CONCORDIA NEIGHBORHOOD ASSOCIATION PO BOX 11194 / PORTLAND, OR 97211

# ONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

**June 2010** 



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

Meetings held in the **Community Room** at McMenamins **Kennedy School** 

**General Membership** June 1 1st Tuesday of each month at 7 P.M.

Land Use & Livability Meeting June 3 1st Thursday of each month at 7 P.M.

**Board Meeting** June 8 2nd Tuesday of each month at 7 P.M.

Media Commitee June 9 at New Seasons 2nd Wednesday of each month at 6 P.M.

## June General Meeting to Answer the Question What's "Up In The Air" This Summer

By Robin Johnson

Come join us at the Kennedy School Community Room on Tuesday, June 1 at 7 p.m. to listen to the Port of Portland staff describe the impact on our neighborhood caused by closing the North Runway this summer.

According to the Port, work will begin on the second phase of the three-year runway rehabilitation program. It is scheduled to take place between mid-May through mid-October. The second phase of the project will extend the north runway, which is needed to accommodate larger aircraft that require the extra length for takeoff at PDX when the longer south runway closes for rehabilitation in 2011.

The work this summer requires some temporary changes in runway configurations, including a midsummer closure of the north runway. In particular, the crosswind runway (oriented roughly north and south), which normally has few summer aircraft operations, will be used quite heavily. Due to this change, neighbors of PDX may notice a change in flight operations or noise.

The Port understands that this increased usage of the crosswind runway during the runway closures has an impact on surrounding neighborhoods. Local staff collaborated with the Federal Aviation Administration to ensure safe and efficient operations during construction of the north runway extension, while at the same time, limiting the impacts of aircraft noise. The FAA will continue to restrict jet use of the crosswind runway this year except when winds and other conditions require its use. In addition, late night aircraft operations will use the south runway when possible.

If you cannot make the meeting and have additional questions or concerns, contact the following staff at the Port of Portland. 1) Concerning aircraft noise contact the Noise Management Department at 503-460-4100, Jason.schwartz@ portofportland.com; or 2) Regarding

questions about the project contact Andy Priebe at 503-415-6547, andy. priebe@portofportland.com.

Beyond attending the Concordia General meeting on June 1 to learn about the Port's runway plans, they are also inviting the public to an event to be held on June 5, from 11 a.m. to 3 p.m. at the Port of Portland Headquarters, 7200 NE Airport Way to provide an opportunity to come and see their new headquarters and additional long term parking. They want the opportunity to share all the innovative environmental features of the new building. Find out how they are able to use 75% less water and 36% less energy, learn about the mysteries of the "Living Machine" and take in the 10,000 square feet of landscaping on the roof that reduces the impact on the storm water system and helps insulate the building.

Lastly, a special thanks to the Port of Portland for their significant contribution to our Concert in the Park series this year!

#### Summer Concerts in Fernhill Park Friday Nights in July (9, 16, & 23) and Tuesday August 3 for Neighbors Night Out 6:30-8:30 p.m.

Please come and join your neighbors in Fernhill community spirit to help us raise the needed Please mail checks payable to PP&R/Fernhill to:

Park for free, family-friendly, high-quality entertainment for the 2010 Summer Concerts in Portland Parks. Fernhill Park is one of the many parks to hold free summer concerts this year, but, as with the majority of the parks, Fernhill had to reduce the number of concerts from 5 to 4 this season because of difficulties rasing funds due to the economy. We are so grateful that many local businesses and organizations were still able to make generous contributions despite the recession, allowing us to put together a fabulous 4-concert series.

However, we are still short of our monetary goal for this year and now, more than ever, any size contribution will help! Our audiences always give generously when we pass the hat at intermission, but to help us end our 2010 season in the black and lay a strong foundation for the 2011 concert season, we are counting on your generosity and

dollars. If you are interested in contributing any amount (i.e.,\$5 or more), please make checks payable to PP & R/Fernhill Concerts and mail to the address listed below.

Additionally, there is still time to become an official sponsor of the Concert Series by giving \$250 or more. Although your name will not be printed in the Parks and Recreation brochure or on their website at this late a date, you will be thanked from the stage at all concerts, recognized in the Concordia News, and will have the option to display, give or sell items at each of the four concerts. Of course, all contributions are tax deductible. Please consider giving to your neighborhood in this way and carrying on the century old tradition of music in Portland Parks!

Judith Yeckel, Production Manager Summer Concerts in Portland Parks Portland Parks & Recreation 1120 SW Fifth St. Ste 1302 Portland, OR 97204

> The 2010 Fernhill Concert series will kickoff on Friday July 9 and end on Tuesday

> > Continued on page 4

#### CONCORDIA NEWS

## **Chair's Corner**

By Belinda Clark, Co-Chair

Spring is here and you're probably noticing like I am that the grass is growing, gutters are clogging and weeds are going crazy. My weeds grow like crazy just to spite me. I have planted a garden for the second year, and I'm pretty proud of it (we'll see when things come up!). I'm hoping I'll be sharing it with my friends and neighbors. Members

Dago

M

This year I'm planning to do some major renovations to my house, and skip the vacation. A lot of people are rethinking how they spend their money, and I'm no exception. I had planned a trip to Egypt, but it just doesn't make sense this year. I know people (several of my close friends) have experienced job loss or cutbacks in hours and pay. The good news is they have all found work, and seem to be doing well I'm hoping that is a sign that the economic climate is changing.

For our presentation at the general meeting on June 1 at Kennedy School (7:00 p.m.), we will have the Port of Portland discuss the runway rehabilitation and closure this summer at PDX. Aircraft noise in our neighborhood is disturbing and annoying, especially during the summer months when most of us are outdoors and have windows open. We are halfway through the renovation, with only one more summer to go! Please plan to come and get your questions answered, and see what the schedule is going to be.

On another note, your board members volunteer their time and are dedicated to help improve our neighborhood. We currently have openings on the board; if you're interested please contact me or any board member.

We need your help and input!!

#### 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). 5,693 newspapers are mailed to its members and surrounding neighbors. 1,000 are delivered to community locations.

The deadline for articles and advertisements is the **15th** of the month prior to the next issue.

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

The Concordia News welcomes your letters to the editor. We consider letters individually for publication. We accept requests to withhold author's names only in special circumstances. 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: 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.

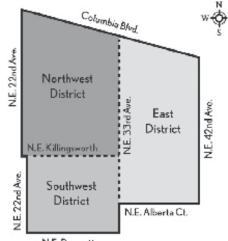
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**Layout Editor** Rene Choy

**Journalists** George Bruender Rebecca Wetherby, Calendar

The Concordia News is printed on 40% post-consumer or better paper, manufactured at a local mill.



N.E. Prescott

## **Concordia News Has Two Open Positions**

#### Editor

We are looking for a community member with publication experience to fill the Editor position at the Concordia News.

This is a volunteer position with the Concordia Neighborhood Association, which can increase your skills and build on your resume. If you would like more information, or to apply please submit a letter of interest and resume to concordianews@yahoo.com. Please list "Editor Position" in the subject line of your email.

#### **Business Manager**

We are looking for a community member with advertising sales experience to fill the business manager position at Concordia News. This publication is delivered to over 5,000 households and businesses monthly, and is the main method of communication used by our neighborhood association. This position works closely with our local business community to promote our advertising services for monthly publication. It involves the tracking and reporting of monthly advertising revenue, and promoting ad sales to potential customers. If you like working with people and building relationships in the community, while increasing your skills, this could be the place for you!

If you would like more information or to apply, please submit a letter of interest and resume to concordianews@yahoo.com. Please list "Business Manager Position" in the subject line of your email.

## **Thank You for Cleaning Up!**

By Ken Forcier

This year's Concordia Neighborhood Clean-up was a great success. The Neighborhood Association collected more than \$1,300 in donations that we will use to better our neighborhood through events and community building programs. T.J. Milbrooke handed the reins to me this year but still did most of the work. Thanks T.J.

Ryan Saari and his fellow members of The Oregon Community (Portland North Foursquare Church) were instrumental in their volunteer service to our neighbors who rely on assistance to have trash items removed to the collection site. They also brought in the infamous lawn couch from 33rd and Alberta that we had all come to question these past few months. Thank you so much for all your help Ryan and team Oregon Community.

The work crew provided through Multnomah County was a great asset in unloading cars and trucks into drop boxes from Cloudburst Recycling. For those who brought metals but found no special collection box on site, please know that Cloudburst does sift our disposables at the far end to extract metals and divert recyclables. Reusable household items are always welcomed and given back into the community.

If you missed our disposal event this year, take heart, neighborhoods across the city have these events throughout the year. Check the www. portlandonline.com web site and search for ONI (Office of Neighborhood Involvement). Refine the search for "neighborhood cleanup" to find another event.

These fundraising cleanup events are sponsored by Metro and trash is welcome from any neighborhood. For recycling information contact Metro (503) 797-1700 or go to www.oregonmetro.gov.



Ryan Saari and Ed Heissler of The Oregon Community assisted Concordia residents by transporting their no longer needed houshold goods to the cleanup location. Photograph by Bob Pallesen.

Thanks to Concordia Coffee House for delicious fresh java and to Rocket Pizza for your surprise visit to donate your signature hot pizza to the hungry crew at noon. New Seasons contributes generously each year, and Safeway and Albertsons provided refreshments as well.

Special thanks to all of the neighbors who participated either as volunteers or contributors. I hope we will see even more people next year. Tell a friend!

#### Major Changes Coming to Parts of Concordia-or Not...and Do We Want Them-or Not

#### By George Breunder

Traveling up MLK Boulevard on a recent Sunday, a lot of new buildings and businesses were quite obvious, but I counted maybe a dozen pedestrians every 20 blocks – and most of them were waiting for Tri-Met. Not much customer interaction. A street of buildings, not of people. Yet MLK Boulevard is one of the very noticeable products of the Portland Development Commission (PDC), the city's version of what used to be called "urban renewal," that dates back to the 1960s.

What was envisioned was the restoration of a blighted area, along with a strengthening of the local community and its infrastructure (people, homes, businesses, streets and sidewalks). MLK improvements were rolled up in an Urban Renewal Area (URA) designation with specific boundaries and a variety of planned projects. The idea was that community residents would tell PDC what needed to be done and PDC would plan and finance it Avenue is a strong candidate. Other possibilities are Dekum Street through the Woodlawn Triangle at 7th Avenue and maybe up to 15th Avenue, business areas of 42nd Avenue, and parts of Killingsworth Street.

The Land Use Committee of NECN, the Northeast Coalition of Neighborhoods, comprised of 12 nearby neighborhood associations, has held 4 well-attended public meetings (including a number of Concordians in attendance) on URA expansion this spring to assess what residents feel should be done.

The residents' comments and discussion, instead of concentrating on each person's favorite project, was critical of the whole URA/PDC approach. In fact, citizens said that the awarding of projects should stop immediately until PDC's methods were fully evaluated. Some of their criticisms and suggestions:

- 2. There needs to be a complete analysis of where the blighted areas of the city are and a ranking of how pressing are the needs for those improvements, rather than having a relative "free-for-all" where supporters of future projects show up and argue for their project, and those with the best p.r. come out winners. Clear criteria and a complete analysis must be primary.
- 3. PDC doesn't reflect the same socio-economic and racial demographics as the communities they have been working in. Their leadership looks too much like the same faces who are always "official representatives" of the community, and who too often seem the major beneficiaries of the projects. Communities need to be able to give real input and to be listened to as just too often decisions seem to have been made and then public sessions are held. Community buy in is essential so

plan and finance it.

The questions are: Has the URA in this instance succeeded so far?; and, Should it be expanded? PDC money is the big pot of money in public and private commercial and housing development in Portland right now. If you get it, your community can change drastically. The Interstate Avenue Max line is another good example. If you don't get it, your part of the city may languish for some time. There are lots of examples of this in Portland along 82nd and 102nd Avenues and further east. Some of the URAs are finished; others need to be completed, like MLK down to Lombard Street, and new ones need to be added as there is still a good amount of money available.

Where does Concordia fit in? Some suggestions for new areas for urban renewal either are in Concordia or are on our periphery. PDC has emphasized that all of Alberta Street to 33rd 00

1. There has been little accountability and little evaluation of the effects of previous projects. No one knows how many people and businesses have been displaced from their original sites, because PDC has not studied it. The city seems to have moved a good number of people and problems, like finding affordable housing, from NE Portland out toward the Gresham area. And there is no evaluation as to whether the new businesses are fully servicing a viable community, a community with access to services like grocery stores, laundromats, banks, easy-to-walk-to shopping, etc. PDC has booklets trumpeting the "sticks and bricks" impressive new construction – but no pictures of people walking to, biking to, or gathering at their "20 minute communities." No one wants more suburban-style strip business streets as the model for development.

are held. Community buy-in is essential, so the community needs to be able to monitor the whole process from the start and as it goes along. There must be transparency and accountability.

These are just 3 of the recommendations that came from the public meetings. Many of those attending have already been through the URA experience and feel that the end product is not what they had wished for. They ask PDC to stop and reassess before going blindly forward with more of the same. The Land Use Committee and NECN are taking their concerns to the PDC and to its boss, the City Council. You are welcome to participate in this process. Contact CNA's land use co-chair George Bruender, at gbruender@ comcast.net, or (408) 287-4787.

## Fernhill Concerts cont.

August 3 with the annual Neighbors Night Out (NNO) Celebration, a unique community event that focuses on community building to prevent crime and fear of crime. All concerts begin at 6:30 p.m. and conclude at 8:30 p.m. The NNO Celebration will begin at 6 p.m. with a pedestrian and bicycle parade at Faubion Elementary School and wind its way to Fernhill Park, where the festivities will continue with a concert and other fun and educational activities. This year we are lucky to have five food vendors at all the concerts featuring a variety of delicious food, including Middle Eastern fare, BBQ, hot dogs, and gelato!

The line up for this year's concerts has been firmed up and features fabulous local performers, up close and personal.

July 9: Stephanie Schneiderman (Alternative Rock)

July 16: Quick & Easy Boys (Funky Tonk)

July 23: Jon Koonce (Blues)

Tuesday, August 3 for Neighbors Night Out: Black & Blue with Saxophonist Devin Phillips (New Orleans Jazz) Plus Special Guest: the Winner of Portland's Teen Idol Competition

Don't miss the summer fun in Concordia! Mark your calendars and bring your family and friends to beautiful Fernhill Park for free, high-quality entertainment!

## **Sunday Parkways**

The CNA Tree Team tabled at this year's Sunday Parkways event in Fernhill Park. The group offered information to attendees on tree resources ranging from planting, maintenance and removal of diseased or problem trees. Newly printed maps of The Trees of Fernhill Park were presented as handouts at the event, and are available to residents interested in learning more about the one-leggeds at Fernhill. Jim Gersbach offered tree tours and answered questions. The Tree Team solicited help from residents who can assist with watering of the newly planted trees at Meek ProTech High School and the Ainsworth Arboretum. If you can help during the coming dry summer months you are urged to respond by email to concordiatreeteam@yahoo.com

## Land Use-Livability-Transportation: Help Us Decide What to Tackle Next

#### By George Breunder

Concordia Neighborhood Association has 3 combined committees that work closely together – Land Use, Livability, and Transportation – and 3 co-chairs. We meet monthly on the first Thursday in our community meeting room at Kennedy School from 7 to 8 p.m. Board members often attend, as do folks who have particular concerns about projects or problems in their immediate vicinity, so sometimes we have a dozen folks, sometimes 50 people show up. We are always open to the public. We are all volunteers.

Our business usually involves responding to directives from the city and its agencies that involve Concordia. We do get some say in the granting of new liquor licenses requested by businesses. We usually set up Good Neighbor Agreements (GNAs) with them to forestall any potential problems with the next door neighbors or simply to develop positive relationships among all the parties involved.

We do meet with developers who are planning a major new housing or business venture and individuals who are planning to make major home modifications when they ask for exceptions to current city regulations. Again, we try to negotiate between the developers, builders, owners and nearby residents, and try to evaluate the effects of the variations that are requested. When there is lack of agreement, we have appeals procedures available to us. Sometimes we again create Other than that, we do try to respond to individual concerns of residents. Some situations we can affect; others we can't. Oregon has strict laws on the rights of property owners to develop their sites as they see fit, so sometimes we can only suggest "talking it out." And we have learned from experience that the city agencies that do enforce the codes and regulations often side with the property owners in disputes and that all rules and regulations seem to have enough ambiguity to favor the developer. But we accept the challenge and have actually prevailed in some cases.

At our June 3 meeting, we'd like to decide on our future direction. Do we want just to respond to issues as they come before us – or to anticipate and advocate for issues? For examples of the latter, the Columbia River Crossing or the Urban Renewal Area expansion and the inclusion of the Coliseum area? Do we want to pursue an active campaign to get some of our streets finished off, or sit back since the City has little street monies? Do we make an all out effort to improve the overused Fernhill Park and its parking problems? Do we dare revisit the dog park part of Fernhill and evaluate how well it works?

And how do we get the volunteer folks together to make any of these projects work? The Tree Team is a good example of the right people working together on the right project and being quite successful. The bottom line for any future goal is obviously the dedication of people who step forward to make it real. Join us if you are one of those people.





*Top*: Early rain did not dampen the spirits of hundreds from taking part in the annual event.

*Bottom*: Jim Gersbach, Concordia Tree Team member and Tree Steward speaking with Mickey Minko and Sophia at the CNA Tree Team Booth at Fernhill Park.

Photos Bob Pallesen.

GNAs and sub-committees to work out potential problems, like the major building projects for Concordia University and their impact on the folks living around the college.

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#### June 2010

## Art Hop 2010



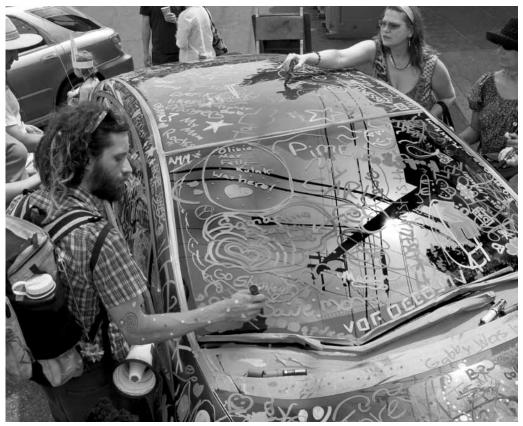


Photo by Larry Booman

Photo by Bob Pallesen



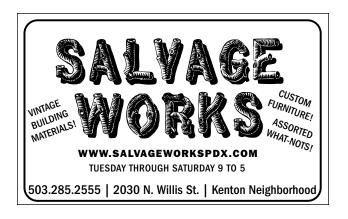
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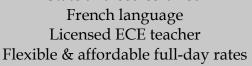
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#### Giving Thanks to the Friends of Vernon!

#### By Jennifer Kerns-Robison

On the morning of Saturday, April 24, students, faculty, parents, and members of the community gathered at Vernon school to celebrate Earth Day, work on the garden, and "beautify" our school grounds. Months of planning went in to preparing for this event and all involved were very excited about what we could accomplish.

Among many things on our agenda were: building an irrigation system for our wonderful school garden, the produce of which we are working to integrate into our school cafeteria; painting the school portables, which were in great need of repair; planting native plants around the grounds; laying out bark chips and compost on existing plants; and painting the peeling doorways. We had a lot on our agenda.

And then it rained. It is Portland.

We had had a few hours of successful work trenches were being dug, paint brushes were out, people had brought their wheel barrows and were out hauling dirt, and there was a lot of excitement in the air, which was inspired in part by the presence of so many committed members of the community coming together to work to make our school better. But, when the rains came, we all paused and almost despaired about the prospects for this grand project. We scurried in to the school's multi-purpose room, ate our lunches generously provided by NW Natural Gas and began to strategize about our next move.

#### And then the clouds parted.

We put our work gloves back on, wiped up some of the dripping paint, and started back at it. After a really hard day's work, the progress we made was visible and the improvement to the grounds was dramatic.

Everyone involved in the project demonstrated what can be done when committed members of a community gather together to make something happen. And with this project, the numbers of committed individuals and groups are numerous and we, the members of the Vernon community, want to thank them. They revealed that when you ask for help, people will give. When you ask them to show up, they will. People want to invest in their community, in their local schools, and, with some leadership bringing them there and financial support from the community to provide the tools, it can happen. It happened and I am thrilled. (Come take a look! Our purple

## The Little Red Schoolhouse: Maybe Baby

#### By Don Gire

June! The wrap up of school. Last day: June 15. A great summer lies ahead; I can feel it.

Lots happening. I am ending my term as Faubion PTA President, thinking of and thanking the wonderful folks that made my administration successful: Jane, Paige, Calley, Shamekia, Sharai, Rebecca, Jenny, Penny, LaShawn, Ashley and many more. Jenny Ogren will be

taking over the helm, although I get to give advice and second guess (if I'm nice) as Immediate Past President and still a director. I figure that gives me license to keep writing about Faubion for the Concordia News, too. Such fun.

Speaking of which (fun), the "lots happening" includes the Faubion Family and Community Wellness Fair at the school's playground, 11 a.m. on June 5, as well as the end of semester ceremonies, PTA budget meetings and the like. Don't look for the school to hibernate this summer, as the SUN Community School will be very active throughout the summer and will continue the nice sounds of children playing in and around our campus.

And then there is the unfolding of the things that Faubion, PPS, Concordia University and our neighborhood have in the breech awaiting word, approval or next steps. The political and educational side of things will also continue throughout the summer months with, maybebaby, some action on the following initiatives that we have been working on:



- Maybe Faubion will get the nod to become Oregon's higher education "I Have A Dream" school. We made a heck of a presentation last month and certainly have the need and are deserving. Watch for this.
- Maybe Concordia University and Portland Public Schools can come closer to moving our letter of agreement into some bricks and mortar for a new school to be built on the Faubion Campus. Wouldn't that be great for our neighborhood?
- Maybe next year's so-called "capture rate" will continue to increase as more of our communities' kids and parents choose this great little red schoolhouse down the block. It is a surprisingly wonderful school experience. Just stick your head in the door and see for yourself.
- Maybe the new PPS High School initiative that kept Grant intact and expanded the opportunities at Jefferson will work out as planned. Success here is vital.

And, maybe I'll survive this spring's heady schedule of Wilshire-Riverside Little League Baseball with my grandson and the fine players, coaches and parents that have kept me focused throughout the ongoing rainy spring. Just maybe.

Thanks for your readership and your continued support of our community school. Have a great summer.

## Columbia River Crossing: Summary of Discussion at April Meeting

#### **By Dennis Sandstrom**

About 20 people were present at our April general meeting to listen to a presentation from staff at the Columbia River Crossing project (CRC). CRC is a long-term, comprehensive project that will improve safety and relieve congestion for five miles of I-5 from around Delta Park in Portland to SR 500 in Vancouver. The project will replace the I-5 bridge, extend light rail from the Expo Center to downtown Vancouver, improve closelyspaced interchanges, and enhance bicycle and

In 2009, the CRC project's eight advisory groups made several key recommendations, including design guidelines for the replacement I-5 bridge, pedestrian and bicycle path elements, the Hayden Island light rail station, and a preferred alignment for the Marine Drive highway interchange. CRC will continue to work with communities to finalize light rail, pedestrian and bicycle, and highway designs.

If you missed the presentation, the project encourages you to visit their website (www. columbiarivercrossing.org) where there are answers to frequently asked questions and a fact sheet that gives a good overview of the project, recent decisions, and schedule. You can find a direct link to the fact sheet on the home page or contact the project to have a copy sent to you; e-mail: feedback@columbiarivercrossing.com, phone: (503) 256-2726.

#### doors alone are worth the visit!)

Gratitude to: Gage Reeves, Vernon PTA, Tina Acker, Growing Gardens, NE Portland Tool Library, Portland Wood Waste, EDG:E Program PSU, Delphina's, Eat, Think, Grow-Food, Portland Business Alliance, NW Natural, Sherman Williams, Hands On Portland, ODS, NE Coalition of Neighborhoods, Dick Pugh, Cup and Saucer, Tastebud Bagels, Vita Café, Fuel Café, Eclectic Bakery, Francis, City of Portland, Alberta Rose Theater, Boskey Dell Native Nursery, Grasshopper, Origin, Albert Gardens, PIE Footwear, Ampersand Vintage & Ephemera, Tin Shed, Billy Goat Vintage, Exhale Yoga, Postal Central, Ashforth Pacific, Inc., Flutter, Hot Lips Pizza, Il Forno Ferruza Pizza, Guardinos Gallery and countless parents, students and teachers from Vernon. pedestrian pathways and connections.

Staff provided a brief background on the project and covered the current timeline. They also described how CRC will address issues related to safety, congestion, poor pedestrian and bike facilities and earthquake risk.

The CRC project is moving forward with refining the project's designs based on technical analysis and recommendations from advisory committees.

## **Musical Adventure Camp**

Englewood Christian Church will be hosting a Musical Adventure Camp this summer for 1st thru 6th graders. It will be an all day event from 8:30am to 5:30pm everyday for one week. Starting Monday July 19th to Sunday July 25th. Saturday and Sunday rehearsal and performance. The camp will involve learning and performing in a musical production along with many other activities throughout the week. There will be a one time fee for admission of \$89.00. Scholarships may be available.

For more information call (503) 287-1241 or email ccochri@qwestoffice.net

## **Health & Wellness**

By Stephen Hamilton

At the last board meeting, I accepted the invitation to chair and revive the dormant Health and Wellness committee of the Concordia Neighborhood Association. My name is Stephen Hamilton, and my wife Karen Beal and I moved into the neighborhood on NE 30th Avenue just north of Killingsworth Street 4 ½ years ago.

Not too long after we got settled in to our home, we soon found ourselves involved with some of our neighbors in the project of building and installing the mosaic planter boxes and totems that now reside at the corner of NE 30th and Killingsworth. Getting involved in creating and promoting a vision and program of health and wellness at both the personal and relational/ community level is not just a casual interest but rather a life commitment I have made for myself.

For me personally, the concept of health and wellness is grounded in a perspective and vision of that which can produce the greatest and most sustainable quality of life for oneself and others in mind, body, emotions and spirit. In mind, the focus is on an individual and collective consciousness of right attitudes, beliefs and values that promote and sustain health and wellbeing. In body the focus is on the living organism, the structure (neighborhood) and its intricate web of interrelatedness and mutual interdependencies and how it can optimally function. In emotion, the focus is on those things that can foster the greatest sense worth and value within ourselves and each other. And spirit focuses on mutual respect and reverence for oneself, one another and all of life. Each of these components are like the four legs on a chair. If one or more of these legs is missing, or if one or more is a little weak or unsteady it will most assuredly create varying degrees of imbalance or dis-ease.

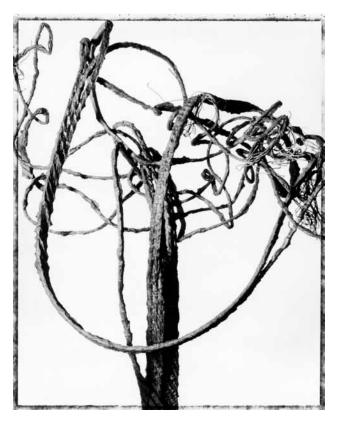
It is my goal, therefore, as the new chairperson for this committee to create a context, a forum for the dissemination of credibly researched and presented information and resources for the purpose of promoting conversation and plans of action that well create a greater sense of health and well being for you, your family, your neighbors, our environment and all of those whom you love and care for. I do not envision the committee and its offerings to be thought of as "the experts" but rather the catalysts for creating thought, dialogue and participation in health and wellness.

Since the Health and Wellness committee has not existed for a couple of years, it is important that a new one be created, and I will want to have some of you to join with me in this adventure of ideas and possibilities for living, living well, and living better. If you find yourself being intrigued or interested in what could come from such a collective enterprise such as this, I invite you to give me a call at the number below so we can continue together in this exploration.

To yours and our good health and wellness!

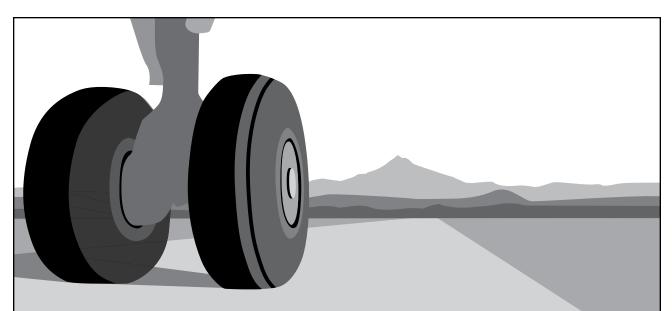
Stephen Hamilton (503) 281-6261 Spiritbro@SpiritOne.com

## Pushdot Studio presents Robert Pallesen, *Blowout*



Board member, Robert Pallesen, will be showing his fine art photography at Pushdot at 1021 SE Caruthers St. this July. His work has appeared in architectural installations, galleries and books.

The Blowout pieces are composed of blown-out tires that Pallesen has collected and arranged using lighting techniques. The opening is on July 2nd from 6 to 9 p.m. and it will remain up all month. Find out more about his work and the exhibit at www.robertpallesen.com.



## St Andrew's Race for Justice Needs Runners and Helpers

St. Andrew Legal Clinic (SALC) is holding its annual 5K fundraiser on June 19 and needs community volunteers to help with logistics!

The race will begin and end at the Madeleine Parish, located at 3123 NE 23rd Ave. and winds through the streets of NE Portland up to Alberta Street and back through the neighborhood to the Madeleine School grounds. People need to help set up, assist in directing runners, and to help clean up afterwards. In particular, we need volunteers to lift, carry, and sort boxes of race materials. Clerical assistance is also needed leading up the race (between June 10 and June 19).

#### WHERE RUBBER MEETS THE RUNWAY

#### **Runway Rehabilitation Program**

Flight pattern and noise changes at PDX May-October 2010.

If you have questions or concerns, contact us at 503.415.6532 or 503.460.4100 (noise hotline). Learn more at **www.pdx.com**; click on North Runway Extension.

PORT OF PORTLAND

#### Want to write for the Concordia News?

Send your articles, poems, letters to the editor, love letters, etc. to: ConcordiaNews@yahoo.com For more information or to volunteer, please call Cynthia Gregory at (503) 281-1500 x24.

St. Andrew Legal Clinic is Portland 's only lowcost legal clinic providing family law advocacy on a sliding scale. SALC is dedicated to providing security for children, support to women in crisis, and access to justice for the working poor. Headquartered at 807 NE Alberta Street across from St. Andrew Catholic Church, SALC has helped 40,000 Oregonians since 1979.

## NE 30th and Killingsworth Intersection Repair Completion

**By Ansula Press** 

Everyone is invited to come and help repaint the supergraphics at the Fox Chase corners at NE 30th Avenue and Killingsworth Street. As part of this year's Village Building Convergence, we will be giving a new coat of paint to the sidewalk designs in celebration of the completion of our intersection repair. We will be painting on Saturday, May 29, from 10 a.m. to 3 p.m. All materials will be provided. Come for an hour or stay all day.

In addition, we will be weeding the planters and tree wells, and cleaning the gutters to really put a shine on our beautiful four corners. Please bring gardening tools and any spare drought-resistant plants you might have to donate. Yard waste bins would be helpful, too. Begun in 2006 to address the safety of pedestrians and to invite traffic to slow down, the neighborhood project has placed four mosaic planters and three totems at the intersection in addition to painting the corners.

And, thanks to the hard work of the Concordia Neighborhood Association and especially T.J. Millbrook, we now have two crosswalks and two pedestrianactivated traffic signals

So to celebrate the successful intersection repair – which began to protect pedestrians and to slow traffic and, of course, to beautify our little hub – we will be freshening up the painted sidewalks, weeding the planters, and cleaning the gutters. And then we will celebrate the reclaiming of our crossroads!

## 12th Annual YARD SALE Concordia Neighborhood Association JUNE 25, 26 & 27, 2010

Think Green!!! Time to gather all those items you no longer want or need and plan to join us and have a yard sale at your home. Your unwanted items can be the treasure that someone else is looking for. We do the advertising in newspapers, on TV and radio and with large signs on major corners in the neighborhood. We supply you with signs and balloons to mark where your sale is located. Just complete the registration coupon below and include the **\$7 fee** (make checks payable to Concordia Neighborhood Association) Mail or deliver to Concordia Neighborhood Association c/o Donna Carrier 3597 NE Simpson St Portland OR 97211 All participants are put on the maps. Yard sale packets with signs and maps will be mailed to the participants. Deadline to be on the map is Thursday June 17th. You can still be in the sale but will not show on the map if registration is received after this date. We do request that you live within or your sale be within the Concordia Neighborhood boundaries. Questions contact: Yard Sale Coordinator-Donna Carrier Phone: 503-288-9826 or email: donna.carrier58@gmail.com.

Concordia Neighborhood Association 12th Annual Yard Sale



NAME: _	
ADDRES	S:
PHONE:	
Please indi	cate days you wish to participate in the sale. Check all that apply
	Friday June 25 Saturday June 26 Sunday June 27

We show kid-rated films, appropriate for the younger set. mcmenamin.com for showtimes

Friday – Monday · First two showings

Visit us online at concordiapdx.org