and Hot Dog Ernie's, and soda from Hot Lips Pizza. For dessert, please look for the Faubion School PTA ice cream cart. All proceeds from the sale of the ice cream go to the school.

Friday August 1 (6:30-8:30 PM)

GRUPO ANTIFAZ

You won't be able to sit still as you dance the summer night away to the infectious rhythms of Grupo Antifaz, a versatile, young band out of Hood River that offers a full range of Mexican music. This lively and exuberant sextet, all members of the same family, will take you on an unforgettable regional tour of Mexican musical styles, including Cumbia, Ranchera, Balada, Nornena, and Banda.

And a special evening of family fun on National Night Out:

Tuesday, August 5 (6 : 3 0 - 8 : 3 0 P M)

TRASHCAN JOE

It all began with a four string banjo constructed by Cap'n James Cook from the top and bottom of a 10 gallon trash can. Trashcan Joe blends original tunes, classic standards from early jazz and blues, movie themes and swing, all delivered with humor, creativity and finesse. As Willamette Week critic, Kelly Clarke, observed, when you listen to Trashcan Joe, "It's as if someone is playing an old gramophone record in surround sound."

Join your neighbors in the park this summer for musical fun!

Fernhill Park Concerts Series Sponsors 2008

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

Presenting Sponsor: Security Traders Association of Portland, Inc.

Major Sponsors: Concordia University, Umpqua Bank, and Concordia Neighborhood Association.

Contributing Sponsors: Ciao Vito, McMenamins Kennedy School, New Seasons Market, Nicholson Development, Johanna Keith at Windermere CCRG

Good Neighbor Sponsors: Columbia Ecovillage, Community Appliances, Concordia

Chiropractic Center, Englewood Christian Church, Faubion PTA, Gazelle Natural Fibre Clothing, Geoff Dorn-Country Financial, Hot Lips Pizza, K2 Real Estate Group, Milagros, and West Coast Bank

Vendor Sponsors invite you to enjoy food and drink at the concerts: Aladdin's Café & Hot Dog Ernie's

Additionally, we want to extend our thanks to the generous concert goers who donate to our "hat" and give us a head start to continuing the Concert Series next year. We thank everyone for their participation and hope you will think of ways to contribute to next year's success!

REMEMBER TO SUPPORT THE PEOPLE WHO SUPPORT YOUR NEIGHBORHOOD



Fernhill Park on a Sunny Sunday Morning

by F. Krasnowsky, Concordia Neighbor

Green!
Green on the Hillside
Green the trees and the grassland
Everything green
except the tree trunks
And the old man
with the black dog
Who walks in the dale
below the tree studded hillocks.

Morning sun splashes on trees and grass
Lavish leaves on protruding branches
sparkle and play with sunlight
The park is a kaleidoscope of green
Dark green shadows of the great trees
rest on glowing light green grass,
create silhouettes on hills and grassland
Trees in various shapes and shades of green
cast curious shadows speckled with sunlight.
Leaves like snowflakes, no two the same
Crisp dark green oak leaves
protect their lighter side from the sun
Translucent leaves blend with sunlight
to change their hue
Cedar branches unite small leaves in solid
green
Each tree its own green
Each leaf its own shade.

The trees in their colors, shapes and forms
circle the grassland
The sun reveals the symmetry of clustered
branches
Bright green where young leaves
push into sunlight
Dark green where branches hug the trunk
Compact branches do not compromise their
greenness.
Every species a different green, and
Vagrant greens within every species.

The grassland a collage of greens
Thin green blades of grass in dark clover
Pushy dandelion leaves
Yellowing greens of dying grass
Unite by the sun to dazzling green.

And the old man with the black dog
Walks the dale below tree-studded hillocks,
Wonders what names painters have for all the
greens,
What names arborists have for all the trees
And like the trees and grass he does not really
care
As he bathes himself in a sea of green.



The Little Red Schoolhouse Down the Block

by Don Gire, Faubion PTA President

Somebody on the radio just said "dog days of summer". I refuse to believe that as I write this article while on vacation in Yellowstone National Park in July with deep snow still in the Tetons; but, we are well into summer break.

Faubion's Schools Uniting Communities (SUN) Program is in full swing and thoughts do break through about PTA volunteer training in August and (really) a new budget and operating plan for the coming semester – summer break or not. School breaks tend to put officers and committee chairs on email and the Internet instead of those almost daily face-to-face sessions in the hallways of Faubion. I think we all look forward to seeing each other as the new school year approaches. We have so much to do! PTA ice cream sales at the Fernwood Concerts, deciding what's next for our group, and planning just how many volunteers and how much money we need to provide support to our wonderful kids and the Faubion staff.

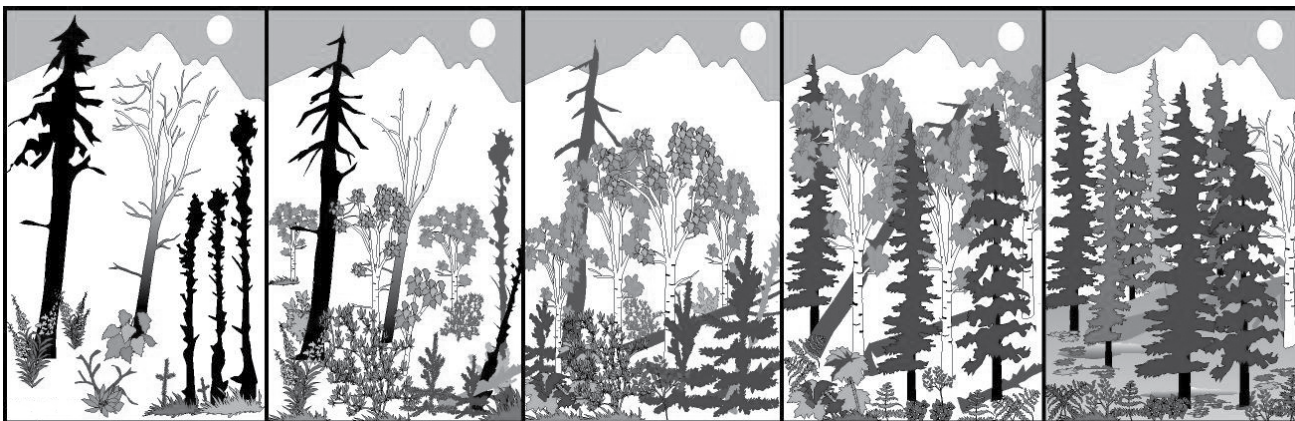
News flash: a new principal! LaShawn Lee will be gracing our halls and steering the ship starting in September. PTA looks forward to being part of the transition team and, with considerable excitement, to LaShawn's experience and leadership. LaShawn comes to us from PPS's Da Vinci Arts Middle School (interim principal) with extensive educational experience in the Carolina's and the southeastern United States. And just in time to receive our 8th graders and complete transition to Faubion's full pre-K thru 8 status. Welcome, LaShawn!

In other news: we have just finished funding our rock wall with the assistance of our latest fundraiser and the SUN Programs (Thanks SUN and Ashley!) and will be engineering the installation with PPS facilities soon. We have a new relationship with Lowe's in the Delta Park Meadows shopping center that can provide continuing funding for PTA special projects; we hope our neighborhood can reward Lowe's generosity by making it a regular shopping stop. Our new PTA officers and committee chairs have been elected and appointed and a big push for membership and community activity is being planned. We hope to see you as part of this PTA process.

Well, time to cut the grass and get on with other summer fun. We will see you soon.

Adventures Close to Home

by Tony Fuentes



Champoeg State Park

The exit for Champoeg off I-5 has caught my eye on countless journeys South (I tend to take note of exits going to parks and the like) but we never ventured there until recently. The park is nestled in an area that is rich in farmlands and scenic hills and is bordered by a stunning section of the Willamette River that feels unrelated to the water that divides Portland into two sides.

Champoeg was the site of an Oregon pioneer settlement. There are year round facilities at the park that provide a glimpse into pioneer life: the visitor center, Newell House, and Pioneer Mothers Log Cabin museum. During the summer, the park takes on a living museum element at times with reenactments of pioneer life and other interactive activities and tours.

The park boasts miles of trails for biking and hiking. Other amenities at the park include is camping - tent and RV sites as well as cabins and yurts, access to the river - including a boat launch, and a frisbee golf course.

During a recent visit, our kids ran through meadows filled with grasses and wild flowers and climbed trees along the riverside. Needless to say, it is nice to find a gem like this so close to home. Although it is less than 45 minutes from Portland, Champoeg feels like a world away.

Oak Island Nature Walk

Sauvie Island boasts more than 12,000 acres of land, so a variety of outdoor activities may be enjoyed. Of the many diversion on Sauvie Island a family favorite for us is the Oak Island Nature Trail.

The Nature Trail is a 2.5-mile loop around the Oak Island peninsula. The trail is actually a mowed path through the tall grass. Most of the trail stays in view of either Steelman or Sturgeon Lake. If you want, you can wander cross-country through the tall grass fields to a quiet spot on the water. Just make sure you remember how to get back onto the main path.

On our most recent excursion there, we saw countless herons as well as bald eagles and many other winged wonders. Many of the flowers - such as primrose - were in full bloom. On a clear day you can enjoy views of Mt. Hood, Mt. Adams, and Mt. St. Helens across Sturgeon Lake.

Getting there: From Portland, take route 30 toward St. Helens. Take the Sauvie Island Bridge onto the island and go North on Sauvie Island Rd. Continue North on Sauvie Island Road and take a right onto Reeder Road. Follow Reeder Road and, after a mile or so, take the left fork onto Oak Island Road. The road will eventually become gravel follow it to the junction at Webster Pond and follow the sign to the Nature Hike.



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Mark Your Calendars
2008 CNA Annual Cleanup
Saturday September 6th, 8:00 AM to 12:30 PM
Metropolitan Workforce Training Center
NE Corner of 42nd & Killingsworth

Bring your trash to your neighborhood cleanup drop boxes at the PCC workforce training center parking lot on September 6th between 8 AM & 12:30 PM. We'll take metal, plastic, furniture, yard debris, clothes, lamps, old computers and other stuff. No sod, rocks, concrete, food waste, hazardous waste, tires, batteries, paint or oil.

\$5/car \$10/truck/van/SUV
\$15/large truck \$20/oversized load

All proceeds help your Concordia Neighborhood Association.

Volunteers needed to help unload, organize and direct traffic. Call TJ Millbrooke at 503.460.3506.

Thank You to our sponsors and donors: Metro, NECN, Office of Sustainability, Concordia Coffee, New Seasons, Safeway, Metro Metals, Community Cycling Center

Progress Comes to Killingsworth Street

by George Bruender

Two projects with a lot of potential are coming to Killingsworth Street, the major transit street running through the center of Concordia Neighborhood. The folks responsible for these improvements are members of Concordia's Land Use Committee and the Land Use and Transportation Committee of the Northeast Coalitions of Neighbors (NECN LUT). The latter group is made up of 12 close-by neighborhoods, three of them along Killingsworth - King, Vernon, and Concordia - joined by Cully Neighborhood Association, just to our east.

Two years ago NECN's LUT visited each of the 12 neighborhoods, asking about their greatest needs in terms of infrastructure, safety, traffic problems, and other related topics. Four were identified, including the two on Killingsworth.

The first, and most difficult issue to deal with, is major improvements for traffic and pedestrians along the whole length of the street from MLK Blvd to 72nd Street. Problems identified on the street are the great risks for pedestrians crossing the street, sometimes three lanes wide with two bike lanes and parking on both sides, a formidable distance for many but the most daring and agile. Often there are no marked or signaled pedestrian crossings for 10 to 12 blocks and often no identifiable corners where traffic should yield right of way for walkers. And the 15,000+ vehicles a day are usually speeding 10mph or more above posted limits. Clearly there is a need for improved safety for these pedestrians especially in the areas past 42nd Street.

The other Killingsworth problem is the backed-up traffic at major intersections where there are usually no left turn signals. One or two cars turn on a light, often on yellow, and just as often on red as drivers get "stuck" in the intersection blocking Killingsworth traffic given the go-ahead green light. These crossing streets (NE 33rd, NE 42nd, NE 15th, Cully Blvd) frequently back up for two to four blocks at peak hours. Without action

this situation will not improve, and will, in fact, worsen, as additional future traffic will increase due to projects like Concordia's planned arena where an additional 500 to 2000 vehicles could well be added to the mix at special events. It would be good to anticipate and pre-empt future crises before they happen.

NECN's LUT asked for \$375,000 for each of two years in the Portland Department of Transportation's (PDOT) part of the City budget and was initially turned down by Mayor Potter, even though the rest of the City Council favored the expenditures. A last-minute revised approved budget reinstated \$75,000 for the initial study. Then we will be able to go back to the City next year with solid facts and figures and hopefully get the funds to complete the plans.

CNA is looking for interested folks to join a team to conduct the survey and, working with PDOT, plan specific improvements. Work should start late this summer so we would like to hear from you. Contact the Land Use Committee (George Bruender at 503.287.4787 and gbruender@comcast.net) to volunteer or to get on our K. Street Update mailing list.

The second project just got the unanimous go-ahead from the City Council, which is the re-zoning of the small business node between NE 14th and NE 17th on Killingsworth. This section of the street falls within the borders of Vernon neighborhood, which has had the support of hundreds of residents in the area at neighborhood meetings to discuss the zoning change. Credit must go to the Vernon leadership for carrying the ball impressively on this issue.

Most Concordians have often passed that small commercial section of the street, but have not had any reason to stop at the few struggling businesses. The area has been described in the press as being "blighted", "derelict", "ugly", "abandoned", and "dreary". Residents nearby call it "scary" because of reported drug-dealing,

prostitution, and gang-gathering. Concordia starts a few blocks away on NE 22nd, but what happens in that area often spills over into the nearby park and residential blocks. Homes and lots for blocks around are undervalued because of the negative reputation of those three blocks. An unsafe, blighted section of a street affects a wide neighborhood.

The major reason for the deterioration of this small node of businesses (it was once economically thriving with a lot of neighborhood customers) was an unfortunate zoning change in the early 1990s. City planners thought there would be major-large scale commercial and industrial development on MLK and streets like Alberta, and that there would be need for equally large affordable apartment houses and condos for those who worked in the area. These three blocks were zoned as residential only for that purpose. The businesses already in place could stay but they could not expand, remodel, or modify - it was to be housing or nothing.

Of course, none of this happened and the small node deteriorated into its present state. That's when Vernon NA, NECN's LUT, and City Planner Debbie Bischoff got together with neighbors and went to City Hall demanding new zoning. The new zoning will permit commercial development, with housing allowed but not required. Hopefully the new zoning will bring upgrades and new development, new investors and new customers, a cleaned-up environment and improved property values for everyone. Time and money will tell. At least the obstacles to development have been removed and another part of Killingsworth could be improved.

New mayor Sam Adams said: "I know there are other parts of the City with similar problems. I wonder why they aren't bringing their changes to City Council. This rezoning is a major precedent for neighborhoods across the city."

Keep Colwood Green

The current property owners of the Colwood National Golf Course want to rezone 116 acres of the site from Open Space (OS) to General Industrial 2 (IG2). On May 15, 2008, Greg Frank, BDS Hearings Officer, made a recommendation to deny the applicants' requested zone change; however, the proposal must go to the Portland City Council for final determination.

The location of this open space is along the Columbia and Whitaker sloughs. These areas are sensitive wildlife areas that include fragile riparian zones and important buffers to these zones. A significant amount of riparian habitat in this area has already been lost. Losing even more of this habitat is not supported by the Comprehensive Plan's goals for the local environment, Metro's goal for the area, or local neighborhood plans.

The transition of this open space and habitat area to industrial use would also have a pronounced effect on local health. North and Northeast Portland already suffer from the long-term effects of environmental injustice resulting from existing and historic industrial uses in the area. The significant impact of new air and water pollution sources on the health of local residents in addition to the effects on local wildlife should not be discounted.

The CNA passed a formal resolution in opposition to the rezoning in March and remains strongly opposed to the rezoning of Colwood. CNA opposition is powerful, but we also need to participate as individuals to make our voices heard.

The Portland City Council is scheduled to hold a public hearing on August 20, 2008, at 6 P.M. at 1221 SW 4th Avenue, prior to making a final recommendation. You can show your support to Keep Colwood Green by speaking at the hearing or submitting written testimony to the Council before August 20th. Write to Portland Council Council, 1221 SW 4th Avenue, Portland, Oregon 97204 or Fax: 503.823.3588.

You can find more information, including email contact information for all the Portland Council members, at www.keepcolwoodgreen.com.

Concordia Movement Center concordiamovement.com



Concordia
Movement
Center

5421 NE 33rd
Portland, OR
97211
(33rd and
Killingsworth)

503-287-2273

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 am			Alison 60 min		Alison 60 min		
9 am						Alison 90 min	
10 am							
11 am							Sabrina 90 min
Noon		Sabrina 60 min		Margarita 60 min			
6pm	Sabrina 90 min	Alison 90 min	Sabrina 90 min	Alison 90 min	Nicole 90 min		
7pm							
7:45 pm	Sabrina 90 min						
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Tool Time in Northeast Portland: The Northeast Portland Tool Library

Tool Time in Northeast Portland: New Tool Library Will Make Home Repair Affordable

Northeast Portland, OR—July 1, 2008 – Have a house or yard project you are putting off for lack of the right tools for the job? Procrastinate no longer!

The Northeast Portland Tool Library (NEPTL) will lend out tools free of charge to residents of Northeast Portland on Saturdays from 9 AM to 1 PM beginning July 19th. The Library's tool shed, located at Redeemer Lutheran Church at 5431 NE 20th Avenue, is stocked with common home-repair and gardening tools that can be checked out on a weekly basis.

NEPTL will grant free borrower accounts to individuals showing acceptable proof of identity and residency in the area of Northeast Portland between Williams and 82nd Avenues to the west and east, and Burnside Street and the Columbia River to the south and north. For the first few months, reservations and returns must be done in person, but phone and online reservation will be available soon. As its tool collection and funding grow, the Library will extend its hours of operation, expand to serve more Northeast Portland neighborhoods, and offer community education classes on home maintenance, remodeling, and gardening.

Modeled on successful tool libraries in North Portland and several cities across the country, NEPTL encourages residents to take pride in their living spaces, properties,

and neighborhoods by making repair and beautification tools and skills affordable and accessible. "It's amazing what happens when one or two people in a neighborhood that's seen better days fix up their houses," said Eric Fair-Layman, a high school teacher, Woodlawn resident, and lead coordinator of the NEPTL. "Soon other owners and landlords are fixing up their properties, new businesses move in, and over time the feel of a street and even a whole neighborhood can change. It shows people care about where they live."

But not having even basic hand tools can inhibit many people from repairing or sprucing up their homes or apartments, a situation the NEPTL hopes to correct. Low-income residents and young homebuyers especially – parts of Northeast Portland have high numbers of both – have little extra money to acquire their own tool collections. Other owners or renters may have the money but not the space to store tools and equipment. "In studying other tool libraries, we found out that the most frequently borrowed item is a simple screwdriver," said Tom Thompson, a contractor and

NEPTL coordinator who will manage the Library's tool inventory. "The next most-borrowed item? A hammer."

After informal fact-finding and conversations with Northeast Portland residents, business owners, and nonprofit leaders, volunteers began the formal process of establishing NEPTL in April. In the short time since then the Library has already garnered an impressive amount of support.

The Northeast Coalition of Neighborhoods offered to sponsor the NEPTL and made the first donation of tools to start the collection. Redeemer Lutheran Church agreed to let the Library store its tools rent-free in an unused garage for several months while the church decides what to do with the property it sits on. Several Northeast neighborhood associations pledged to support the Library with grants, tool donations, or marketing to their residents. Parr Lumber agreed to donate supplies at cost. "Response from the community has just been awesome," noted Eric Fair-Layman the NEPTL lead coordinator. He goes on to say the NEPTL hopes to form partnerships with local businesses, which will

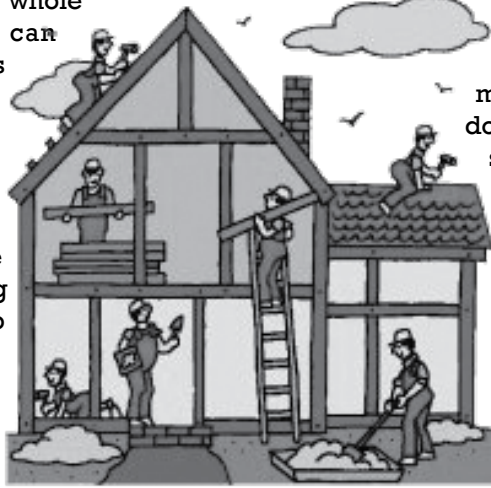
serve as drop-off sites in NEPTL's tool drives as well as offering discounts or coupons to members of the tool library.

Tool acquisition has begun, but NEPTL hopes to expand its stock significantly through tool drives at local businesses and via fund-raising events coming soon. You can drop off tools at Garden Fever (3433 NE 24th @ Fremont), Buffalo Gardens (3033 NE Alberta @ 31st) & at Hankins Tru Value Hardware (3942 NE MLK @ Shaver) during business hours. Large donations can be given to Tom Thompson at 503.539.1756.

Additional information about NEPTL, Library memberships, and how to make a donation of tools or money can be found at www.neptl.org. You can also contact Eric-Fair Layman by email at NEPTLinfo@gmail.com or go the website www.neptl.org.

##

The Northeast Portland Tool Library (NEPTL) is a project of the Northeast Coalition of Neighbors, a 501(c)3 nonprofit organization. NEPTL works toward a future where Portland is a vibrant, sustainable, and thriving city for people of all income levels by empowering homeowners, renters, and business owners of the Northeast with tools and the knowledge to use them. Financial contributions and tool donations are tax-deductible (NECN Tax ID 93-0714716) and greatly appreciated. See www.neptl.org for more details.



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Healthy Happenings: Family Fitness

by Alayne Rowan

It is finally summer in Portland, Oregon. Outside, there is not a cloud in the sky, and those long months of damp, cool weather have vanished to reveal the glorious gem that is Portland in the summer. There is truly no better time of the year to be active or to make a commitment to lead a healthier lifestyle for you and, more importantly, your kids. With Mother Nature as your encouragement and your personal exercise studio, and with a bit of creativity, you will be surprised to find that active play can be a workout for the entire family. In a time where obesity is growing for both adults and children, lead by example and activate your family's summer morning with the following backyard exercises.



Repeat three times and try to break the record each time.

Muscles Worked - Quads, hamstrings and glutes

Exercise Band Hops and Seated Row - Three-Person Exercise

You will need two bands for this exercise and will need to move fairly far back from the anchor point to ensure there will be enough tension on the bands. Have one child hold the handles of the bands and another child hop over the bands while YOU complete the seated row, OR anchor the bands to the base of a pole, bike rack, tree, or park picnic table leg. There are endless options. To complete the



Hoola Hoop Squats and High Five - Two-Person Exercise

Have one person hold the hoola hoop straight up with one hand while the other person squats low and ducks under and through the hoola hoop. Upon going through the hoop the team high fives, and then the squatter goes through again the other direction and high fives with the other hand. See how many times each person can go through the hoop in 30 seconds.



exercise, lean back slightly, stretch out arms all the way, and then pinching the

shoulder together, and dropping the shoulders away from the ears, pull the handles towards you. Slowly release and repeat. Be sure to gently draw your belly button in towards your spine to provide stability to the low back while doing this exercise.

Muscles Worked: Posture muscles throughout the entire back, shoulders, and biceps

Plank Bridge Crawl Through OR Plank Jump

Begin in a plank position on the ground by propping yourself up on your forearms and toes, or forearms and knees. Make sure that your elbows are under your shoulders, and that your wrists remain inline with your shoulders and elbows. If your children are old enough, have them jump over your ankles and see how many jumps they can complete in 20 or 30 seconds. Then switch. If your children are younger, push yourself up into a push-up position or downward dog from the plank position and have your children crawl under. You can also do both!



Muscles Worked: Abdominals, legs, shoulders, and arms - total body

Alayne Rowan is the creator/owner of PortlandTeamFitness at 3500 NE MLK Jr. Blvd and Fremont Ave, where she designs creative fitness programs for kids, families, teams, and individuals. She can be reached at 503.754.8289 or at www.portlandteamfitness.com





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11:00 am - Contemporary Worship

Fellowship Sunday ~ August 17
Worship At 10:00am
Picnic at Grant Park at 12:00 noon
ALL ARE WELCOME!

Sermons for August

August 3rd ~ Isaiah 55: 1-5 "Good News for Tough Times"
How are we going to make it in a time of high prices and looming recession?

August 10 ~ 1 Kings 19: 9-18 "A Time Alone"
How do we survive times of discouragement and despair?

August 17 ~ Romans 11: 1-2a,29-32 "Subversive Love"
Can love bridge the gap between nations and people who despise each other?

August 24 ~ Romans 12: 1-8 "How Would You Like To Be A Butterfly?"
Is there a secret to personal transformation?

August 31 ~ Rom. 12: 9-21 "Be Prepared"
What do you do when you think people are out to get you?

www.stmikeslutheran.org

concordia CULTURE

July 31st

Warm & Fuzzy

WHAT: Knitted and felted landscapes by Liz Borowski. Borowski is a NE Portland handwork artist who had been knitting and felting for five years. See, and possibly feel, her works at Last Thursday's reception for her at Hail Mary.
WHEN: 6 - 9 P.M.
WHERE: 2928 NE Killingsworth St.

August 1st

In Other Words Literary Feast 2008

WHAT: Annual benefit for In Other Words Women's Books and Resources. This year's program includes music, spoken word and a premiere of a film about In Other Words. More info at inotherwords.org
WHEN: 6 P.M., cocktails, hors d'oeuvres and a silent auctions; Program at 7 P.M.
WHERE: North Star Ballroom, 635 N. Killingsworth Ct.

August 2nd

Community Resale Grand Opening

WHAT: Community Resale will be a place for neighbors to exchange, sell, buy and consign items for everyday living. Saturday, August 2nd there will be a celebration

starting at ten in the morning with snacks, drinks and banter. More info at communityresale@yahoo.com
WHEN: 10 A.M. - 10 P.M.
WHERE: 3014 NE Killingsworth St.

The Ghosts of Anne & Sylvia

WHAT: Northwest poets Jasmine Paul and Amber LaParne read from their award-winning collection. In The Ghosts of Anne & Sylvia, poems are juxtaposed to reflect each other thematically. This collaboration explores the landscape of "confessional poetry" where friendship, inspiration, madness, love and childhood are bravely illuminated.
WHEN: 2 P.M.
WHERE: In Other Words bookstore, 8 NE Killingsworth St.

August 13, 20, 27th

Cooking from the Garden

WHAT: Oregon Food Bank's free cooking classes for those who meet income guidelines. Simple and delicious meals will be cooked using ingredients from OFB's Learning Garden. Classes are taught by chef instructors and each class features a different dish.
To sign up call (503) 282-0555 ext. 268 or email sfarris@oregonfoodbank.org
WHEN: Wednesdays starting August 13th, from 6 - 8 P.M.
WHERE: 7900 NE 33rd Ave.

August 16th

Vernon School Potluck

WHAT: This a social gathering for prospective families of Vernon School. Meet near the playground and bring a dish to share (optional). To find out more about Vernon School and this event, contact Elizabeth at bilyeuking@comcast.net, 503-349-4270.
WHEN: 4:30 - 6:30 P.M.
WHERE: Alberta Park

August 23rd

Crafty Mamas Bazaar

WHAT: The Milagros Crafty Mamas Bazaar is the fourth Saturday of every month. Seven or more local vendors will have locally-made, hand-crafted items. Free refreshments and other fun! More info at milagrosboutique.com
WHEN: 11 A.M. - 3 P.M.
WHERE: 5433 NE 30th Ave.

August 23rd and 24th

The Two Gentleman of Verona

WHAT: A comedy that shows that good jokes can age as well as fine wine, probably better. This is production of the Portland Actors Ensemble's Shakespeare-in-the-Parks. Find out more at portlandactors.org.
WHEN: 7:30 P.M.
WHERE: Fernhill Park

THE CONCORDIA NEIGHBORHOOD ASSOCIATION NEEDS YOU!

We currently have openings in two standing committees:
Nominating committee
Grievance committee
Media committee

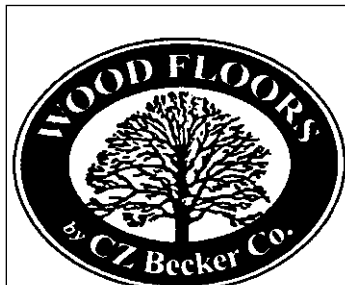
If you are interested in volunteering in either capacity please contact Board Chair Katie Ugolini at 504-449-9690.



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Monday, August 25
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7 p.m. · Free · 21 & over

Thursday, August 28
SCOTCH & CIGAR TASTING
Sip, graze and puff with us.
7 p.m. · \$45 per person
Reservations required · 21 & over

Every Tuesday,
Wednesday & Thursday
Mommy Matinees
Moms, dads, grandparents, nannies and their babies are welcome. Let the kids fuss - we don't mind!
1 p.m. · \$3 per person
Minor with adult

Every Friday through Monday
family matinees
G- and PG-rated flicks geared to our younger guests.
1 p.m. · \$3 per person
Minor with adult

Wednesday, September 17
IRISH WHISKEY TASTING
7 p.m. · \$45 per person
Reservations required · 21 & over

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