



# CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association |

visit the website: [concordiapdx.org](http://concordiapdx.org)

July 2011

## Neighborhood Artist Performs at Fernhill Park

### The Stolen Sweets, live July 8th

Concerts in the Park coverage on pages 6 and 7 inside.

The Artist interview featuring Concordia resident, Erin Sutherland.

#### Tell us about your music.

The Stolen Sweets features three female vocalists, a double bass and two acoustic guitars. We play 1930's Swing Jazz inspired by the Boswell Sisters and Django Reinhardt. Kind of chucka-chucka guitar stuff.

#### How did you come together as a band?

The band got together in 2004 after joining for what we thought would be just one show. Pete Krebs loved the Boswell Sisters but needed female vocalists to join his band which was just three guys. So Lara Michell, Jen Bernard and I learned songs from the Boswell Sisters and loved the music so much that we couldn't do just one show. So we recruited Pete, David Langenes and Keith Brush and The Stolen Sweets were born.

#### How did you get involved with the concert series?

We've played the concert series before - at Washington park - and the city approached us a while ago about doing it again. They like us because the music is fun and appropriate for people of all ages. We love doing them too - it's nice being outside (as a lifetime Oregonian you know that during the sunny summer months you've got to be outside). I also like that it's all ages because we play in bars a lot and its fun to see kids dancing in the grass or invite my friends with kids to come see the show.

#### Where can we hear you play?

This summer, we are playing at Duff's Garage at SE 7th and Clay from 6 - 8 pm almost every Sunday. We're breaking out now into early 1950's rock and roll such as - Bill Haley and The Comets. Our shows at Duff's are



Erin Sutherland, vocalist for The Stolen Sweets,  
in her double-decker bus vintage store  
(photo: erin sutherland)

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great to work on new material because it is a really laid back atmosphere and everyone dances. They lift up the garage door and you can drink a beer and there are swing dancers that come to our shows.

Its quite a fun spectacle. You can also check our performance schedule at [www.stolensweets.com](http://www.stolensweets.com).

#### What inspired the vintage shop you own in a double-decker bus on N. Williams?

I lost my job in May 2010, but I had bought the bus in April with the intention of making it exactly what it is today. When I knew I was going to lose my job, I asked what I wanted my dream job to be. I worked for six months to get it ready and opened in October. It didn't make sense to open up just another vintage shop and I knew I would have to really stand out to make it

## How to Throw a Block Party

Block Party on the Brain by Katie Transeth

As the days get longer and brighter, my neighbors and I seem ready to embrace the best of what Portland summers have to offer. For the past four springs I have had a block party on the brain and talked about throwing one. Instead I planned a wedding, got married and had a baby. This year is different. I have decided 2011 is the block party year. I wanted to share the planning and the product with our community, just in case you too are like me, game for getting to know your neighbors and having a good time while doing it.

My house falls right in the middle of our block and I have befriended many of my neighbors in the last four years. Before going through the effort of planning the party, I wanted to make sure I wasn't the only one who thought this was a great idea. I took an informal survey sounding like, "Hey, wanna have a block party in August?" Happily my neighbor's responses reflected my hope and I got busy on the computer.

I typed "block party Portland" into the search engine. Portlandonline.com was the first selection that provided all the information I needed to make the party successful.

First, I would need to apply for a permit from the City of Portland Bureau of Transportation to close off the street; this is a requirement. I completed the documents, including a petition signed by all my neighbors, to submit to North East Coalition of Neighborhoods, NECN, for approval. The NECN charges a nominal fee to process the block party permit, which includes liability insurance. The next step was to reserve our blockades from a local barricade company for around \$45.00.

Now as I wait for my final approval, the fun planning begins: flyers for reminders, a meeting to plan what to bring, and most importantly dusting off the Ping Pong table. The result? To be continued...



JOIN US FOR:

# JULY'S NEIGHBORHOOD MEETINGS

EVERYONE IS INVITED!

## General Meeting Note

There will be no general meeting in July. The August General Meeting will be at Fernhill Park for National Night Out Aug 2, 6.30 pm. Live music and a parade.

## Board Meeting 2ND TUES AT 7 PM

McMenamins Kennedy School, Community Room  
Next Board meeting Aug 9.

## Tree Team Meeting THURS JULY 7, AT 6 PM

New Seasons dining area

## Wellness Committee WED JULY 13, AT 7 PM.

Caffé Vita,  
3023 NE Alberta St.

The wellness committee is planning a neighborhood survey on wellness topics.

## Land Use, Livability and Transportation Committee Meetings

THURS JULY 7 AT 7 PM

McMenamins Kennedy School, Community Room

We have two purposes: to hear about and try to solve issues affecting quality of life in Concordia that are brought to us by individuals, and to identify changes and developments related to land use and transportation that could improve life for large numbers of residents.

### CONCORDIA NEWS

Concordia News is a free monthly publication of the Concordia Neighborhood Association. Newspapers are delivered to all residences and many community locations in the Concordia Neighborhood.

#### Submissions

The deadline for submissions is the 15th of the month prior to publication. Concordia News may edit for form and length.

Contact the editors  
concordianews@yahoo.com

#### Advertising

Please send advertising inquiries to:  
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Contact the CNA Board  
contactcnaboard@yahoo.com

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#### MISSION STATEMENT

To connect Concordia residents and businesses — inform, educate, and report on activities, issues, and opportunities of the neighborhood.

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## 14th Annual Alberta Street Fair

# Multi-Cultural Neighborhood Party

## Sponsored by Alberta MainStreet

by Sara Wittenberg, Executive Director

Alberta Main Street is pleased to present the 14<sup>th</sup> Annual Alberta Street Fair on Saturday, August 13, 2011. Mark your calendars today!

Alberta Street Fair promises to have something for everyone while celebrating the diversity and uniqueness that is Only on Alberta. Kicking off this year's event is the new children's parade starting at 11:00 AM at NE 15<sup>th</sup> and ending at the Center Stage at NE 21<sup>st</sup> where a children's performance awaits the costume-clad kids. In addition to the parade, Umpqua Bank will again host the Kids Corner (at NE 18<sup>th</sup> Ave) full of crafty fun and entertainment.

After the parade, there will be plenty of time for shopping, eating, dancing & celebrating community!

- Shopping in Alberta's unique local businesses and at over 150 vendors lining NE Alberta Street between NE 10<sup>th</sup> & 30<sup>th</sup> Avenues (11 AM – 7PM)
- Eating at one of Alberta Street's well-known eateries, food carts or Street Fair vendors.
- Dancing at one of the three entertainment stages at NE 30<sup>th</sup>, 21<sup>st</sup> & 11<sup>th</sup> Ave. Watch the website for the full lineup of entertainment.
- Celebrating in the beer garden at NE 11<sup>th</sup> where you can sample some of Portland's finest local brews, 1 – 9:30pm

Kids interested in participating in the parade should gather at 10:30AM in the Alberta Co-op parking lot at NE 15<sup>th</sup>. Volunteers are still needed to help the day run without a hitch. Vendor spaces are going fast but there are still a few spaces available. More information about all things Street Fair can be found at [www.albertamainst.org](http://www.albertamainst.org)

Alberta Street Fair is a free community event with a suggested \$2 donation to support building a vibrant and healthy Alberta Street. Donations will be accepted at the information booth (1722 NE Alberta), selected retailers and the beer garden.

Alberta Main Street advances efforts to develop Alberta Street as a vibrant, creative & sustainable commercial district serving residents and visitors to our community. Please consider walking, biking or taking public transportation to Alberta Street Fair.

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

Visit the website of the Concordia Neighborhood Association for:

- Community News
- Neighborhood Information
- Events
- Services
- Blog

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

**The Concordia Neighborhood Association has formed a nominating committee to fill additional vacancies on the Board.**

**Interested residents can submit names to [contactcnaboard@yahoo.com](mailto:contactcnaboard@yahoo.com).**





## The Vanishing Bees by Jeff Hilber

*from a talk at the June General Meeting*

Keeping bees is an endless source of fascination and mystery. When did you first become aware of bees? For me, as a kid, it was in Sherlock Holmes stories; the world's foremost detective retires and becomes . . . a beekeeper.

A couple of years ago I started studying bees. I found out there are three basic styles of beekeeping: Langstroth, the typical white-stacked boxes of commercial beekeepers, top bar hives, originating in Africa, and Warre, originating in Japan and other countries, systemized in France in the 1880s.

If we approach the hive with the idea of the undividable society of bees, it affects the choices we make in how to house and care for bees. Although I make top bare hives, my intention is to interest you in beekeeping, not necessarily promote one method over another, but to encourage an organic approach in your backyard.

They live in a communal, non-hierarchical social structure, no hate, greed or deception. In the hive everybody serves everybody. But this is only half of an even larger being-- the flowering world. Keeping bees allows us to contemplate and touch this greater flowering world. The message is that we, too, are just a part of a larger world.

Culturally bees have always been important to humans. The bulk of food pollination is done by honeybees through the subtle interplay of insects and plants.

The queen lays a fertilized egg that becomes a female bee, also known as a worker. Her age determines the task she performs: housekeeping, producing royal jelly, raising the brood, building comb, assisting the queen; eventually becoming a forager outside of the hive. The worker bee will perform this task for the remainder of her life.

### Friends of Last Thursday

by Rochelle Saliba

Tasked by the city to localize stewardship of Last Thursday within the Alberta community, Friends of Last Thursday (FoLT) began hands on engagement during May's Last Thursday to extremely positive result. Infractions were down; the street was reopened in record time and the FoLT Ambassador program made great progress in its education and outreach component.

One of the cornerstones of the FoLT mission is to help create a safer event, which means working with participants to gain their compliance with city and county safety laws, including observance of ADA, parking, noise, fire and food handling codes, zero tolerance for open containers of alcohol, and a Leave No Trace refuse goal. Also of high priority is engendering greater neighborhood respect. FoLT has listened to the concerns of our neighbors and is actively working to educate Last Thursday participants in the ways in which they can exert the lightest possible impact on our community.

By the 2012 season, FoLT plans to shoulder much, if not most, of the financial impact of Last Thursday, including security, temporary

The queen produces a pheromone that identifies the hive. Any bee attempting to enter must pass a guard bee asking, "Are you wearing the queen's pheromone?" The exception to this is if a bee arrives and is carrying pollen; she is let in. Just like someone showing up at your door with a bottle of wine and a potluck dish.

Unfortunately there is a lot of bad stuff outside, pesticides, predators, heavy metals, smog and industrial waste that can also find its way into the hive with unhealthy results.

It is getting easier all the time to begin as a beekeeper. Many local stores stock beekeeping supplies and some have local bees. There are many beekeeping seminars available in our neighborhood. If you can't keep a hive, plant bee friendly flowers and use organic methods in your garden.

If we each take up beekeeping as we have taken up gardening, we can fulfill the stewardship role necessary to promote healthy populations of bees, able to survive in our local environment.

The vanishing bees are a wake up call.



*Apis Mellifera- European Honey Bee*  
The third insect to have its genome mapped

### ... on the Move!

toilets, garbage & recycling, street closure and administrative costs. To achieve this goal, our Resources team will be working to build capital on several fronts, including business sponsorships, day of event donations and an end of season music & art benefit.

There are many avenues in which we invite you to engage with FoLT; in fact, community input and participation is essential to our success. One of the most immediate ways to plug in is by joining our Ambassador team. During Last Thursday, over 20 Ambassadors roam the street in colorful hats and vests helping to ensure Last Thursday runs as smoothly as possible. Not only were our Ambassadors positively received by May participants, they reported that it was a great time for them as well—fitting feedback, because "fun" is the first adjective in our mission statement!

Our Street Operations committee is another great opportunity for new "Friends". Streets Ops folk help open and close the street and oversee the Leave No Trace program, a sustainability benchmark of high priority.

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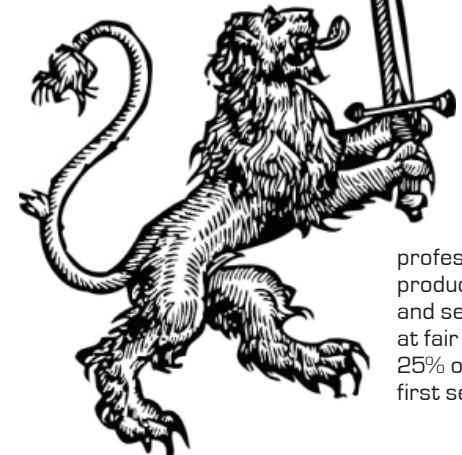
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Also in the FoLT pipeline are plans for community-sourced art projects, including summer work parties to build our own colorful street closure barricades, and kids-corner art events during each warm weather Last Thursday.

Feel free to email at any time with your questions and concerns: [lastthursdayonalberta.com](http://lastthursdayonalberta.com). You may also want learn more at one of our open forums on the first Wednesday of each month from 7:30-8 pm at the Talisman Gallery, 1476 NE Alberta St.

And do drop by the FoLT information booth during Last Thursday (located between 19th & 20th) to say hey. We look forward to seeing you on the street and wish you many happy future Last Thursdays!

Rochelle Saliba is a  
Friend of Last Thursday



## Wellness by Jill Muhm-Glover

### Human Performance and Dieting...the good, the bad, and the ugly.

A few weeks ago I had the pleasure of visiting Concordia University's Human Performance Lab located in the George R. White Library and Learning Center. Joel Schuldheisz, Exercise and Sport Science Department Chair, and resident of the Concordia neighborhood showed me around the lab and assisted me in calculating my own body fat percentage.

We talked about making the machines available to neighbors via the Fernhill Park Concerts. The wellness committee is working with Joel on how to make these machines available to neighbors... Stay tuned for more info on how you can get your body fat calculated at the next concert in the park.

In the meantime, like to share with you what the experience got me to thinking about weight, and dieting and why diets don't work! I know many of us Portlanders are finally thinking about shedding a few of our layers and in turn realizing that we'd like to shed a few pounds as well.

Before starting any crazy dieting, please read this article!

You can't turn on the TV, drive down the road or go to a party without being confronted with

America's hottest obsession: weight. Diets are a billion-dollar industry; companies spend millions and millions luring you to try the latest --low carb, high protein, low fat, no fat, you name it-- with promises that this will --finally! -- be the solution: your shortcut to a thinner body. Advertising efforts also deeply affect our children; they develop distorted body images and are often on diets as early as nine or ten years of age.

Our culture touts diet pills, celebrity workouts, convenience foods and trendy diets to help us achieve our desired weight, but these quick-fix solutions have backfired. America's populace has reached its highest weight in history. About half of Americans are overweight; one-third are obese. Diets steer us away from our common sense and dip deeply into our pocketbooks while eliciting few, if any, lasting results. Why?

Diets don't work because each person is unique. With different needs based on gender, age, ancestry and lifestyle, how could one diet be right for everyone?

Diets don't work because they are extreme solutions. As in physics, if a pendulum swings to one extreme, it has to swing equally to the other. A diet might work for a short amount of time, but research shows that almost all diets result in a ten-pound gain once off the diet. Diets don't work because they are too restrictive. People who fail on diet plans are not

flawed or weak. Diets by nature require discipline and restriction at levels that are unsustainable by a healthy human body.

Most people are disconnected from why they gain weight and see their food intake as the only culprit. For example: ignoring or discounting emotions is often the first thing to cause weight imbalances.

In our fast-paced world, we have lost sight of many aspects of life that truly nourish and balance our bodies: such as slowing down, eating a home-cooked meal and spending quality time with loving people. Eating consciously and making simple lifestyle changes will create positive results and release you from the endless cycle of dieting.

Given half a chance, your body will balance out by itself, but this is only possible by getting out of the diet mentality and listening to what you truly need. Imagine taking all of the outward energy you expend on diets, fads and gimmicks and turning it inward, listening to your heart and your inner wisdom. There is no such thing as a quick fix; you already have everything you need within you. With careful thought and loving reflection, you can feed yourself in a nourishing way. Working with your body rather than against it will bring you increased energy, stabilized weight and sustainable health.

by Jill Muhm-Glover, Wellness Committee Chair

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<sup>†</sup> Some benefits, including First Accident Forgiveness and the Disappearing Deductible, are only available with the optional Advantage Plus package. A policy without these benefits is also available. [Call for details.] To qualify for these two benefits, all drivers on the policy must have a clean record (no accidents or violations) for five consecutive years in most states. For the Disappearing Deductible, these five years must include a period of three consecutive years as a policyholder in the AARP Auto Insurance Program (commencing after the effective date of the policy issued through this offer). PA drivers are not eligible for the complete disappearance of the deductible, although it will be reduced to a minimum of \$100. The First Accident Forgiveness benefit is not available in Delaware.

<sup>†</sup> If you are age 50 or older, once you're insured through this Program for at least 60 days, you cannot be refused renewal as long as applicable premiums are paid when due. Also, you and other customary drivers of your vehicles must retain valid licenses, remain physically and mentally capable of operating an automobile, have no convictions for driving while intoxicated and must not have obtained your policy through material misrepresentation.

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### Food Focus on Sprouts

In the spring and early summer season in Portland, seeds flaunt their vitality and energy by sprouting. Sprouts of all varieties contain the building blocks of life in the form of vitamins, enzymes, amino acids and simple sugars.

Add to salads. Combine with other vegetables in wraps, roll-ups or stir-fries.

Use as garnish on top of soups, stews, omelets or scrambled eggs.

Add to rice or whole-grain dishes.

Use in sandwiches instead of lettuce.

Eat sprouts and feel alive!

#### Recipe of the Month: Spring Sprouting Steamer

Prep Time: 3 minutes

Cook Time: 5 minutes

Yield: 4 servings

#### Ingredients:

- 1 zucchini
- 1 summer squash
- 1 package mixed crunchy sprouts (lentil, adzuki, mung, garbanzo)
- 3 tablespoons of freshly chopped tarragon
- 1 tablespoon of ghee (clarified butter) or butter
- 4 lemon wedges
- Salt to taste

#### Directions:

1. Slice zucchini and summer squash in discs about 1/4 inch thick. Steam with sprouts for about 5 minutes or until desired tenderness.
2. Toss with tarragon, ghee and salt in bowl.
3. Serve with lemon wedge.

*Note: Try fresh herbs like parsley, dill, cilantro or mint for a totally different taste.*



# WHY FERN HILL? by Clifford Dimoff

Although people enjoyed the pleasant area in the Concordia neighborhood in NE Portland known as Fern Hill for many years prior to it becoming a public park, I doubt very many know how it received its name. The fact of the matter is simple –trees covered most of the rolling hills and the entire area under them was filled with ferns and underbrush, so it was aptly known as Fern Hill long before its conversion to a park in the 1940s.

With just a few footpaths through it, Fern Hill was a lovely arboretum, home to many birds, a fabulous place for kids to play hide and seek, cops and robbers, war games, or whatever an individual’s imagination might create. During the winter, when it snowed, we would sled down the slope formed by the gully running through it and in the summer we would ride our homemade go-carts down the paths and crash into the ferns. Before Adams High School was built in 1969, much of the space south of the tree area was open land used for farming with a grass-covered area along 37<sup>th</sup> where we played football and other team games.

There were no houses or paved streets from Fern Hill to Lombard east of 38<sup>th</sup> Avenue nor between the park area and 42<sup>nd</sup> Avenue till after the Second World War. Holman Street was paved to 38<sup>th</sup>. From there only a narrow dirt road continued straight to about 41<sup>st</sup>, turned south for about a block, then east again to reach 42<sup>nd</sup>. North of Portland Blvd. (now Rosa Parks Way), the area east of 33<sup>rd</sup> to about 37<sup>th</sup> was an open field, with a slope along the boulevard we kids referred to as the “Sand Bank”. Most of the area past that point to 42<sup>nd</sup> was planted in truck gardens tended by Japanese until they were interned during the War.

Because the railroad running parallel to Lombard was so close to the park, many of the hoboes who rode the freight trains in those days would hop off and come up to sleep under the ferns in the park at night, but would leave during the day. Occasionally they would break into a nearby house to steal food.

# Crossword by Chris Yensan

**ALLEGRO NON TROPPO** *It means fast, but not too fast. Hopefully this puzzle (and the music at Fernhill Park?) will be like that, and hopefully the summer goes lentissimo.*

**ACROSS**

1. They play July 8 at Fernhill Park – The Stolen \_\_\_\_
7. They play July 22 at Fernhill Park – “Melao \_\_\_\_”
13. Loveseats
15. How to tell if that watermelon is ripe
16. 10,000 square meters
17. He works for the company that promotes your business
18. “. . . as well as if \_\_\_\_ of thy friends or of thine own were . . .” (John Donne, Meditation XVII)
20. Dante’s rhyme scheme in The Divine Comedy
23. Humble abode
24. Insect genus
29. 7Down’s partner
30. “Cat on \_\_\_\_ tin roof”
32. Swerves
33. Little nipper
34. \_\_\_\_ Grunbein (well known German poet)
35. Weird
36. They play July 15 at Fernhill Park – “The \_\_\_\_”
40. Taps the ball across the green
41. Encircle
42. Adj. suffix
44. Small Indian evergreen
45. Fencing foil
46. Melody
47. Let the tea bag soak
48. Diagram the area
49. The Sixth Sense director’s monogram
50. Values
54. Coleoptera
60. Leave discreetly
64. Type of exercise
65. Renata \_\_\_\_ (Italian Soprano)
66. They play July 29 at Fernhill Park – “Lisa & \_\_\_\_”
67. They play August 2 at Fernhill Park – “Ty \_\_\_\_ Band”

**DOWN**

1. Ntwk. protocol that allows safe data transfer between computers (Abbr.)
2. Tiny
3. List ender
4. Singer \_\_\_\_ James
5. Group that plays together
6. “Que \_\_\_\_ . . .” (1956 Doris Day tune)
7. 29Across’s partner
8. Gov’t regulatory agcy.
9. Gear tooth
10. French article
11. You put rubbish into it
12. Largest U.S. Telecommunications Co.
14. Married Portuguese woman
15. Pie alternative
19. Extended
20. It makes the music louder
21. Aroma, to wine connoisseurs
22. One who has lost a limb
24. Take revenge upon
25. Hemispherical hammer head
26. “\_\_\_\_, send me . . .” (Isaiah’s answer to the Lord)
27. “\_\_\_\_ Flame, Cried The Phoenix” (1951 Tennessee Williams’ play)
28. Compass pt.
30. Makes sense
31. Ben \_\_\_\_ (1959 Heston role)
37. Primus BBQ model
38. Superlatively cool
39. 1991 U2 hit
40. After the postscript
43. Certain crossings
48. Haphazard assortment (Abbr.)
51. A Baldwin
52. Ancient Berber tribe
53. Sail support
54. “\_\_\_\_ Humbug!”
55. Wide shoe size
56. Make a mistake

57. “Tik \_\_\_\_” (Keshha’s 2009 debut single)
58. Summer colony off the coast of N.J.
59. Numero Uno, in Nuremburg
61. Romanian river
62. Ancient, native peoples of the Caucasus
63. “\_\_\_\_ the season . . .”

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# Five Reasons To Dance In Fernhill Park

Pocket guide to live music in Fernhill Park

**July 8th, The Stolen Sweets - 1930s swing jazz confection**

**July 15th, The QuadrAPHONES - the single sex sax quartet**

**July 22nd, Melao de Cuba - exuberance of traditional Cuban music**

**July 29th, Lisa and Her Kin - country/honky-tonk--steel guitars**

**August 2nd National Night Out - Ty Curtis Band - Contemporary Blues**

**Live music at Fernhill Park in the Concordia neighborhood.**

**Fernhill Park is located between NE Simpson and Holman and NE 37th and 41st Aves.**

**All Concerts start at 6.30 pm, ending about 8.30.**

**Bring the family, a picnic basket, lounge chairs and dancing shoes.**

**The Concordia Neighborhood Association provides a crafts and activities table for kids with local artists.**

**Food vendors: Aladdin Café, Hot Dog Ernie, Mountain Ice and The Village Crepery will have booths set up on the ridge.**

**Please park responsibly.**

## July 8th - The Stolen Sweets 1930s swing jazz confection

The Stolen Sweets, Pete Krebs, Jen Bernard, Lara Michell, David Langenes, Erin Sutherland and Keith Brush, formed in 2004 after rehearsing for a one-off tribute show to 1930s sister act, The Boswell Sisters. They loved the material so much, they decided they weren't ready to part with it just yet. The Sweets' repertoire has expanded to include material from the 1920s-1940s with gypsy jazz guitar accompaniment reminiscent of Django Reinhardt.

The Sweets have also started writing and arranging tunes, six of which are included on their latest record.

The Sweets stay busy playing club gigs, private events and festivals all over the northwest and beyond. They strive to keep these vintage tunes alive, transporting a wide array of listeners to the early days of jazz.

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



The Stolen Sweets

## July 15th - The QuadrAPHONES the single sex sax quartet

The QuadrAPHONES saxophone quartet, Mary-Sue Tobin, Mieke Bruggeman, Chelsea Luker and Michelle Medler, based in Portland, provide a tantalizing sound filled with funky grooves and soaring solos. These four women, along with bass and drums, come to the stage with a powerful sound and a rare show.

The quartet has a wide classical repertoire ranging from baroque to contemporary, often blending traditional and modern jazz with arrangements of rock/pop/funk songs - lively, anything goes jazz.

All members have degrees in music and perform and teach regularly in the Portland area.

<http://quadrAPHONES.com>



The QuadrAPHONES

## July 22nd - Melao de Cuba exuberant traditional Cuban music

Melao de Cuba combines Latin rhythms with elements of Afro-Cuban, Jazz, Salsa, and Spanish Flamenco music, creating an original sound that makes the audiences jump to their feet to dance.

Melao, the Spanish word for molasses, is a group of talented Portland musicians coming together to share the beauty and exuberance of traditional Cuban music.

Just as molasses is transformed into one of the oldest spirits of the world, rum, Melao transforms elements of Afro-Cuban and Spanish music into

vibrant, danceable music that lifts your spirit and brings joy to your heart.

The band Melao de Cuba with lead singer and musical director Virginia López and 11 musicians on piano, electric bass, baritone saxophone, tenor sax, trombone, trumpet, congas, bongos, timbales and two vocalists has been playing in the Portland area since 2006.

[www.myspace.com/melaodecuba](http://www.myspace.com/melaodecuba)



Lead singer Virginia Lopez (center front)  
Melao de Cuba



## July 29th - Lisa and Her Kin country/ honky-tonk

Steel guitars, fiddles and Lisa. Lisa has been writing, playing, & recording her music for many years. With a back ground in many different genres she settled into country/ honky tonk about 8 years ago. She began touring with her band The Trailer Park Honeys after receiving rave reviews for her CD "Lipstick & Beer". As the band toured, Lisa wrote a slew of new material. In 2003 she put together a new band – "Lisa & Her Kin" and headed to Texas to gather up the best side players in town for one heck of a great recording. "Two Weeks In Texas"

continues to receive a phenomenal response around the world. In 2006 Lisa & her brother Ian began to co-write songs to accompany their sibling harmonies and the response was powerful. In 2007 they recorded their second collaboration, "Chicken Shack". In 2009, brother Chris moved back to the Northwest from Austin Texas and began playing bass for The Kin, adding vocals and his songwriting skills to the mix

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



Ian and Lisa



Ty Curtis Band

## August 2nd - Ty Curtis Band contemporary blues band

Described by one music critic as "...a multi-talented line-up that is packing blues lovers in and keeping them on their feet." The Ty Curtis Band plays a mix of blues, blues-rock, funk and swing that grabs the audience's attention. Their three part harmonies are enhanced by world-class bass player Willie Barber and noted drummer Jerry Jacques. The band has won many awards including, in 2010, Best Contemporary Blues Act from the Cascade Blues Association.

With a classic voice and blazing guitar technique, Ty Curtis discovered the blues in his early teens. He wrote, recorded and released his first album when he was just out of high school. Now only 23, he has released three albums and won 2nd place in the 2009 blues Challenge, launching the band into the world spotlight. This young band is all blues intensity, full of heart and proving to be unstoppable.

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

## August 2, Tuesday National Night Out

National Night Out starts at Fau-bion School with a parade that ends at Fernhill Park at 6.30 pm for the start of the last live concert in the Concerts in the Park Series, featuring the contemporary blues band of the year, the Ty Curtis Band.

What is National Night Out? Since 1984, it's America's Night Out against Crime; bringing together over 34 million participants in 15,500 communities in 50 states and beyond.

For information on how to participate, decorate your bike and be a part of the parade, email to: [contactnaboard@yahoo.com](mailto:contactnaboard@yahoo.com)

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

National Night Out is designed to:

- Heighten crime prevention awareness.
- Generate support for local crime prevention programs.
- Strengthen neighborhood spirit.
- Send the message that a strong neighborhood is a safe community.



Join the National Night Out Parade

**Free concerts in Portland parks are happening throughout the summer. Check the Portland Parks and Recreation website at [portlandonline.com/parks](http://portlandonline.com/parks) for the entire series.**



## Portland Metals Cited for Zoning

by Bob Granger, Cully Neighborhood News

Portland Metals, located two blocks south of Killingsworth on NE 42nd Avenue, has been cited for zoning violations associated with the operation of their scrap metal salvage business. The City of Portland's Compliance Services (Bureau of Development Services) issued the violation notice on February 25, 2011.

Cited violations are: 1) exterior storage without the required setbacks and landscaping screening, 2) operating an industrial business in a commercial zone without the required conditional use review, and 3) doing exterior work in a commercial zone.

The 42nd Avenue Business Association and 42nd Avenue Main Street Collaborative have received numerous inquiries and complaints from neighbors about the scrap metal operation. In late April, with no corrective actions by Portland Metal, the 42nd Avenue Business Association sent letters to the Bureau of Development Services and Commissioner Dan Saltzman, asking the City to close this business until the violations are corrected.

In June property owners, Dale and Jerry Rush, were fined \$500 for zoning violations for the second time. To date they have not responded to the fines.

Four specific concerns were described in the letters:

1. Detrimental environmental impact, including polluted stormwater runoff and hazardous dust and noise;
2. Personal safety risks associated with the "attractive nuisance" of unsecured, outdoor scrap metal storage;
3. Public Safety risks associated with the potential encouragement of criminal activity associated with the theft of scrap metal;
4. Unfit visual impact and degradation of the 42nd Avenue commercial corridor that includes a church, restaurants, schools and retail store fronts.

Business and community leaders are pursuing this issue.

With no response from Jack Davis, manager of Portland Metals, the parishioners at nearby St. Charles Catholic Church are circulating a petition to encourage the City to take more action.

NE 42nd Avenue is an important commercial corridor and vibrant part of our neighborhood. Resolving zoning violations is one way we protect and enhance the livability of our community.

## Eco-Parties Can Save You Money

by Ansula Press

Did you know that your hot water tank uses 25 –33% of your household energy usage?

- How high is the post-consumer recycled content of your toilet paper?
- Do you store food and beverages in glass rather than plastic to prevent off-gassing of toxins into your food?
- Have you had an energy audit and implemented the recommendations?

These were only a few of the questions that twelve Concordia residents were asked when they gathered in a backyard on NE 30th to learn details about effective reusing and recycling at an Eco-party.

Led by Debbie Stewart, a Master Recycler who volunteers with the Center for Earth Leadership, the group reviewed a 3-page questionnaire that covered waste reduction and recycling, toxics reduction, and energy and water conservation.

One of the interesting things revealed was that we were already doing some things right! In this group our electric and water usage was lower than the average Eco-party-attendee. According to Stewart, the average electricity use for last July was 500 KWH per

household. This group used far less.

The average winter water usage was 16 CCF per household and again far more than that of the assembled group. Not only that, but everyone present discards less than one grocery bag of garbage per week. Concordia residents are good conservationists!

According to City Council and the Water Bureau our water bills are going to increase 85% in the next 5 years. They have already doubled in the past three years; so it's a good time to analyze your water usage and learn some easy ways of conserving that precious resource, keeping your water bills to a minimum.

*"our water bills are going to increase 85% in the next five years."*

Good practical information was shared among the attendees at this two-hour meeting.

We had animated discussions about composting, hanging laundry instead of using the dryer, making choices between conservation and cost, water saving tips, drip irrigation, the pros and cons of compact fluorescent lights, and where to recycle things like electronic equipment.

Free Eco-parties can be arranged by calling Jeanne Roy at 503 244-0026. [Jeanne@earthleaders.org](mailto:Jeanne@earthleaders.org).

### Still bothered by the noise? A Reminder:

As reported in last month's CNews, the re-construction of the South runway at the Portland Airport, just north of the Concordia neighborhood, will conclude in October. At that time the large turbo-prop airplanes will no longer fly over the neighborhood; resuming their normal east-west landing pattern on the South runway. If you need more clarification, call the noise Management Hotline at 503-460-4100.

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# 42nd Avenue

## Meet the Vendors

### Cully Community Market

*The only place more local is your fridge*

The Cully Community Market started their new season in June. Now in its third year; it has expanded and is now located in the PCC Workforce Training Center parking lot, NE 42nd Ave. and Killingsworth. It is open on Sundays, from 10am to 2pm.

Cully Community Market is made possible by Cully Association of Neighbors, Central Northeast Neighbors, the City of Portland, New Seasons, US Bank and other generous local businesses. The market is volunteer-run and needs extra hands to help on site and staff the information booth. Donations of cash for much needed supplies are also welcome.

Visit [CullyCommunityMarket.org](http://CullyCommunityMarket.org) or e-mail [info@cullycommunitymarket.org](mailto:info@cullycommunitymarket.org) for information



Volunteer Coordinator,  
Amanda Romero  
Market Manager, Wes Boyd.



Accordion master  
Mike Danner



Sweet Chaos - Unique Bakery & Brew  
Stephanie DeBlase



Badger Urban Farm  
Cherot and Jim Hanson



Dessert Labs  
Karen Goetsch and Joe Kalal



Little Forest Pickles  
(L to R) Kris Komori, Jon Moch,  
Leah Uvodich



Gordon Makai Westfall of Oregon Urban  
Family Farms, backyards to farms,  
talking with Suzinn Weiss



Cully Neighborhood Farm  
Michael Terlin and Matt Gordon



Bluesky Kettle Corn  
Shawn Griffin



Butterfly Spot  
Angela Vue



Carlos Jackie & Maria  
Alvarado--Nena's Creations



Edible Horizons  
Kji McIntyre, Tricia Taylor



## The July Garden by Suzinn Weiss

I walk my neighborhood frequently and can't help but notice all the things going on in peoples' front yards. I'm so happy to see folks utilize this typically dull open space. Removing resource-sucking lawn in favor of raised beds, edible hedges and chicken coops!!! It's so exciting to see this new paradigm shift happening all around me!

Even if you have a sunny back yard to grow things & creatures, you can still look at your front garden in a whole new way.

For instance, when you look out your front windows can you actually see anything? So many people move into their homes thinking that whatever is planted in front of the house has to remain there no matter that it has been mauled by pruning sheers, overgrown and perhaps growing on the house and or diseased. Quite frankly I find most "foundation" plants BORING! Not to mention that when you water these plants you are usually watering your old basement walls as well.

Planting too close to the house also makes maintenance of all types difficult whether it is weeding or painting and of course the necessary pruning because the branches are whacking your windows whenever the wind picks up.

Did you know that most evergreen bushes need good air circulation to be healthy? Same thing for the outer walls of your home. If you move the branches you are bound to find a bit of mold gathering in the gloom.

**"You can create a living fence, short or tall, right along the sidewalk."**

If this all sounds familiar then you might consider drawing up a new design for your front garden. It needn't be a work of art on paper but it might allow you to rethink the old ways and see a new vision for your yard.

For instance you might enjoy looking at a lovely, lively vision of color & form not to mention fragrance rather than your present view of parked cars and pavement.

You can create a living fence (either short or tall) right along the sidewalk, giving pleasure to both you and the passers by. Planting on the perimeter of your yard will take away grass in favor of 4-season interest and some of these shrubs can be edibles like blueberries, raspberries, strawberries, espalier fruit trees and herbs along with drought tolerant native plants such as manzanita, philadelphus, huckleberry, ninebark and elderberry.



A living fence creates beauty and privacy

(photo: suzinn weiss)

You can also have lots of lovely flowers that attract pollinators and birds all year long. Just do some research to find the best plants suited to the kind of sun or shade your garden has. Don't forget to amend your soil and look into permaculture techniques to use your old lawn as a foundation for your new garden. You can also consult with a designer to help you achieve good results. Full disclosure, I'm a garden designer.

Once your living fence is in place, pull out those old shrubs in front of your home and put in a permeable patio so you have somewhere to sit and enjoy your new view!

*Suzinn Weiss has lived and gardened in Concordia since 1992.*

## When to Prune and A Bit More by Midge Williams

Cass Turnbull, the Seattle pruning expert who founded Plant Amnesty, says there is really no wrong time to prune and I think she's right, but only if you know what you're doing. This, of course, means spending hours pouring over pruning books, learning proper cuts and trying to figure out what kind of hydrangea you have so you know when to prune it.

So, what's a person to do? My own sage advice is twofold: no pruning is the best pruning and know what you want your plant to look like after you prune it. What I mean by these two seemingly idiosyncratic comments is that if you have any doubts about whether or not to prune something, don't. Plants grow just fine without us pruning them. Usually. Sometimes we can help a fruit tree make more fruit or we can prune a tree so it has more air circulation. But, the typical reason we all want to prune a plant is because it is too big for the space it takes up. We both know you are going to prune that plant so you need to go into it with a visual plan.

This article is not about visual plans, which I will end the article with, but when to prune. Even though Cass and I agree that you really can prune anytime, there certainly are better times than others to prune some plants. Here, in a nutshell, are the important seasonal suggestions along with a REALLY good rule to follow when pruning.

The REALLY good rule - not a suggestion, but a rule - is this: prune a plant to encourage good health and growth. When you prune for this reason you are helping the plant grow for long-term health and encouraging the kind of growth you want.

The seasonal suggestions:

**Winter:** this is a great time to prune most plants because they are dormant - it hurts plants less to prune them it when they are in this stage; don't prune if the temperature is below freezing (who in their right mind would even think of this anyway?!).

**Spring:** this is a good time to prune roses (President's Day is a good rule), suckers, rhodys (after blooming), hedges, pine candling (breaking off the new growth of pines) and thin canes; it is best not to prune maples during this season since their sap is running.

**Summer:** never prune when it is hot; most plants are in full bloom in the summer so sit back and enjoy them; that said, you can safely touch up fruit trees and suckering plants in the summer; any plants that grow like crazy (such as wisteria or ivy) can be pruned in the summer; you may now prune your Japanese maple.

**Autumn:** this is a time to do only general thinning and tidying up; if you prune heavily in

the fall and there is a hard freeze it will likely damage the plants.

And, now for the visual plan lecture. Here's a good way to approach the plant you want to prune: stand there and look at it and try to visualize what you want it to look like after you prune it. Really THINK about it. Start by cutting out any dead branches. Stand back again and look at it. Notice if there are any crossing or oddly reaching branches. If they are smaller than your thumb, cut them back to where they start. Stand back again. Does the plant look better? Do you need to do more pruning? Less pruning is better than too much pruning. If you need to shape it up or make it more symmetrical go ahead and prune judiciously. This is where the art and science of pruning come into balance. Making aesthetic decisions about pruning is difficult and takes time to develop.

I highly recommend Cass Turnbull's book, "Guide To Pruning", published by Sasquatch Books, if you are interested in learning more about pruning. It's a fun read and very helpful.

*Midge Williams has just moved to Portland from Seattle and is loving it! Her work focuses on pruning and native plant garden design.*



## \*To Do for July Garden

by Suzinn Weiss

- Enjoy the beauty around you!  
Walk barefoot when possible.
- \*Hopefully you finally got to plant your tomatoes and basil in the ground!
- \*Only plant new things if you are committed to watering often. New plants are easily stressed in hot weather. This also goes for anything planted this spring.
- \*If you need to get your hands dirty, just keep weeding.
- \*Water deeply one or two times a week rather than shallow and often. Drip irrigation is best for this.
- \*Use organic fertilizer or compost tea on plants and edibles.
- \*Spray Neem Oil on leaves showing blackspot or mildew.
- \*Learn about using beneficial insects rather than pesticides to combat problem insects.
- \*Stop feeding the birds in summer and watch them go after the bad bugs!
- \*Eat the food you grow!  
I know that seems silly to say, but I often see beautiful ripe veggies just sitting in peoples' plots until they start to bolt.

## Restaurant Spotlight

by Ryan Schwartz

### Fresh food with Syrian flavor hidden on 33rd

#### Aladdin's Cafe

6310 NE 33rd Ave. 503.546.7686 M-F: 11-9, Sat - Sun: 12-9

With fresh food, simple but bold recipes and a family focus, Aladdin's Cafe dishes up Mediterranean food as it was meant to be served. Unlike most casual restaurants of similar cuisine, Aladdin's makes everything from scratch including the pita, falafel and homous.

Aladdin's has been feeding NE Portland since 2005, when the Kassab family decided to open a restaurant next to the convenience store they owned (but have since sold). Diyana Kassab said it was her father's dream to own a restaurant in America, and they worked as a family to make it happen before he passed away. Inspired by his legendary homous recipe, Aladdin's Cafe prides itself on fresh ingredients and Syrian influences. A unique special is prepared every day, sometimes including tender lamb or a special cooked yogurt they offer every Friday. The recently expanded menu has expansive vegan and vegetarian options, as well as new children's and family style selections.

The Kassab family picked Aladdin's as a name because they wanted to make it appealing to families with an Arabic name recognized by children of all ages. The restaurant has a relaxed, casual and family-friendly atmosphere. The outdoor patio is perfect for summer evenings, and the owners are considering offering hookahs to enjoy once the evening dinner rush is over.

Be sure to take a look at the beverage list, which includes Syrian wines and beer. Aladdin's also offers Turkish coffee and a soothing Moroccan tea made with green tea leaves, fresh mint and rose water. Diyana's mother makes home-made desserts including Mamoul (healthy cookies

made with dates) and Khnafa (a shredded dough with three types of cheese inside). Aladdin's is great for take-out and offers catering as well.

This year, Aladdin's Cafe, as in the past, will be selling food at the Fernhill Park Concert Series. "We like to do a lot of things for Concordia," said Diyana. "We usually offer food or gift certificates to help support the neighborhood." Aladdin's also extends a ten percent discount to Concordia University students and staff.

Even though the American restaurant business was intimidating at first, the Kassab family has been encouraged by the success of Aladdin's Cafe. They purchased Siam Society, a Thai restaurant at 27th Ave. and Alberta St., last year and are exploring options for opening a second Aladdin's Cafe.



Owner Diyana Kassab and her nephew Alex El-Khal serve refreshing Moroccan tea at Aladdin's Cafe (photo: Ryan Schwartz)

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**Faubion School** will be the neighborhood hub for FREE Food and Fun this summer! The SUN Community School summer program is participating in the federal free meals program, which aims to keep students nourished and active during the school break. ALL youth, age 1-18 are invited to come on over for breakfast at 8:30am and lunch at 12pm. Free activities are available after lunch, or make a full day of fun by signing up for exciting camps and classes! M-F through August 26<sup>th</sup>. Lunch 12pm Breakfast 8:30am (last day of breakfast is Aug. 19<sup>th</sup>) Faubion SUN Community School 3039 NE Rosa Parks Way, For info and questions call: 503-916-5694

**THE STAR E ROSE CAFÉ** Hosts a variety of musical and poetic events. **Sunday afternoons Jazz Jam** 2-5pm: July 3, 17, and 31, August 14 and 23. **Tuesday nights-7-10pm, Open Community Jam:** Bring your instrument, your friend, your voice. All are welcome. 2403 NE Alberta 503-249-8128

**Portland pools** are ready for summer! For more information on how to register for swimming lessons or participate in other summer activities, contact the pool in your area or the Aquatic Administration Office at 503-823-5130.

**Mississippi Street Fair** Celebrates 10th Anniversary with Free Music All Day **Saturday, July 9.** The Street Fair will celebrate with an amazing day full of music, food, art and craft beer. The festival spans north Mississippi Avenue from Fremont to Skidmore and is now Portland's largest street fair with more than 30,000 attendees. The event is free and is hosted by the Historic Mississippi Avenue Business Association.

### Guardino Gallery

Main gallery: Carole Turner - sculptural mediums ranging from marble to bronze.. Rio Wrenn - recent investigation of the rust process on silk. Feature Area: Greg Carrigan & Tabor Porter - carved figures with found objects and rusted metal will feature prominently in this work. **June 30-July 26,** Last Thursday, June 30, 6-9 pm. 2939 Alberta, [gallery@guardinogallery.com](mailto:gallery@guardinogallery.com) 503 281-9048

### Tour of the Ainsworth Arboretum

Jim Gersbach, a Concordia Tree Team member and Portland Tree Steward will be leading a tree tour through the Ainsworth Linear Arboretum, **Saturday, July 16,** 9:30 to 11:30 am Anyone who is interested can attend, everyone will meet in front of the church on Ainsworth and NE 30th.

**Art on Alberta** is excited to announce an exhibit of photographs and a nature installation by Lauren Grube in our mobile art gallery, Red Rover, on Last Thursday, June 30. The exhibit may be seen 5-9pm in front of Binks Bar located at 2715 NE Alberta Street.

### Sabin Community Orchard

This is family-friendly event—no experience is necessary! Sabin Community Orchard 'Learn and work parties' are the **second Sunday of each month, May-October.** They are great opportunities to help out in the community, and to 'learn by doing'. Future work-parties will include fruit thinning, summer pruning, low-tech water drip irrigation; and more. Sabin Community Orchard is on NE Mason Street, between 18th and 19th Avenues. Katy: 503 284-6106, [katy@portlandfruit.org](mailto:katy@portlandfruit.org)

### NE Portland Tool Library

Longer ladders are perfect for cleaning gutters, removing roof moss, washing second floor windows, or just standing atop your roof for a bird's eye view of the world! The latest tool library additions are a 20 ft and a 24 ft extension ladder. We also have three 16 ft extension ladders in our inventory. 5431 NE 20th Avenue, [www.neptl.org](http://www.neptl.org) 503 539-1756

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Wednesday, July 6  
**3 Leg Torso**  
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Acordian mayhem  
7 p.m. • \$10 • All ages welcome

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Thursday, July 7  
**Professor Banjo**  
Banjo-slinging, old-time-singing  
6 p.m. • Free • All ages welcome  
**Outdoor BBQ starts at 6 p.m.**

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Friday through Sunday, July 8-10  
**Animated:  
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All ages welcome 'til late screenings  
[See mcmenamins.com](http://mcmenamins.com)  
for complete listings

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Wednesday, July 13  
**AL FRESCO DINNER**  
Enjoy a multicourse meal paired with a selection of Edgefield wines, set outdoors.  
7 p.m. • \$50; reservations required  
21 & over

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Thursday, July 14  
**Adam Sweeney  
AND THE JAMBOREE**  
Folk revivalist  
7 p.m. • Free • All ages welcome  
**Outdoor BBQ starts at 6 p.m.**

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Thursday, July 21  
**THUMPTOWN**  
Eight-piece soul project  
with **Brownish Black**  
7 p.m. • Free • All ages welcome  
**Outdoor BBQ starts at 6 p.m.**

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Monday, July 25  
**History Pub Monday**  
**"KINGS OF THE ROAD:  
The Story of the Portland Bucharoos"**  
Documentary film  
and panel of former players.  
7 p.m. • Free • All ages welcome

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Thursday, July 28  
**GREAT NORTHWEST MUSIC TOUR**  
**FREAK MOUNTAIN RAMBLERS**  
Hilltop rock  
7 p.m. • Free • All ages welcome

---

Friday, July 29  
**RUM DINNER**  
Hello, summertime! What pairs well with summer? Rum cocktails and Caribbean-inspired food.  
7 p.m. • \$50; reservations required  
21 & over

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Portland's finest vaudeville circus in their newest show

3: **It's A Beautiful Day**  
"White Bird in a golden cage..."

5: **State Of Independence Tour**  
Sanjaya Malakar • Brave Chandeliers • Chris Blair

8: **Josh Garrels CD Release**

9: **Gypsy Soul • Larry Murante**

10: **Ottmar Leibert & Luna Negro**

14: **Jill Sobule and John Doe**

17: **Chamber Music NW: Protégé Project**

19: **Tim Robbins & The Rogues Gallery Band**  
Actor, Director, Activist "Bob Roberts," "Dead Man Walking"

20: **Real Vocal String Quartet • Unbande**

21: **Chris Chandler & Paul Benoit, David Rovics**

22: **Antsy McClain & the Trailer Park Troubadours**

23: **Matt Brown CD Release**

28: **Old Town Bohemian Cabaret**

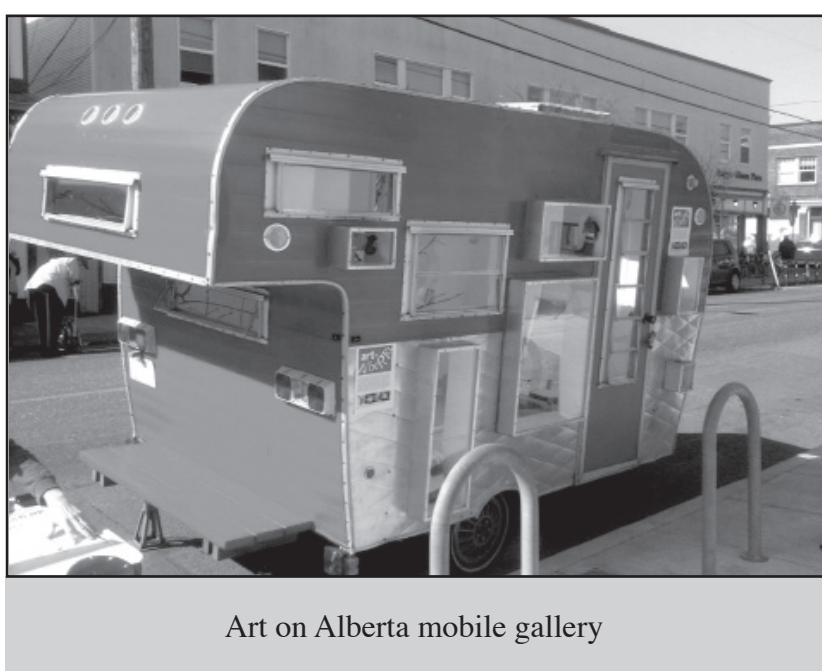
29: **Karmacoda • Oracle • Sutro**

30: **Blackie and the Rodeo Kings**

31: **Matt Schofield**

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Tickets and show info:  
**AlbertaRoseTheatre.com**  
(503)764-4131  
or at the Box Office • 3000 NE Alberta



Art on Alberta mobile gallery

**Rent the Neighborhood Community Room**

To reserve the Kennedy School Community room for events and meetings, please e-mail:

[cnaroomkennedy@gmail.com](mailto:cnaroomkennedy@gmail.com)

xsProceeds from the room rental help fund Concordia Neighborhood Association events.

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