



# CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

January 2009



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

Meetings  
held in the  
Community Room  
at McMenamins  
Kennedy School

General Membership  
JANUARY 6  
1st Tuesday of each month at 7 P.M.

Land Use & Livability Meeting  
JANUARY 8  
1st Thursday of each month at 7:15 P.M.

Board Meeting  
JANUARY 13  
2nd Tuesday of each month at 7 P.M.

Green Team  
JANUARY 20  
AT NEW SEASONS  
3rd Tuesday of each month at 7 P.M.

Media Committee  
January 8 @ Concordia Coffee House

## CNA January Meeting

Attend the Concordia Neighborhood Association General Meeting Tuesday January 6th 2009 at 7 P.M. in the Community Room at Kennedy School to hear a presentation by the Portland Bureau of Planning's Debbie Bischoff on the Cully-Concordia Community Assessment. You will not only learn about the process, the steps taken, and the results of the study, but also how you can be involved.

The Cully-Concordia Community Assessment is a partnership between the City of Portland, Portland Public Schools, and Community Members (YOU!). This effort was designed to address the educational, economic, social service, public facility, and service needs of families and children in a diverse and growing area of Northeast Portland. The project is and outgrowth of Portland's Schools/Families/Housing Initiative, an initiative launched in 2006 to recognize the critical interplay between healthy, family-friendly cities; stable, affordable housing; and community-serving

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## Meet the New Concordia Neighborhood Association Board Members!



### Robin Johnson

My husband Jim and I live at 3602 NE Ainsworth Street. We recently moved from Eugene in May, although we purchased the house in the summer of 2007. We traveled back and forth from Eugene to Portland on weekends for 10 months as we anxiously waited for our house to sell there. Our daughter, Stephanie, lives in Portland and works as esthetician at Arabella Salon on MLK and Russell and Belle Epoch on Mississippi Street.

Moving to Portland is a "coming home" for me. I grew up on the west side and attended Wilson High School. I graduated from Oregon State University after attending Wilson. I also have a degree from Lane Community College in Culinary Arts. I recently retired from my position as a part-time instructor with the Culinary Arts and Hospitality Management Program at Lane Community College in Eugene, although I continue to consult with them regarding curriculum development. Prior to this, I was a Housing Planner with the City of Springfield and the City of Eugene. Before my job in Springfield, I was a partner in a bookstore at the 5th Street Public Market in Eugene.

My volunteer activities in the past several years have included: Member of the Board of Directors of St. Vincent de Paul of Lane County 2001 - 2006; member of the Board of Directors of the Shelton-McMurphy Johnson House (historic property) 2006-2008; member of the Culinary Arts and Hospitality Management Advisory Committee 2001 - 2008; and committee lead and participant with Project Homeless Connect in Eugene 2007 and 2008.



### Robert Bowles

I have lived in the Concordia neighborhood since 2003 with my wife Chrystal. Every year we are more and more excited to see the changes that are happening in the area. With every new store, restaurant, and neighbor we are more and more glad that we chose to live in such a vibrant area.

We were drawn to the neighborhood because of its proximity to the airport and Fernhill Park. One of my favorite things about the neighborhood is the ability to walk to Fernhill with my dog every morning and evening.

I am a mortgage broker at Rose City Mortgage and Chrystal is a flight attendant for Horizon. I am also

involved with the North East Portland Tool Library and hope to make it a better resource to everyone in the area. We both look forward to many years in such a great community, and working with the neighborhood association in making this a better place to live.



### Bob Pallesen

Bob Pallesen was raised in New York and New Jersey and attended Ramapo College where he studied art and political science. He has worked as a freelance photographer with clients that include: The American Diabetes Association, The Lautenberg Center, Technion, and The Weizmann Institute of Science.

Recently, Bob's photography was exhibited at the New York Photo Festival and included in the book, "Various Photographs", published by TV Books. Also, his work was included in a show entitled, "Is it possible to make a photograph of New Jersey regardless of where you are in the world", at the Pierro Gallery.

Bob has also worked as a manager of interactive design for Cardinal Health, where he was responsible for the design of medical education programs for physicians.

As a community advocate, Bob's work included serving as a member of the clean and green advisory board as well as organizing neighborhoods in opposition to land development that would threaten the environment, open space, and character of residential neighborhoods.

In his spare time Bob likes to hike in the Gorge with his wife Barbara and his two dogs George and Gracie.



### Dr. Joyce Zerwekh

Joyce has lived in the Concordia neighborhood for four and a half years and walks every day to her job at Concordia University, where she is in charge of the nursing school. She grew up in Chicago and suburban Glenview, then traveled North on the Milwaukee Road to college in Minnesota. Her life has been woven around a nursing career, including pioneer work in the early days of the hospice movement. Joyce has two sons, one in Seattle, where she lived most of her adult life, and one in Portland. She has taught nursing many places including the University of Washington, Seattle University, Florida Atlantic University, and Pacific Lutheran University.

She was hired in the summer of 2004 to develop Concordia's Bachelor of Science nursing program "from scratch." Two classes have now graduated and are employed in every hospital in Portland, as well as in Arizona and Washington. The Concordia nursing program emphasizes strong clinical judgment as well as compassionate listening and care for each person. Making a difference in the community is a focus of two separate community nursing courses, which bring students into places like the Community Transitional School for homeless children and the Day Center for people living with HIV located at the Ainsworth Congregational Church. Joyce believes that our wellbeing as human beings is strengthened when we are connected in a strong community; therefore, she is honored to be a newcomer on the Concordia Board.



### Bob Sasser

I have lived in the Concordia neighborhood for all of my 60 years. I graduated from Faubion in '62, Grant in '66, and Concordia in '89. I then graduated from Mt. Hood Community in '76 to eventually become an RN. I worked at Providence Hospital (Medical Center now) for 38 years, starting as an orderly when I was 22, and am now retired.

I was active in the Neighborhood Association when I was younger, back when the Kennedy School was almost torn down to become an indoor soccer stadium. After raising two girls, and now having four granddaughters, I am glad to be active again with Concordia Neighborhood Association after 25 years of helping raise my family.



### Katie Steinhauer

A Portland transplant from NW Washington, Katie has her feet dipped into many community projects around the City including the Northeast Tool Library. She is very excited to take on a new role as the Chair of the Green Team. She is currently in the process of completing a Master's in Environment and Community at Antioch University in Seattle and has a great love for bike commuting, hiking, and running. This new role will contribute to her passions to embrace community development through resource sharing, alternative food systems, dialogue, alternative travel, environmental awareness, and collaboration.

## New CNA Chair Introduction

by Anne Rothert

January 2009, an auspicious time to step into role of Concordia Neighborhood Association Chair. I have been preparing myself to take on this honor and challenge. Many of you know me, but for those who don't, allow me a few words of introduction. I was born and lived the first 18 years of my life in Concordia. It amuses me that the three schools I attended, Kennedy Elementary, St. Charles Elementary, and John Adams High School, are all now defunct. I returned to Concordia ten years ago, purchasing my first house just a block from where I lived those 18 years. My very first neighborhood involvement was responding to a call in the Concordia News for volunteers to paint the playground equipment. That led to a conversation which morphed into forming Friends of Fernhill with Melody Winn and off we were on the adventure of raising funds to acquire new playground equipment. I also began my connection with the Concordia Neighborhood Association and the 42nd Avenue Target Area. In these years I have been involved with the New Seasons development, Concordia News, Concerts in the Park, National Night Out, Whitaker/Adams Stakeholders Committee, Spring Egg Hunt, and more. All of this inspired me to complete a degree in Community Development at Portland State University. I was thrilled to find a degree in the area I spent most of my volunteer time.

Looking forward to this upcoming year, I realize there are many issues and projects our neighborhood faces. The Cully-Concordia Community Assessment presents numerous opportunities via the Action Plan which was developed as part of that process (see accompanying article on January General Meeting). The Port of Portland F-15 testing issue is yet to be settled. The push for the Going Street Bike Boulevard needs continued oomph. The continuation of our Neighborhood Spring Clean-up requires someone stepping up to coordinate that important event. Plans for improvements on Killingsworth Street are in the works and it's vital that we are at the table and engaged. Maintaining our yearly activities, some I've mentioned but also the Concordia Yard Sale, Holiday Party, and National Night Out Parade are all dependent on volunteers. We have at least one new event coming up, Bike Sunday, and there is always the possibility of more.

During the 20 years I lived in Seattle, I was so frustrated watching all kinds of changes going on around me in my neighborhood and the city with no effective avenue of involvement or input. Moving to Portland, I have been thrilled with our Neighborhood Association system. I also know from these past ten years, the Association is only as strong as its members. That means you. My goal, my hope for my tenure as Chair is to increase neighbor involvement in every way. The spectrum runs from serving on the Land Use and Livability Committee to writing for the Concordia News to hiding eggs on an early spring morning to helping at the wading pool in summer and lots more in between. So as your new Chair, I call on you to find your place where you can be involved. I look forward to meeting more of my neighbors and hope to see you January 6 in the Community Room at the Kennedy School.

## Concordia Neighborhood Association Board Members and Elected Officials

<b>Board Members</b>	<b>Chair</b>		
	Anne Rothert	493-1938	arothert@gmail.com
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	Bob Palleson	432-8355	Bob@section31x.com
	<b>(E2)</b>		
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	<b>(SW1)</b>		
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	<b>(SW2)</b>		
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	<b>(NW1)</b>		
	Isham "Ike" Harris	282-1543	ishamharris@msn.com
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	Joyce Zerwekh	282-0118	zerwekh@cu-portland.edu
	<b>At Large Board Members</b>		
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	Don Francis	421-1861	dfrancis@ecotechllc.com
	Bob Sasser	288-2880	bob_esmesasser@gmail.com
	Matt Steadman	806-5010	mattsteadman@comcast.net
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Katie Ugolini		kugolini@earthlink.net	
<b>Recording Secretary</b>			
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<b>Crime Prevention Specialist</b>			
Mary Tompkins	823-4763	mary.tompkins@ci.portland.or.us	
<b>NE Precinct Neighborhood Response Officer</b>			
Officer Ric Deland	823-5818	rdeland@portlandpolice.org	
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George Bruender	287-4787	gbruender@comcast.net	
<b>Land Use Co Chair</b>			
Joseph Occi		jocci@comcast.net	
<b>Transportation Chair</b>			
Harris Hyman		harris@hhpe.com	
<b>Economic Development Chair</b>			
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<b>CNA Treasurer</b>			
TBD			
<b>CNA Bookkeeper</b>			
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Katie Ugolini	296-7839	kugolini@earthlink.net	
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VACANT			
<b>Community Room Scheduler</b>			
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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.

Deadline for articles & advertisements is January 15 for the February 2009 Issue

Please send advertising inquiries and artwork to:  
cnabusinessmanager@gmail.com  
Submit articles, letters to the editor and calendar events 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

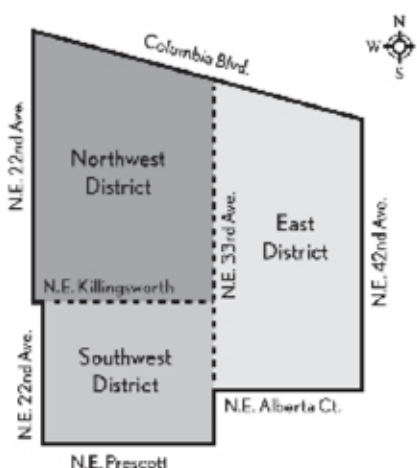
TO CONNECT CONCORDIA RESIDENTS AND BUSINESSES - INFORM, EDUCATE AND REPORT ON ACTIVITIES, ISSUES AND OPPORTUNITIES OF THE NEIGHBORHOOD.

## Chair's Corner

by Anne Rothert

As I write this, my first Chair's Corner, it is a snowy, stormy, cold day. I'm happy to be inside, taking an occasional peek at television news showing cars sliding down ramps and the current reading on the thermometer. I have no intention of driving anywhere. I live in Concordia so sticking to using my feet for transportation is not a problem. Bundled up I can walk to everything I need and more. Besides food or supplies, 10 minutes will get me to a movie theater or a dip in a hot soaking pool. Just as close I can eat a meal out or get a beverage. Heading the other direction I can wander through the winter wonderland beauty of Fernhill Park. Days like this I particularly enjoy a trip to the store or the park. It seems people connect with neighbors even more in these conditions. It reinforces the strong sense of community we share in Concordia.

I'm proud to be stepping up to fill the role of Board Chair for such a great neighborhood. The biggest challenge I may face may well be meeting the high standards set by our out-going Chair and Co-Chair, Katie Ugolini and Tony Fuentes respectively. They have served our neighborhood well these past two years, including leading us to be honored as recipient of the Spirit of Portland Neighborhood of the Year award. Read Our Year in Review in this issue to see more of the accomplishments. I have been on the Board with them seeing first hand their dedication and passion. CNA is recognized throughout the City, starting with City Hall, as one of the strongest Associations. This is in part a result of the hard work and leadership exhibited by Katie and Tony. Join me in thanking them and applauding their talents, contributions, and accomplishments. I look forward to working with all returning Board members and newly elected members.



# Concordia Supports Going Street Bicycle Boulevard

Would you like to see Concordia become a safer, more enjoyable place to bicycle? If so, then you will be happy to know that the Concordia Neighborhood Association Board has voiced its support for a bicycle boulevard on NE Going Street.

A bicycle boulevard is designed to be a low speed, family-friendly, low traffic street that undergoes small modifications to create a more pleasant bicycle and pedestrian-friendly community environment.

As currently proposed, the Going Street Bike Boulevard would provide a low traffic bicycle route from NE 72nd Avenue all the way to N Vancouver Avenue.

Both the Portland Office of Transportation and the Bicycle Transportation Alliance see bicycle boulevards as a key strategy to increase the number of Portlanders who feel comfortable bicycling in the City. Bicycle boulevards such as that proposed for Going Street provide access to neighborhood commercial centers, schools, and parks without the need to bike on main collectors (such as Alberta St.) or arterials.

Some bicyclists who are less averse to riding in heavy traffic tend to use main commercial streets like Alberta because they provide both easy access

to commercial services and a less interrupted flow than a local street with stop signs every other block. With its heavy auto volume and higher speeds, the mixture of cars, pedestrians, buses, and bicyclists also leads to more potential for conflict that could result in serious crash.

What bike boulevards try to do is attract cyclists to low-conflict, low speed streets that also provide some of the convenience of riding on a commercial street. Like Going Street, bike boulevards usually run parallel to neighborhood commercial streets. Often the number of stop signs along the bike boulevard route are reduced for freer bike flow. To discourage cars from using bike boulevards as a cut-through, speed bumps and traffic diverters are sometimes employed.

The Bicycle Transportation Alliance is advocating strongly for

a bike boulevard on Going Street. The City of Portland is still pursuing funding for the Going Street Bike Boulevard and we encourage you to share your support with Mayor-elect Sam Adams at samadams@ci.portland.or.us or 503.823.3008. If funding is approved, the City will conduct a public outreach process on traffic calming elements and design details.

**More info:**

[www.bikeblvd.com](http://www.bikeblvd.com)

Here are links to a few videos about bike boulevards:

Portland's Bike Boulevards:  
<http://www.youtube.com/watch?v=Nm60DqAM6bQ>

Berkeley, CA's Bike Boulevards  
<http://www.streetfilms.org/archives/berkeley-bike-boulevards/>



## January General Meeting, cont...

amenities, infrastructure, and services. Underlying this effort is the premise that strong schools and strong neighborhoods are inextricably linked.

This project has explored how to increase and sustain the livability and attractiveness of the Cully-Concordia area for families with school age children, and created an action plan and built partnerships to follow up on actions generated through this process. There were five key questions this study addressed

- How do anticipated growth, change, and existing conditions in the study area 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 also benefits their educational mission?
- What are the key missing neighborhood amenities and infrastructure that affect neighborhood livability for residents, including families with children?
- What are some potential strategies to address the enrollment challenges at the three elementary schools located within the study area?
- How can redevelopment of the area help advance community goals?

The report and action plan was presented to and approved by Portland City Council on November 20, 2008, which brings us to next steps – implementing the action plan. The action plan has four goals:

1. Enhance the capabilities of schools to serve as multi-purpose centers of community life.
2. Expand community business and economic opportunities for the benefit of area residents and businesses.
3. Identify and pursue improvements to neighborhood amenities and infrastructure that affect neighborhood livability
4. Contribute to community-building, connectedness, and stability.

To read the full report and complete action plan go to [www.portlandonline.com/planning/](http://www.portlandonline.com/planning/)

Look at the right hand side of the page under projects PORTLAND PLAN for Cully-Concordia Community Assessment and Action Plan. Plans are great and make lovely printed material: implemented they can change your life. Come prepared to find out how you can make sure the changes you want come to fruition. For more information contact Debbie Bischoff, Project Manager at 503.823.7700 or [pdxplan@ci.portland.or.us](mailto:pdxplan@ci.portland.or.us).

## Holiday Party Recap

Once again the CNA Holiday Party was quite successful. Approximately 150 folks gathered in Concordia University's Fine Arts Building to meet and greet their neighbors in a fun and festive atmosphere! Young and old, newcomers and long-term residents of Concordia, all enjoyed the party. As was the case last year, a big draw was the homemade Indonesian food provided by Priska Hillis, Personal Chef and Concordia resident. The food was delicious and gone by the end of the night!

The highlight of the evening was the beautiful holiday music provided by the Portland Community Wind Band conducted by Cynthia Plank. The children had fun decorating holiday cookies with icing, a messy but yummy activity. Another big hit of the night was the green goodie bags provided to neighbors by the CNA Green Team. We want to thank those neighbors who brought warm outerwear and blankets to the party to be donated by the Green Team to the Ecumenical Ministries of Oregon's HIV Day Center housed at the Ainsworth United Church of Christ. Finally, George Bruender, Chair of CNA's Land Use Committee was honored at the party with the Spirit of Concordia Award for his outstanding commitment to the neighborhood. Thanks to all the neighbors who participated in this year's party and made this a special year end event. We hope to see you all next year!

## Photos from the Concordia Neighborhood Association Holiday Party



**New CNA Chair, Anne Rothert**



**George Bruender receives an award**



**Portland Community Wind Band**



**Priska Hillis serves food**

## Gayle & the Green Team



Hot Lips Pizza donated \$1 off coupons, Alberta Co-op donated coupons, and Auto Zone donated tire pressure gauges. Environmental Paper and Print donated reams of recycled copy paper. Many thanks to all of them. They made our green goody bags a success once again.

Thanks, too, go to all the people who brought jackets and blankets to our clothing

The Green Team gave every family that attended the Holiday Party a reusable shopping bag. We want to thank New Seasons, Walgreens, Albertsons, QFC, Whole Foods, and Sustainable Life for their contribution of bags. The Green Team also donated nine of their canvas shopping bags. Thanks goes to Buffalo Gardens for its donation of organic bug sprays. Many thanks to Bernie's Bistro, Rising Sun Massage, Cannons Ribs, and Kevin Booher for their cash donations that were used to purchase earth-friendly items to put in the bags. The Portland Water Bureau donated water saving kits and coupons to order them.

drive. Joe Boro was the winner of the free alignment donated by Les Schwab.

Current news is that I have stepped down as Chair of The Green Team. Katie Steinhauer was elected Chair and Sarah Weinberger Vice Chair. I know that they will both do a great job. There are already exciting new projects on the table. Come join the team and help make our footprints count.

The Green Team sends good thoughts for good health to all of you this holiday season and in 2009.

## Butt Bucket Brigade

Growing up, my mom took us on a lot of road trips up and down the west coast. With the 8-track playing Billy Joel's The Piano Man, we traveled along many country roads. Usually the windows of our yellow Honda Civic were rolled up to keep the music loud and mom's cigarette lit. Smoke filled the little car and my brother and I inhaled it until the next pit stop. Luckily, mom quit smoking when I was eleven and none of us have had lasting ill effects from those trips. She apologized to us later explaining that she had no idea that secondhand smoke could hurt us.

Back then, the cigarette packs didn't include a warning about secondhand smoke. Similarly, today while many food wrappers say "Please Don't Litter," cigarette manufacturers fail to instruct about butt disposal on their packages. Most smokers aren't aware of the extent of the negative impacts of discarding their butts haphazardly.

What happens to those innocuous little pieces of refuse? First of all, cigarettes are the leading cause of fatal fires in the United States, according to the National Fire Protection Association. Moreover, the toxins that cigarette filters are meant to trap get released into our environment. Cigarette butts are lightweight and easily travel on our storm system, and eventually our rivers. Cadmium, lead, and arsenic

end up in our waterways. Cigarette butts have been found ingested by waterfowl, such as snowy egrets. Nicotine is lethal to most animals. Cigarette butts are not biodegradable; they take twelve years to break down, all the while releasing toxins.

On New Year's Day in 2009, smoking in bars will be illegal in Oregon. While smoking bans in bars and restaurants are great for indoor air quality, they have been shown to dramatically increase cigarette litter. The ban will bring a lot more smoking onto Alberta Street and adjacent areas.

Concordia Neighborhood's Green Team is organizing to partner with businesses and schools to educate about butt litter and offer a solution. Albertson's has already committed to providing five-gallon buckets that we hope to offer, complete with sand and a scooper to any business or resident who is interested in participating. We are interested in your creative suggestions and artistic efforts. Anybody can volunteer to help out with the Butt Bucket Brigade. Our next meeting will be in the Kennedy School's Community Room on January 20th. In the meantime, business owners can put "No smoking" signs in areas without ash receptacles.

Website resources:  
Cigarettelitter.org  
Butthuntpx.googlepages.com



### Another cause for celebration

At Concordia University, we have a lot to celebrate these days. Our women's soccer team made it to the NAIA National Championship Final last week and senior Jackie Pronovost was named NAIA Player of the Year. The George R. White Library and Learning Center will open its doors to the community and campus this August. And next Spring, we will break ground on a new, state-of-the-art, athletic complex for soccer and baseball. This new facility will enhance the experience for Cavalier players and fans, and serve the community through hosting tournaments, clinics, camps, and local community sports programs. And this is just the beginning.

Share in the celebration. Join us as the dream becomes a reality.

[www.cu-portland.edu/campaign](http://www.cu-portland.edu/campaign)



Jackie Pronovost  
2008 NAIA Player  
of the Year

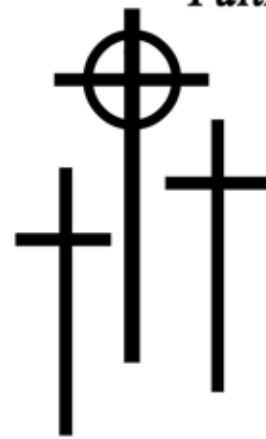


CONCORDIA  
UNIVERSITY

## St. Michael's at the University "Faith Seeking Understanding"

6700 NE 29th Ave  
503-282-0000  
Pastor Bob Schmidt

Sunday Mornings:  
8:30am - Traditional Worship  
9:45am - Bible Study for all ages  
11:00 am - Contemporary Worship



## HOPE FOR THE FUTURE

An 8-week course in the ongoing "Faith Seeking Understanding" lecture series. Dr. Bob Schmidt will be posing contemporary questions and, in this class, will talk about how aspects of the Christian Faith seek to answer those questions.

Tuesday nights  
7:00pm to 8:30pm  
St. Michael's Fellowship Hall,  
beginning January 13th.



Dr. Robert Schmidt has several graduate degrees in theology and political science. He has lectured in Nigeria, Zimbabwe, China, Japan, India, Kazakhstan and Germany. Most recently he served as the Dean of Theological Studies at Concordia University and is currently the pastor at St. Michael's Lutheran Church.

### A Faith For The Future?

Jan 13th

#### Are Your Beliefs Up To The Challenges of The Future?

- Prioritizing your values
- Is there a meaning to life?

Jan 20th

#### An Alternative View of Reality

- Our place in the natural environment
- Is a moral standard possible?

Jan 27th

#### A Vision For the Future

- Toward a new world society?
- Who would you trust to run the world?

[www.stmikeslutheran.org](http://www.stmikeslutheran.org)

# A New Way to Report Aircraft Noise

By Tony Fuentes

CNA has recently met with the Port of Portland's Noise Management team to discuss concerns about the safety of increase F-15 travel over nearby residential areas as part of their present "test". One outcome of those discussions has been a reminder that anytime - day or night - any resident has a concern about aircraft noise of any kind can call the Port of Portland's noise hotline at 503.460.4100. But now you can also report your concerns - and view flight patterns - on-line using WebTrak.

WebTrak is an online flight tracking system covering the greater Portland/Vancouver area. WebTrak offers a wealth of information about each flight, ranging from altitude and direction to aircraft type and airline to flight or tail number. For security purposes, the system is delayed 90 minutes and does not show government, military, or law enforcement flights.

I took WebTrak for a whirl. You pick a location and time period and then you watch plane icons move across an area map. Basically this gives

you the option to clearly identify the flight that was causing you grief and you can report the problem using an on-line form in WebTrak. Try it out yourself by logging on at [http://www.portofportland.com/Noise\\_Mgmt\\_Home.aspx](http://www.portofportland.com/Noise_Mgmt_Home.aspx). You definitely need a high speed connection to use this online tool.

WebTrak is a neat tool but it is a little clunky and if you are experiencing a noise problem, you have to wait at least 90 minutes to identify the issue using WebTrak. It remains easier and quicker to just call the Port at 503.460.4100 when you hear a wayward and/or loud aircraft.

When you call the Port or submit a report on-line via WebTrak, the Port Noise Management Team is required to thoroughly investigate and respond within 48 hours. In some cases, the information provided by citizens or obtained during the investigation is used to refine the noise abatement program and in discussions with aircraft operators.



# Letter to the Editor: The End of Handmade Toys?

By Tony Fuentes

2007 was the year of endless recalls by major manufacturers such as Mattel of toy lines they had outsourced to China. The recalls included toys with dangerously high lead content, toys with unsafe small part, toys with improperly secured and easily swallowed small magnets, and toys made from chemicals that made kids sick.

After much consumer outrage, Congress and the President acted and passed the Consumer Product Safety Improvement Act (CPSIA) in August 2008. Among other things, the CPSIA bans lead and phthalates in toys (was lead okay before?), mandates third-party testing and certification for all toys, and requires toy makers to permanently label each toy with a date and batch number.

Now, although compliance is easy for the large, multinational toy

manufacturers who steered the crisis in the first place, there are numerous small American, Canadian, and European toymakers, who cannot afford the cost of compliance. Many of these family-owned businesses will need to fold up shop if the CPSIA stays as is.

Needless to say, these handcrafted toys have not been the problem but they may pay the price for the solution. The toy companies that have kept the public's trust will disappear unless the law is modified.

If you would like to help support the handmade toy industry, please write to your US Representative, Senator, and President-Elect Obama about this issue. A sample letter as well as more information on this issue may be found at: <http://www.handmadetoyalliance.org/>



## Dekum Family Health Comprehensive Health Care

Dr. Elizabeth Busetto  
Naturopathic Physician

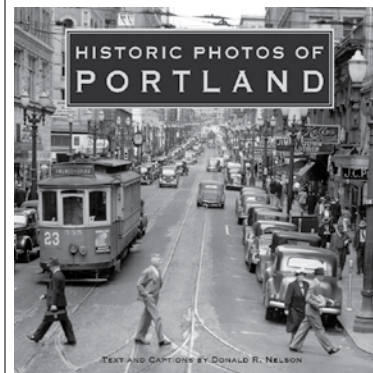
Felicia Ferruzza, LAc  
Acupuncturist

Wishing our neighbors a  
very happy new year!

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**don't forget to visit us online: [www.concordiapdx.org](http://www.concordiapdx.org)**

*Support your local businesses!*

## Advertise in the Concordia News

The holiday season is here, and Concordia News is seeking new advertisers for 2009! The Concordia News is a monthly, community-based, non-profit newspaper, distributed to the 5,000 households in the Concordia Neighborhood and is provided free of charge at local businesses. All advertising revenue supports the work of the neighborhood association and helps us connect as a community.

Advertising your business in The Concordia News has the potential to:

- Drive traffic to your location
- Put money back into our neighborhood
- Create business, community event and community service awareness
- Promote unique services found specifically in the Concordia neighborhood
- Put your business at the forefront of the community by reaching out to local consumers

Ads can be reserved monthly, on a six-month commitment (5 percent discount) or on a one-year (10 percent discount) basis.

If you would like to make a reservation, please contact our business manager, Andrea Weathers, at [cnabusinessmanager@gmail.com](mailto:cnabusinessmanager@gmail.com) to discuss our rate card and advertising policies.

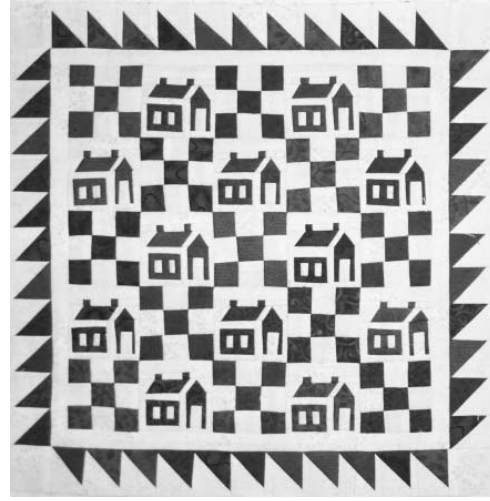
## The Little Red Schoolhouse Down the Block

by Don Gire, Faubion PTA President

Over the past few weeks, I have been steeped in Concordia neighborhood and Faubion School "stuff" enough to report that there is a lot of real nice things going on in the N. E. of this fine city; even enough to elaborate again in the "Red School House" article. A pot pourri of events that bring us all closer together.

\* I was invited to the Concordia Neighborhood Holiday Dinner at the University (because I was picking up my Grandson from SUN School soccer and, well, looked hungry). What a nice turnout. CNA should be proud of the neighborhood support it receives.

\* Over Thanksgiving, 20 or so Faubion kids and parents participated in the Macy's Holiday Parade. We marched along side a big horse & cowboy balloon float, in our cow-poke costumes. About half way through the 2 mile parade, several of the girls started shouting "yipee - yee haw" which started an every corner response from the crowd "yee haw". We became the hit of the parade. Such fun.



\* SUN Community School at Faubion held it's semester end show. Singing, dancing, acting, circus and just loads of fun with a Pizza dinner thrown in. Thanks SUN for being our after-school anchor.

\* On December 10th Faubion School, PTA and Site Council, sponsored a casual get-together of parents to discuss the diversity of our community. We had a mixture of ethnic representation. Latin Americans, African Americans, Asian Americans, and the local Irish, German, Polish, Anglo folks as well. We had a Spanish interrupter that helped bridge one gap and wrestled with general understanding of a very global topic. Getting along with each other. We did well. We discovered we want the same success for all of our kids. Our kids are in this mix at school all day long. It's the parents who don't mix as the opportunity doesn't present itself very often. We thought this gathering went a long way to help this process along and hope the effort will continue. We are all such nice people.

\* On December 12th about 75 kids jammed the Faubion Gym (pillows and blankets 'n all) to see the movie "Polar Express" and partake in pizza from the PTA and popcorn from LaShawn. What a great time. This was the first of what I think might be many of such movie nights. Get your blankie ready.

So, as you close out the Holiday Season and get into those New Year resolutions, remember to be part of this community, this School and it's neighborhood. It's a pretty nice place. Happy New Year.

## Sunday Parkways is coming to Concordia

In June of 2008, the City of Portland held the first Sunday Parkways along six miles of streets in North Portland connecting four beautiful parks. The event was a huge success with 15,000 participants enjoying a traffic-free route to walk, bike, run, and roll, and activities in the neighborhood parks. Volunteers waved and cheered. When the day was done, people wanted more!

Alberta, Fernhill, and Wilshire Parks. The streets will be open for people to walk, bike, run, and roll, and the parks will host entertainment, activities, and food. The City is looking for sponsorships, ideas for activities and entertainment, and volunteers.

### Sunday Parkways Needs Your Help!

The City is aggressively seeking people interested in helping with this highly anticipated event. Over 400 volunteers will be needed to make Sunday Parkways a success.



The City is also seeking financial sponsors make all three events possible. If you or your business is interested in being associated with his highly popular event, please contact Rich Cassidy at the Portland Office of Transportation

The City of Portland is in the planning stages for more Sunday Parkways events – and one next year in NE Portland. On July 19th, 9 A.M. to 4 P.M., people will take to the streets to celebrate community, health, and fun. A 6.6-mile route will connect

at 503.823.6051 or [rich.cassidy@pdxtrans.org](mailto:rich.cassidy@pdxtrans.org).

To view the fun captured by the Streetfilms video go to: [www.GettingAroundPortland.org](http://www.GettingAroundPortland.org) and click on Sunday Parkways.

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*As a resident of our neighborhood I take great pride in where we live and the people of our community. If you are looking to sell your home or know anyone interested in making Concordia their home, I would appreciate the opportunity to work as your realtor. Thank you.*

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# Wellness Committee: Why Stretch?

by Alison Alstrom and Jason Lindekugel

Every animal naturally stretches. Upon rising, before going to sleep. Preparing to play.

In part, it's because stretching feels good. It improves circulation of blood and oxygen to your muscles and nerves and bones. Long, strong muscles are more efficient at moving our bodies around, and protecting us from injury.

But there's more. Yoga teaches that each one of us is a microcosm of the universe - like drops of the ocean. So each one of us contains everything,



every trait, every capacity, that the universe does. What the universe is, so are we. As the universe is ever expanding, it is also in our nature to continually become more of ourselves. To grow, to develop, to diversify, to proliferate,

deepen - to stretch. The secret life of the desire to stretch is the desire to fully experience ourselves. In Sanskrit, the ancient language of yoga, this is called poornatva or fullness.

Many of us have lost touch with our instinctive understanding of how to move in our bodies. We think of stretching as hanging down limply over locked knees until our fingers touch the ground or bouncing repeatedly over a flaccid hamstring, our shoe-clad foot resting limply on the seat of a kitchen chair. But true stretching expands us from the inside out, as when we reach our arms

overhead upon rising and push upward toward the sky. In the practice of yoga, too, we willfully, intentionally, expand.

While I don't recommend beginning a yoga practice without the guidance of a well-trained teacher. However, simple yoga stretches can be safely explored using the following pattern:

1. Begin by putting yourself into the approximate shape of the pose or stretch you want to perform. If the approximate shape of the pose is an extreme stretch, or in any way painful, a modification of the pose will be necessary. Try just backing off a bit. If that doesn't work, find a teacher at a nearby studio and take a class or two. Good teachers always appreciate students who seek advice about safety and good alignment in the poses.
2. Take a moment to soften. Notice that you are in fact being held by the ever-present support of the earth beneath you. Let your inner body sweetly expand upward and outward with your breath.
3. Then, draw all of your muscles lovingly in around that soft, expanded feeling.
4. Finally, while maintaining all of those actions, from deep within you, stretch. Reach out to your edges and beyond in all directions, like a star, like the universe itself.

*Originally published on: The-Secret-Lives-of-Yoga-Poses.com*

Alison Alstrom teaches at Concordia Movement Center

## Concordia Movement Center

**Commit to a healthier you in 2009!**

### Winter Special

3 class Intro-pass for 2-weeks -\$20  
5 class pass \$50, 10 class pass -\$95

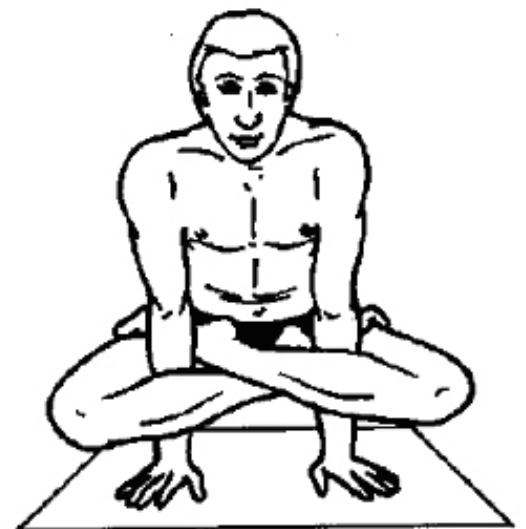
### Free Class!

Bring a friend to Yoga. If they purchase a 3 class Intro-pass, you receive a free class.

### Celebrate The New Year With Us

Meet your teachers  
Free sample classes

Saturday, January 10<sup>th</sup>, All Day  
More info. online  
[www.concordiamovement.com](http://www.concordiamovement.com)  
5425 NE 33rd Ave  
503.287.2273



# Is Your Home Radon Safe?

**Fact: Nearly half the homes in your neighborhood have high radon levels.**

**Fact: Radon kills over 20,000 Americans every year** — more than drunk drivers and home fires combined.

**Fact: Radon is the leading cause of lung cancer in non-smokers.**

**Fact: The American Lung Association of Oregon and the EPA recommend that you test your home for radon.**

**Fact: Radon is an invisible, odorless and naturally occurring radioactive gas that seeps into homes from underground.**

**Fact: If you do not test your home, someone you love may become a victim of radon.**

**Fact: You can protect your family. Testing for radon is easy.**



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(503) 493-1040 [www.oregonradon.com](http://www.oregonradon.com) CCB# OR 155915

# concordia CULTURE

Until December 30th

## Holiday Art Market

**WHAT:** For this special holiday show, Onda invited Ana María Torres, one of their fused glass artists, to find works of art and craft from her native Ecuador. You will find textiles, paintings, nativities, and ornaments from Ecuador. To complement the Ecuadorian art, they're also showing the exquisite fused enamel on copper pieces by Angelina Marino and Joel Heidel. Now Through December 30th

**WHEN:** Tuesday-Saturday, 11-6 P.M., Sunday 12-4 P.M.

**WHERE:** 2215 NE Alberta Street

January 7th

## Weight Balance Class

**WHAT:** 'Tis the season to resolve and New Seasons has a class for it! Karen Seibert, MS will present Foods You Need to Eat to Lose.

**WHEN:** 7 - 8:30 P.M.

**WHERE:** Concordia New Seasons, 33rd Avenue

January 8th

## Weatherization Workshop

**WHAT:** I found some drafts I didn't know I had during December's arctic weather!

Participants find out how to implement simple measures to lower home energy use and learn how to install effective weatherization materials in their homes using only basic tools such as scissors and screwdrivers. Each participating income-qualified Portland household receives a free kit of materials worth over \$150. Each kit includes reusable vinyl storm windows, door weather stripping, pipe insulation, a compact fluorescent light, and more. Weatherization materials available for purchase for folks not eligible to receive a free kit; they can purchase materials from CEP. Money from the purchase goes to fund our programs.

**WHEN:** 6 - 8 P.M.

**WHERE:** 422 NE Alberta Street



January 10th

## Fish Prints

**WHAT:** Use a real fish to create a relief print of your own with artist Cynthia Nawalinski.

Read "Stubborn Twig" by Lauren Kessler and join us for Everybody Reads, Multnomah County Library's seventh annual community reading project.

**WHEN:** 11:30 A.M. - 1 P.M.

**WHERE:** North Portland Library, 512 N. Killingsworth Street  
January 13th

## Let's Talk About It: Love, Forgiveness and Wisdom

**WHAT:** The Multnomah County Library is presenting this series at the North Portland Library. Literary works from Shakespeare to McEwan explore how time and experience can lead to forgiveness in the presence of wisdom — and how wisdom can emerge.

Dr. Michael A. Faletta, visiting assistant professor of English at Reed College, will serve as discussion leader for the series. The January discussion will be informed by Jane Austen's, "Sense and Sensibility." Register by calling 503.988.5394.

**WHEN:** 6:30 - 7:30 P.M.

**WHERE:** 512 N. Killingsworth Street  
January 27th

## Anti-biotic Alternatives

**WHAT:** Dr. Alicia Peterman, ND presents Treating Infections Successfully Without Antibiotics.

**WHEN:** 7 - 8:30 P.M.

**WHERE:** Concordia New Seasons, 33rd Avenue

## KENNEDY SCHOOL McMenamins

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### Thursday, January 8 UNDERSKORE ORKESTRA

Klezmer, Balkan gypsy jazz and swing/vaudeville acts  
6:30 p.m. · Free · All ages welcome

### Wednesday, January 14 WINTER SCOTCH TASTING

Not one, not two, but five scotches including Glenfiddich 15 Year Solera Reserve, Laphroaig 10 Year and others will be poured and served with hearty appetizers.  
7 p.m. · \$45; reservations required  
21 & over

### Thursday, January 15 McMenamins and opbmusic.org present GREAT NORTHWEST MUSIC TOUR GREENSKY BLUEGRASS

Pipin' hot tunes from Kalamazoo  
7 p.m. · Free · All ages welcome

### Saturday, January 17 J.R.R. Tolkien Birthday Celebration

Live music from  
**JACKSTRAW**  
Tolkien bluegrass · 7 p.m.

**The Entire LOTR Trilogy**  
11 a.m. · Free admission with two canned goods for Oregon Food Bank

**Willamette Radio Workshop**  
"The Rings' Greatest Hits" · 2 p.m.  
Jugglers and balloons · 3 p.m.

**Come in costume to compete for prizes** · 3:30 p.m.  
Free (unless noted) · All ages welcome

### Thursday, January 22 JIM MILLER · BILL RHOADES FRANCK GOLDWASSER

Real deal blues  
7 p.m. · Free · All ages welcome

### Monday, January 28 Every last Monday of the month... HISTORY PUB MONDAYS

"WITH GREAT SKILL AND COURAGE:"  
Examining the Accomplishments and Sophistication of Portland's First African American Community

A presentation by  
McMenamins Historian Tim Hills  
7 p.m. · Free · All ages welcome  
Sponsored by McMenamins, Oregon Historical Society and Holy Names Heritage Center

### Thursday, January 29 KATHRYN CLAIRE

The Kinderqueen CD Release Party  
7 p.m. · Free · All ages welcome

### Valentine's Sweethearts Package

Available February 6-15  
Lodging, dinner, a bottle of Edgefield Sparkling, flutes and breakfast the next morning.  
Guests must be 21 and over.  
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