



CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

April 2009



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

Meetings
held in the
Community Room
at McMenamins
Kennedy School

- General Membership
APRIL 7
1st Tuesday of each month at 7 P.M.
- Land Use & Livability Meeting
APRIL 9
1st Thursday of each month at 7 P.M.
- Board Meeting
APRIL 14
2nd Tuesday of each month at 7 P.M.
- Green Team
APRIL 28
AT NEW SEASONS
4th Tuesday of each month at 7 P.M.
- Media Committee
APRIL 16 @ New Seasons at 6:30 P.M.

Neighborhood Clinic Theft Ends in Fruition of Community Spirit

Some might call it a crime of opportunity. Others might say, "That's messed up."

One night in early March, an unknown number of thieves grabbed packages containing about 200 test kits from the front porch of the non-profit Josiah Hill III Clinic on 15th Avenue near Alberta. The kits contain a reagent used to detect possibly unsafe levels of lead in the blood of pregnant women and young children. The total cost of the kits to the clinic was over \$1,000. That is no small potatoes to a nonprofit with only two employees.

And lead levels in kids is serious business. According to a February 2002 article in the Journal of Development and Behavioral Pediatrics, extensive studies have shown that even low level exposure for fetuses and children into adolescence of the neurotoxins lead, mercury (common in carnivorous fish such as tuna), and polychlorinated biphenyls aka PCBs (common in carnivorous fish, plastics, and flame retardant substances) can result in "impairments to attention, memory, learning, social behavior, and IQ."

While natural to the earth's crust, the EPA states the largest source of manmade mercury pollution is coal-fired power plants. PCBs have been banned from production in the United

States since 1979; however, they persist in the environment and are in imported goods.

The clinic's web site www.jhillclinic.org cites a study concluding that juvenile delinquents are five times more likely to have elevated levels of lead in their bones. And, one in 30 kids locally are estimated to have unsafe amounts of lead. "If a child has been affected by lead, it could have a permanent impact," McNally said.

McNally, who started working at the clinic as a volunteer, said a detective was not assigned to the case. Instead, police suggested keeping an eye on Craigslist and giving them a call if they saw the kits being fenced. It was local business owner Don Francis whose company EcoTech (a Concordia News sponsor), specializing in decontaminating homes and businesses, who suggested that the kits would have a street value of exactly zero dollars. "My bet is that the carton was torn open in a nearby alley and abandoned," Francis wrote in an email.

After the kits went missing, McNally and the clinic's only other employee, Program Coordinator Kate O'Donnell, sent out emails to their regular donors to explain their dilemma. That is where Francis comes in. He challenged the

community by stating the company would match all other contributions. With a faith-in-humanity-restoring-response, the clinic received enough money to replace the kits and then some, according to McNally.

While probably worthless to the thieves, the test kits are invaluable to the clinic's mission. Their primary goal is to identify unsafe levels of lead in area residents. They focus on the most vulnerable: pregnant women and young children. McNally said they will turn no one away who wants to be tested.

The test uses a capillary tube to extract a few droplets of blood from a finger. Then the blood is mixed with a reagent in the test kit. If the reaction indicates possibly unsafe levels of lead, the clinic's volunteers and staff recommend a more accurate test at your healthcare provider. If you don't have a health care provider, McNally said they will do what they can to help. When dangerous blood lead levels are detected, the clinic will help those who otherwise couldn't afford decontaminating their homes of the poisonous element and other toxic substances.

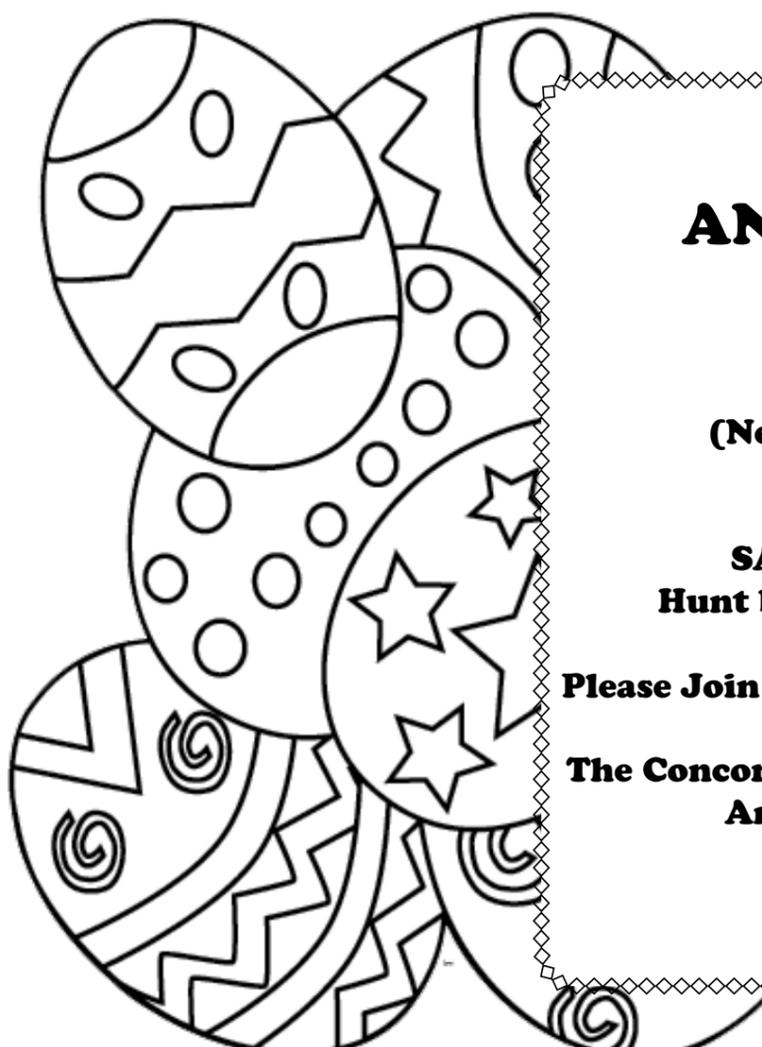
Lead is not good for anybody, but Portland Regional Lead Hazard Control Program confirms the threat posed by lead to pregnant women and children under six. The Project's website claims even a small amount of lead dust common in lead-based paints can permanently damage a child's nervous system.

Any house built before 1978 is likely to have been originally painted with lead-based paints, according to the PRLHCP. Remodeling stirs up more dust.

The Concordia News sought statistics, estimates, or even guesstimates on the number of homes that have lead in the Northeast, but the lead control program did not return an email and a phone call which were too close to this story's deadline.

And there are other possible sources in homes. The Water Bureau says on their website www.portlandonline.com/water that the city's supply of H2O rarely has detectable levels of the element alchemists once attempted to turn into gold. But, it can still get in your water in certain brass fixtures or lead soldering on plumbing. Common sources also include fishing weights, ammunition, ceramics, soil, folk remedies, cosmetics, and the occasional children's toy.

Be aware of the hazards of lead and other contaminants in your home and take steps to create a healthy and thriving environment.



ANNUAL SPRING EGG HUNT

FERNHILL PARK
(Near the playground along NE 37th Avenue)

SATURDAY, APRIL 11TH
Hunt begins at 10:00 A.M. SHARP

Please Join Us for Free Family-Friendly Fun!
Sponsored by
The Concordia Neighborhood Association &
American Legion Post 134
Rain or Shine!

Chair's Corner
by Belinda Clark,
Vice-Chair

OK, so everybody gets disorganized sometimes. For me it was yesterday, when I totally forgot to meet a neighbor for coffee and slept in. Our lives get busy, and we have the best intentions. There are many ways to keep our busy lives on track, calendars, sticky notes, and trying to keeping it in your head.

My new year's resolution was to get better organized, and I've made progress. When there are a lot of balls in the air, you're bound to drop one. On that note, a friend sent me one of those many forwarded emails. I don't typically resend these, but this has some tips worth sharing.

Cooking:

To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.

Gardening:

Start putting in your plants, work the nutrients in your soil. Wet newspapers, put layers around the plants overlapping as you go cover with mulch and forget about weeds. Weeds will get through some gardening plastic they will not get through wet newspapers.

Household Cleaning:

To get something out of a heat register or under the fridge add an empty paper towel roll or empty gift wrap roll to your vacuum. It can be bent or flattened to get in narrow openings.

Fabric:

Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. Same thing works with slacks that cling when wearing panty hose. Place pin in seam of slacks and ... ta da! ... static is gone.

Some of these I've tried (the newspaper trick in the garden does work!), some I plan to. And I will continue to strive to be better organized, and hopefully get more done in less time. If you have any suggestions, please let me know.

P.S. This is your neighborhood newsletter. If you have something you'd like to share with the community, please contact us at concordianews@yahoo.com.



**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.

Deadline for articles & advertisements is April 15 for the May 2009 Issue

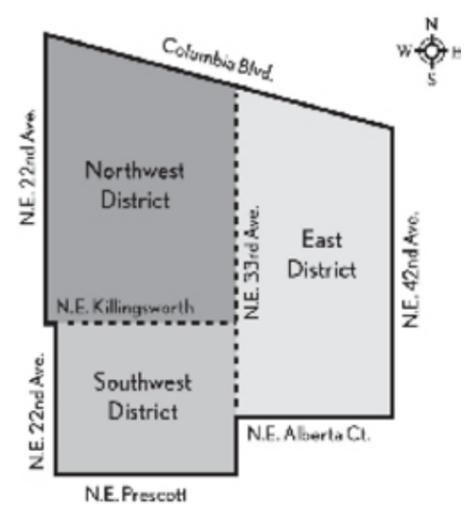
Please send advertising inquiries and artwork to:
cnabusinessmanager@gmail.com
Submit articles, letters to the editor and calendar events to:
concordianews@yahoo.com

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.



**please visit us
online at:
concordiapdx.org**

Summer Concerts in Fernhill Park Needs Y-O-U A Call to Business Owners, Families, and Individuals

There's no better way to spend a summer evening than gathering with friends and family in Fernhill Park for music, dancing, and family fun. For the last four summers, the Fernhill Concert Series has been an unqualified success, offering high-quality entertainment to the neighborhood with five free concerts. The Fernhill Concert Committee in conjunction with Portland Parks and Recreation has been hard at work trying to raise money for the series. However, fundraising has been very slow this year due to the troubled economy and we are still looking for local businesses and individuals to donate anything they can to help make the concerts happen! It doesn't matter if you are a business owner, a family, or an individual, WE NEED YOU to help raise the money to produce another memorable concert season in Fernhill Park.

As noted above, this year we are strongly encouraging individuals and /or families to contribute to the concert series, and any contribution (e.g., \$5 or \$10) is greatly appreciated. Contributions are tax deductible.

If you are a business, institution, or individual and feel you can become a Fernhill Concert Sponsor by contributing \$250 or more, please see below for the benefits of sponsorship! If you would like to know the specific benefits associated with each sponsorship level, please contact Katie Ugolini @ 503.449.9690 or Matt Steadman at 503.806.5010, or see the Fernhill Concert Article in last month's (March 2009) Concordia News.

The benefits to you and your business:

- A chance to give to your neighborhood
- A tax deductible contribution staying "close to home"
- The option to display, give, or sell items at the concerts
- Your business name recognized:
 - Displayed at all concerts
 - In the city-wide Summer Concerts Brochure (25,000 circulated)
 - In the Concordia News, reaching 5000 households
 - On the Portland Parks and Recreation website
 - Thanked over the P.A. at concerts

Sponsorship commitments are needed ASAP but payment is not due until June 1st, 2009.

If you are a business, please let us know how you would like to participate as a sponsor by contacting Judith Yeckel, Concert Production Manager at 503.249.8159 or 503.823.5446.

If you are a family or individual and would like to contribute to the Concert Series, please make checks payable to PP & R/Fernhill Concerts and mail to Judith Yeckel, Concert Production Manager, Portland Parks and Recreation, 1120 SW 5th Ave., Ste. 1302, Portland, OR 97204.

Invoices will be sent upon request.

Thank you very much for your consideration. The concerts simply can not happen without the support of the community.

Green Team Gets Dirty for Earth Day

The Concordia Green Team will work on two alleyway cleanup projects in honor of Earth Day 2009. We have identified two alleyways that are in need of some attention. Both are between NE Killingsworth and NE Jarrett; one is the alley between NE 28th and NE 29th Avenue, and the other is the alley between NE 30th and NE 31st Avenue.

At last year's event, the team picked up over 200 pounds of trash from NE Alberta Street. Volunteers enjoyed donated snacks of fruit, coffee, and pastries, and worked for three hours scouring sidewalks and removing flyers from streetlight poles.

This year, the Green Team is partnering with cleanup experts SOLV and with the Northeast Tool Library. The event will take place on Saturday, April 18 from 9:00 A.M. to 1:00 P.M. We will meet at the north / Jarrett end of the alley between 31st and 32nd. Student volunteers from Concordia University

and other community members will join the Green Team, and we can always use more hands! Bring your work gloves and tools (shovels, pruners, etc.); please make sure all items are labeled with your name. Coffee and breakfast items will be available on a first-come, first-served basis, so come join us and be prepared to get down and dirty for the earth.

What: Earth Day Alleyway Clean-Up

Where: Meet at alleyway between NE 30th and 31st Avenue at Killingsworth

When: April 18, 9:00 A.M. to 1:00 P.M.

Bring: Work gloves, weather and dirt appropriate attire, any yard work tools

For more information, email the green team at concordiagreenteam@yahoo.com.

What is Your Top 'Green' Concern? The Green Team Wants to Know

The Green Team is in the midst of some great projects for this year and we want your help to keep us going in the right direction. There are numerous environmental issues concerning our city, our state, our nation, and our planet. So what does that mean for Concordia residents and how do we move forward in our own neighborhood? The Green Team has created a survey to gather insight on what Concordia residents feel are the top environmental neighborhood concerns. The aim is to harvest a greater sense of the top issues the Green Team can work on at a local level. Let us know what your concerns and passions are; we would be happy to focus our next efforts in those directions. We always welcome new faces too! Come to our next meeting (April 28th at 7:00 P.M. in the New Seasons cafe area) to get involved.

To complete the survey, go to the Concordia Neighborhood Association's website (<http://www.concordiapdx.org>) and follow the link to the Green Team Survey. You may also reach it directly through this link: http://www.surveymonkey.com/s.aspx?sm=o4Eqo8NKO4lyspZyq_2fqvKA_3d_3d

For those who wish to complete the survey in paper form, please contact Katie Steinhauer at 425.299.5104 or concordiagreenteam@yahoo.com and she would be happy to deliver one to your home personally.

Green Living

By Kerri Steinmann, Green Team

For as long as I can remember, I've had a heightened awareness of our planet's energy crisis, and have recently been educating myself, to incorporate better green practices into my business and my personal life. While doing my research, I came upon a website where you can calculate your carbon footprint. I always felt that my family paid attention to our consumption of natural resources - but I was shocked when I calculated my own. The good news is that if we all do just one thing differently this year and make that positive change a habit, we can change the path that we are traveling. Check out how you rate with your own carbon footprint at www.footprintnetwork.org

In my quest for knowledge about leading a more green lifestyle, I had an incredible opportunity to take a two-day course on sustainability training through Earth Advantage, where I learned how to identify homes and communities that have incorporated green practices during the development, construction, or remodeling process. You might ask yourself, what does that mean, and why do I care? The bottom line is that these practices relate to healthier indoor air quality, lower energy bills, increased water efficiency in your home, and reduced or recycled construction waste, not to mention a better environment for future generations. If you'd like to learn more about how to make your home and environment a healthy place to raise a family, feel free to contact me at k2groupinfo@gmail.com.



**WANT TO WRITE FOR THE
CONCORDIA NEWS?**

**SEND YOUR ARTICLES, POEMS, LETTERS TO THE EDITOR,
LOVE LETTERS, ETC.. TO:**

CONCORDIA NEWS@YAHOO.COM



10th Annual Alberta Art Hop

On Saturday, May 16, 2009 from 11am to 6pm, Art on Alberta will hold its 10th Annual Art Hop with the theme, "Coming Home." 17 blocks of NE Alberta Street will be closed to car traffic to accommodate over 150 artists, craftspeople, music, dance and theater performances, interactive art events along with food and other vendors. Two stages are being sponsored by Binks and Siren Nation.

This year's featured artist is Thelma Johnson Streat (1911 - 1959). Streat was an internationally acclaimed artist and dancer from Portland, Oregon and the first African American woman to be collected by the Museum of Modern Art. Over 50 of Streat's original works, on loan from the Thelma Johnson Streat Project in Salem, Oregon, will be on display for this one day event. Participating Alberta Street galleries showing Streat's artwork are: Ampersand, Black United Fund, Grow, Guardino Gallery, and Talisman. Urban Arts Dance is incorporating her dance into their performance.

Registration for artists, craftspeople, music, dance and theater performers, interactive art events, food and other vendors is open. For information about registering your vending space, please contact Combustible Media. 503-235-5025 or carrie.locke@combustiblemedia.com

Art on Alberta is a non-profit organization whose mission is to promote the Alberta Art District's distinct identity through art and educational activities. Art on Alberta's 10th Annual Art Hop is supported in part by the Oregon Arts Commission and the Regional Arts and Culture Council.

WHO: Art on Alberta

WHAT: 10th Annual Art Hop

WHEN: Saturday, May 16, 2009
11am - 6pm

WHERE: NE Alberta Street, Portland

For more information about Art on Alberta, please visit: www.artonalberta.org.

EVERYBODY LOVES A PARADE!

**What's more fun than watching a parade?
Being IN a parade, that's what!**

Come join in ALL the fun - be part of the
10th Annual Art Hop COMMUNITY PARADE
Saturday, May 16, 2009 3PM

Anyone and everyone is welcome to participate - Ride your bike! Roller your skates!
Bring a band! Sing a song! Wear a costume! Scream real loud!

Parade Route: NE Alberta Street at 12th Avenue to 30th Avenue

For more information or to sign up, email Eve at: news@artonalberta.org

Please respond to Eve by May 12th if you intend to participate.

And certainly stop by: www.artonalberta.org for more Art Hop 2009 event, volunteer, vendor, and game day information.

At Art Hop 2009, Art on Alberta will honor internationally acclaimed artist and dancer from Portland, Oregon and the first African American woman exhibited at the Museum of Modern Art, Thelma Johnson Streat (1912 to 1959). Her innovative art pieces, dances, and deep commitment to intercultural understanding will be celebrated as we commemorate the 50th anniversary of Streat's death with approximately 50 of her paintings in venues throughout 15 blocks of NE Alberta Street. Youth events, a community parade, craft marketplace with over 125 artists, and entertainment stages will further draw people together in this fun-filled art, community, and family-focused event.



Art On Alberta is a non-profit organization whose mission is to promote the Alberta Art District's distinct cultural identity through art and educational activities.

Beautiful Buckets are Available for Butts

Thank you to artists, Alesha Johnson, Naj Ford, Tricia Knope, Sade Beasley, Janelle Hill and Monie Bowles for their creative transformations of former frosting buckets. They used decoupage and contact paper send the message of protecting birds, fish and fauna by using butt buckets instead of the waterways for cigarette

litter. Albertson's Grocery donated the buckets. You can see more of the artist's works at the Urban League, 10 N. Russell Street, through April. If you are interested in a bucket, plain or with art, please email Rebecca@environmentalprint.com. Zaytoon will have a bucket out soon.



King Farmers Market! Grand Opening, May 3

Concordia residents will soon have a farmers market within minutes of their homes. This spring, the Northeast Coalition of Neighborhoods, in partnership with Portland Farmers Market, will open the Sunday King Market. The market will be located at NE 7th and Wygant, adjacent to both King Elementary School and King School Park. It will run from May 3 through September 27, from 10 A.M. to 2 P.M., and will feature 40 vendors.

"The King Market was created in response to overwhelming community demand to have a farmers market in their backyard," says Ann Forsthoefel, Executive Director of Portland Farmers Market. "We are thrilled to bring our farmers and other vendors to inner Northeast Portland this year." Paige Coleman, director of the NE Coalition, adds, "We are excited to partner with Portland Farmers Market to bring a thriving market to our corner of the city. With the King Market Advisory Council, we will be developing creative ways to provide fresh and good food for all. Together, we are dedicated to the health and well-being of our neighbors."

The Sunday King Market will showcase the bounty of the region's farms, from produce to fresh flowers, cheeses to meat. Prepared food will also

be available. In addition, the market will feature chef demonstrations, cooking classes, and a line-up of other food education events, as well as musical performances. The market is expected to become a family-centric destination for residents and a fresh supply source for many of our local restaurants. Please help make it a success by visiting it frequently and making sure your neighbors know about it. Contact David Sweet, co-chair of the King Market Advisory Council with questions, at david@sabingreen.net.

GRAND OPENING
Sunday, May 3rd
10:00 A.M. to 2:00 P.M.
NE 7th and Wygant
40 Local Vendors



Air Traffic Over Concordia Potential Changes in May

Concordia neighborhood parallels the Portland Airport and its two major runways. Thankfully the large passenger and cargo plane traffic that uses those two runways comes in closer to the Columbia River so we are spared much of that noise. Less thankfully the smaller air cargo - or box haulers - use the much smaller east-west (crosswinds) runway that does cross over many of our homes. In negotiations with PDX, Concordia Neighborhood Association was able to get that traffic spread out over a wider area and to affect changes in angles of plane takeoff and descent (which means that other neighborhoods now share the noise).

Some of that will change soon when PDX closes down the north main runway for long overdue repairs and lengthening starting in May. This means all the larger planes will use the single remaining south runway and that more cargo haulers will probably be shunted onto our crosswinds runway - so anticipate the possibility of more planes overhead. Horizon, for one, is planning to shift more of its smaller planes onto our runway.

PDX is planning on mailings soon to everyone in the affected area, so watch for that information. There will be public open houses scheduled to explain what may happen. We encourage all residents to attend these sessions to be informed. These will not be public input sessions or gripe sessions, but explanations of what may happen, since the FAA has already approved the long term (several summers) construction project and the changes. Concordia's Land Use/Livability/Transportation committees hope that you can hear directly from the officials involved at these sessions.

There is some uncertainty about the exact effects of the summer

work. Reports are that business is down maybe 20% at PDX due to the depressed economy and cutbacks, so the noise impact is not clear. And our runway will be used "when needed", as the south runway is preferred, so maybe the noise impact will not be increased.

As residents of Concordia we need to be well informed on airport issues as they happen. There has been little response from citizens on the de-icing issue where there are serious concerns about the effects of the chemical spillage into the Columbia Slough and River. Few have attended the publicized environmental hearings that have spent \$70 million already on cleanup and a possible \$30 million more on an on-site treatment facility. And this fall we may have the issue again of the Air National Guard's F-15 testing exercises through the winter months. Public hearings will be held so watch for that information, and certainly provide your ideas or comments.

Our neighborhood association (and residents) has been well represented by grassroots leaders. A small group got the changes on spreading out the cargo haulers' routes. Patrick Metzger and Denny Stoecklin, representing respectively the Northeast Coalition of 12 neighborhood associations and the City's Office of Neighborhood Involvement, are working on a three-year long committee looking at future development of the airport (PAG). Beverly Bruender is one of three City of Portland reps on the Citizen Noise Advisory Committee (CNAC). That's great - Concordia is known citywide as a major player on airport issues - as we should be. But we do need everyone to be informed and involved as what happens at PDX affects us all.

Gift Trees Celebrate Mothers, Others, and Mother Earth

This spring, celebrate Earth Day, Arbor Day, or Mother's Day by giving your mother, friend, or other family member a Gift Tree. Gift Trees cost \$35 each, and Gift Groves of six young native trees cost \$100. Tax-deductible Gift Tree purchases support Friends of Trees' natural area restoration work in the Portland Metro area.

You can order Gift Trees online at www.FriendsofTrees.org. Friends of Trees will print a card with the name of the person being honored and mail the card to the gift recipient within three business days of your order.

As our trees leaf out this spring, we're reminded of the beauty and

benefits trees provide. They clean our air, reduce river pollution, and slow climate change. During the past 20 years, Friends of Trees has planted more than 375,000 trees and native plants in the Portland Metro area to increase our tree cover while three dozen U.S. cities lost an average of 25 percent of their canopy.

You can celebrate life passages and loved ones, and support Friends of Trees' work to increase our beneficial tree cover, by buying Gift Trees. To learn more, visit www.FriendsofTrees.org or call Melissa at 503.282.8846 ext. 23.

Fernhill Park Neighbors

Fernhill Park is a wonderful asset to the Concordia neighborhood. It has playing fields, a running track, a dog park, new playground equipment, great trees, concerts in the park, picnic tables, and tennis courts to name a few of the amenities. Many people enjoy the park all year long, but particularly in the spring, summer, and early fall months. Spring is on the way, and with it, lots of activity at the park.

Would you consider joining our Fernhill Park Committee, or giving us your input? As an ad hoc committee of the Land Use Committee of the Concordia Neighborhood Association, we want to hear from you about how

the park is doing currently from your point of view. What are your concerns? What are your visions of how it might improve in the future? How do you want to be involved? Would you participate in a survey?

Let us know what you think and how you want to be involved. Email either Robin Johnson at johnson.robin80@yahoo.com or Julia Baumann at hula_bee@yahoo.com or call Robin at 503.477.6807 or Julia at 503.449.4083.

Thanks for any help you want to provide in making Fernhill Park an even better place to play!

Fernhill Park Committee

Freedom For All - How to Live With Your Neck and Shoulders

Shoulder tightness caused by sitting, driving, lifting, bending, and so on can limit more than just your reach. Neck pain, headache, and even carpal tunnel-type symptoms can be related to the way we hold and move our shoulders - habits we pick up during the activities of our days. But there is hope. Keeping three steps in mind while you work and exercise can alter the outcome of those daily habits to help you and your body feel free again. #1 - Back Up. We're conditioned to be always moving forward, both physically and psychologically. Think about it - we lean ahead as we walk, listen, and look at things, curling around the efforts and intentions of our minds. In yoga philosophy we are encouraged to "cultivate the opposite" when we want to change patterns in our daily life, and that absolutely applies to posture-related pain. Your shoulder blades are like your wings - keep them connected by taking the heads of your arm bones toward your back. If you work at a desk, lean back in your chair every so often, clasping your hands behind you (if they don't touch, hold a towel between them) and lifting your heart. Try to keep your head from hanging forward heavily on your neck. Now and then, look up and back instead of forward and down. If you need something on the shelf behind you, try reaching back to retrieve it. #2 - Catch Some Air. Believe it or not, one of the key principles to shoulder happiness is cultivating a deeper breath. Of course, it's a bit of a Catch 22- the same tight muscles across the

chest that pull the shoulders forward also inhibit the fullness of the inhale. It can be helpful to open those a little. While standing up or even sitting at your desk, reach your hands for the sky. Interlace your fingers and turn your palms upward for an extra sweet push, then reach right and left to open and invigorate the major muscles of the trunk. Then, practice filling yourself to capacity with your breath. Imagine you are filling yourself as you would a container of water - from the bottom to the top, allowing time for it to find and seep into any crevices along the way. Fill the spaces in the sides of your waist, and in the back. Do you know that the upper lungs extend all the way up to your collar bones? Fill way up there with your breath, too. #3 - Spread Your Wings. One of the biggest contributors to less than optimal health is a failure to fully experience our bodies, even in the simplest ways. Spread your arms out to the sides now and then. Draw circles in the air with both hands, exploring their full capacity of movement. Keep your muscles engaged and your breath full and steady as you move. Do this with awareness - relish it! Move out to your edges, with your actions, and also with your mind. You may discover that those edges will begin to give a little. Broadening your range of movement can feel like bringing the sky inside - and you might just decide to take flight!

Alison Alstrom teaches yoga at Concordia Movement Center on NE 33rd @ Killingsworth

Illegal Dumping? Call Metro's RID Patrol

It's unsightly, dirty and dangerous. No one likes it, but someone's putting it there. It's the mass of tires, garbage, old furniture, and even worse stuff that's illegally dumped along public property, parks, streets, and streams. And Metro's Regional Illegal Dumping (RID) Patrol wants your help.

RID Patrol partners with local governments including law enforcement to help clean up public property and handle investigations and prosecutions of illegal dumping on public and private sites within the Metro region. From monitoring and cleaning up chronic dumps to quickly responding to new ones, the program makes a difference in helping prevent repeat incidents, minimize environmental damage, and reduce visual blight or health hazards.

Community participation makes a difference. RID Patrol each year cleans up more than 1,500 illegal dump sites, and the public can help by reporting dumps before they grow. It's easy: Call RID Patrol at 503.234.3000, send email to ridpatrol@oregonmetro.gov, or report an illegal dump site online at www.oregonmetro.gov/ridpatrol.

If you would like Metro staff to make a presentation to your neighborhood association, service organization, or other group about RID Patrol services and how you can discourage dumping in your area, contact Tiffany Gates at 503.797.1867 or tiffany.gates@oregonmetro.gov. If you have further questions regarding illegal dumping, please feel free to contact Mary Tompkins, Crime Prevention Coordinator at 503.823.4763.

RID Patrol

Call: 503.234.3000

Email: ridpatrol@oregonmetro.gov

Report online: www.oregonmetro.gov/ridpatrol

Act Locally: Concordia Responds to Peak Oil and Peak Carbon

Contrary to popular misperception, Peak Oil is not about "running out of oil." In fact, there will always be oil, but at some point the economic and energy costs of exploring for, extracting, and shipping it around the globe to fuel our hyper-consumer society will become cost prohibitive. In addition, we now recognize the serious ecological damage caused by the carbon footprint left behind from all this oil consumption. Clearly, our industrial way of life is threatened. Whether you applaud or abhor that, the time is ripe to make plans for an easier transition to the post-oil, post-industrial economy.

In 2006, the City of Portland convened a Peak Oil Task Force. Their 2007 report, "Descending the Oil Peak: Navigating the Transition from Oil and Natural Gas" stated: "In the past few years, powerful evidence has emerged that casts doubt on that assumption that oil and natural gas will remain plentiful and affordable and suggests that global production of both oil and natural gas is likely to reach its historic peak soon. This phenomenon is referred to as "Peak Oil." Given both the continuous rise in global demand for these products and the fundamental role they play in all levels of social, economic, and geopolitical activities, the consequences of such an event are enormous." See www.portlandpeakoil.org for the full report, which includes assessment and strategies specific to many sectors of the economy.

In response to the pending Peak Oil realities, we can act on at least two fronts: by electing leaders who will represent our interests, and by changing our personal consumption habits to reduce our carbon footprint. But there are limits to both of these approaches. On the one hand, the national political stage is fraught with money, corporate interests, and the wheels of bureaucracy that turn at a seemingly glacial pace (pun intended). Fortunately, Portland is ahead of the curve and has incorporated "Oil

Depletion Protocol" targets in plans, aiming to reduce consumption 25% by 2020.

On a personal level, our behaviors are constrained by the context in which we live and the options presented to us. For example, we may have good intentions to become a bike commuter, but are unable to find a safe bike route. We may want to purchase locally grown food, but it may not be available. We may want to consume less, but not know neighbors or neighborhood resources where we might simply borrow what we would otherwise purchase.

A complement to both large-scale and personal efforts, then, is to work at the local neighborhood level to facilitate change. The Concordia Neighborhood Association is proud to host the April 7 General Meeting (7:00 P.M. Kennedy School Community Room) with a program that will get the conversation started. Our speaker will be Jim Newcomer, representing TransitionPDX, which was launched by citizens to help neighborhoods develop local strategies and initiatives that might complement what the Portland Peak Oil Task Force has recommended. Jim was on the Portland Peak Oil Task Force and is a former Director of the Washington State Recycling Association, a business consultant, and former VP of Endura Wood Products.

Also joining will be Paige Coleman from the Northeast Coalition of Neighborhoods to talk about their interest in local sustainability efforts. These speakers and members of the Green Team will then lead attendees in an exercise to gather input about what kind of local initiatives are your priorities, which ones make the most sense for Concordia, and to share what else might already be occurring. This information will complement the survey that the Green Team also has underway. The Green Team welcomes your participation in this session and looks forward to hearing your ideas and input.

St. Michael's at Concordia 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

**Please join us for
worship & celebration:**

April 9th - Maundy Thursday Service at 7:00pm
Holy Communion

April 10 - Good Friday Service at 7:00pm
Tenebrae (shadows) service

April 12 - Easter Sunday Services
8:30 & 11:00am



Alleluia!

April 19 - Earth Day Service - 8:30 & 11:00am
"Protecting the Earth"

Between services (9:45-10:45) there will be discussion and information centers in the Fellowship Hall about protecting God's world.



April 25, Saturday, at 7:30pm
Pacific Lutheran University Choir Concert
This is the University Chorale, a 51 voice mixed choir, under the direction of Dr. Brian Galante. A free-will offering will be taken.

www.stmikeslutheran.org

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.

Test your home. Protect your health.
Order a Radon Test Kit for \$20

Online at www.oregonradon.com or call EcoTech at (503) 493-1040 (use coupon code RADON2009C)
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For more information about radon go to www.epa.gov/radon or www.lungoregon.org

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STATE OF OREGON
PROCLAMATION
OFFICE OF THE GOVERNOR

WHEREAS: Sexual assault affects Oregonians every day whether as a victim-survivor or as a family member, friend, neighbor, employer, or co-worker of a victim-survivor; and
WHEREAS: It is estimated that 1 out of 6 adult women in Oregon has been the victim of forcible rape sometime in her lifetime; and
WHEREAS: It is important to recognize that sexual violence is preventable; and
WHEREAS: It is important to encourage healthy, non-violent interactions and diminish aspects of society that promote and support sexual violence; and
WHEREAS: It is important to broaden the scope and increase the effectiveness of sexual violence prevention efforts through partnerships; and
WHEREAS: It is important to recognize the compassion and dedication of the individuals who provide services to survivors and work to prevent sexual violence; and
WHEREAS: Every individual and community in Oregon has the ability to help eliminate sexual violence by working together to promote social change.
NOW, THEREFORE: I, Theodore R. Kulongoski, Governor of the State of Oregon, hereby proclaim **April 2009** to be

SEXUAL ASSAULT AWARENESS MONTH

in Oregon and encourage all Oregonians to join in this observance.

IN WITNESS WHEREOF, I hereunto set my hand and cause the Great Seal of the State of Oregon to be affixed. Done in the City of Salem in the State of Oregon on this day, March 4 2009.



Theodore R. Kulongoski, Governor



Kate Brown, Secretary of State

April is Sexual Assault Awareness Month

Free Training by Act for Action

“Drunk Sex”
Produced by Act for Action

Act for Action’s Performance for SAAM focuses on sexual assault in a college setting. The play explores the relationship of drugs and alcohol to acquaintance rape, the role of the “bystander” in preventing sexual assault and the pervasiveness of victim blaming following an assault. Audience members will be invited to interact with the performance and develop solutions to the problem of sexual assault on college campuses.

Jeannie LaFrance
Act for Action – Theater for All

Jeannie LaFrance is the director of Act for Action – Theater for All. Act for Action, founded in Portland, OR in 1998, provides community-based interactive theater workshops, projects and performances. Their mission is to use theater and teach others to use theater as a tool for community building, education and social change.

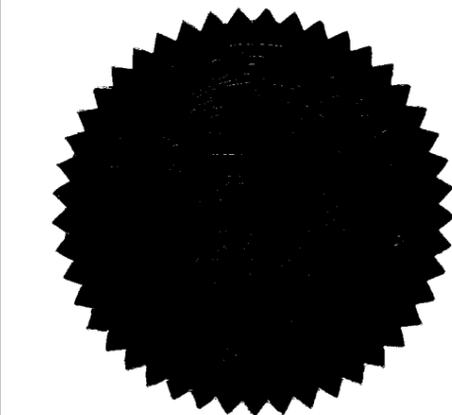
Thursday April 16, 2009
4pm-6pm

Portland State University – Smith Memorial Student Union Room 238 (2nd floor; “the Browsing Lounge”) 1825 SW Broadway, Portland OR 97201

Refreshments & Tasty Treats provided!

This training is free of charge. Registration Requested.

To register for the training, please contact Samantha at snaliboff@voaor.org or 503-802-0501.



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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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concordia CULTURE

March 26th through April

Reggae and Reggaeton

WHAT: Part of Photolucida 2009, Onda showcases showcases work by two award-winning photographers, Edis Jurcys and Hugo Ludeña. Reggae in the title refers to Jurcys' silver gelatin prints of images from Jamaica; Reggaeton refers to Ludeña's color photos documenting urban Latino culture.
WHEN: Tuesday - Saturday 11 to 6 P.M., Sunday 12 to 4 P.M.
WHERE: 2215 NE Alberta Street

April 4th

Vernon School Garden Work Day

WHAT: In partnership with Home Depot, the school will work to improve their gardens by adding more plants, building benches and picnic tables, and creating a fence. There will be other outdoor projects going on as well. We will need community support to help get all of our projects completed in one day! If you are interested in volunteering or have questions, please call Gage Reeves at 503.916.6415.
WHEN: 9 A.M. to 4 P.M.
WHERE: Vernon Elementary School

April 11th

Rain Gardens 101

WHAT: Rain gardens are a great way to add beautiful landscaping to your yard and protect overloaded urban sewers and streams at the same time. Join us at this free workshop to learn how to build a rain garden on your property to keep our streams clean and healthy! Advanced registration is required. Register online at www.emswcd.org/workshops-events. Information: 503.935.5368
WHEN: 9 A.M. to 1 P.M.
WHERE: East Multnomah SWCD, 5211 N. Williams Ave.

April 14th

Moses Harris Math and Science Academy Information Night

WHAT: Learn more about the Moses Harris Academy, a two week program in July for high school students interested in algebra, biology, and chemistry.
WHEN: 6:30 P.M.
WHERE: Luther Hall

April 16th

Shake-Speare's Treason

WHAT: "Shake-Speare's Treason" is a one-man play that questions the identity of William Shakespeare. The event is free, however a \$35 donation to support Concordia University's Shakespeare Authorship Centre is suggested. The play is part of the 13th Annual Shakespeare Authorship Studies Conference, April 16 through 19, which brings scholars from around the world to discuss new research on the works attributed to William Shakespeare.
WHEN: 7:30 P.M.
WHERE: St. Michael's Lutheran Church, 6700 NE 29th Avenue

April 18th

Crafty Mamas Bazaar

WHAT: The Milagros Crafty Mamas Bazaar features local vendors presenting locally made, high-quality crafted items. Free refreshments and other fun! 503.493.4141. <http://milagrosboutique.com>
WHEN: 11 A.M. to 3 P.M.
WHERE: 5433 NE 30th Avenue

April 19th

Matt Clark

WHAT: Local musician Matt Clark has recently released an excellent CD of music for kids called "Funny Little Fella". These songs are quirky and fun for kids and parents. Matt will be performing a free concert at Milagros. His CD is also available

at Milagros.

WHEN: 1:30 P.M.

WHERE: Milagros, 5433 NE 30th Avenue

April 21st

The Afghan Women

WHAT: This dramatic reading depicts the horror of modern-day Afghanistan and encourages Afghan women to stand up to their oppressors. The event is free, however donations will be accepted to support International Orphan Care, an organization working to educate orphans in Afghanistan.
WHEN: 7:00 P.M.
WHERE: St. Michael's Lutheran Church, 6700 NE 29th Avenue

April 23rd

Vernon's 2nd Annual Multi-Cultural Night

WHAT: Come take a tour around the world and learn about other countries. This event will have cultural displays, food samples, arts and crafts, and entertainment for the whole family! Come dressed in a culturally inspired outfit and earn a raffle ticket to win many great prizes. Vernon welcomes its neighborhood families to come out and enjoy a night of fun.
WHEN: 6 to 8 P.M.
WHERE: Vernon Elementary School

April 29th

Water to the Weather for Watershed Health

WHAT: A free workshop to learn the basics of water conservation - evapotranspiration, water-wise irrigation, and reducing nonpoint source pollution. Qualified participants receive a free kit of conservation materials. RSVP 503.284.6827 x109 or jhartog@communityenergyproject.org
WHEN: 6 to 8 P.M.
WHERE: Community Energy Project, 422 NE Alberta Street

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Thursday, April 2 LOVE TRUCKER

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Thursday, April 9 cinda & friends

Family Frolics Move & Groove for Kids
6 p.m. · Free · All ages welcome

Sunday, April 12 EASTER BRUNCH

Put on your Easter best and come out for a delicious brunch featuring French toast sticks, scrambled eggs, bacon & sausage, biscuits & gravy, cider-brined ham, house-smoked Pacific salmon and more!
9 a.m. 'til 3 p.m. · \$23.95 adults;
\$18.95 for seniors; \$11.95 kids 6-12;
free for kids 5 and under
All ages welcome; reservations required

Thursday, April 16 McMENAMINS and opbmusic.org present GREAT NORTHWEST MUSIC TOUR weinland

Dark indie folk-rock
7 p.m. · Free · All ages welcome

Thursday, April 23 THE BREAKFAST CLUB

'80s acoustic covers
7 p.m. · Free · All ages welcome

Sunday, April 26 THE SHAKER'S BALL

5th Annual
Benefit Music Fest for Parkinson's
Paula Sinclair & The Contenders,
Lisa Mann Band · Bart Ferguson Band
Pilar French Connection
1 p.m.-5 p.m. · \$10; 16 and under free
All ages welcome

Thursday, April 23 HISTORY PUB MONDAY

Co-sponsored by
Oregon Historical Society
and Holy Names Heritage Center
7 p.m. · Free · All ages welcome
Check mcmenamins.com for
this month's topic!

Thursday, April 30 PASS THE MIC

Robert PeArt, Pilar French
7 p.m. · Free · All ages welcome

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