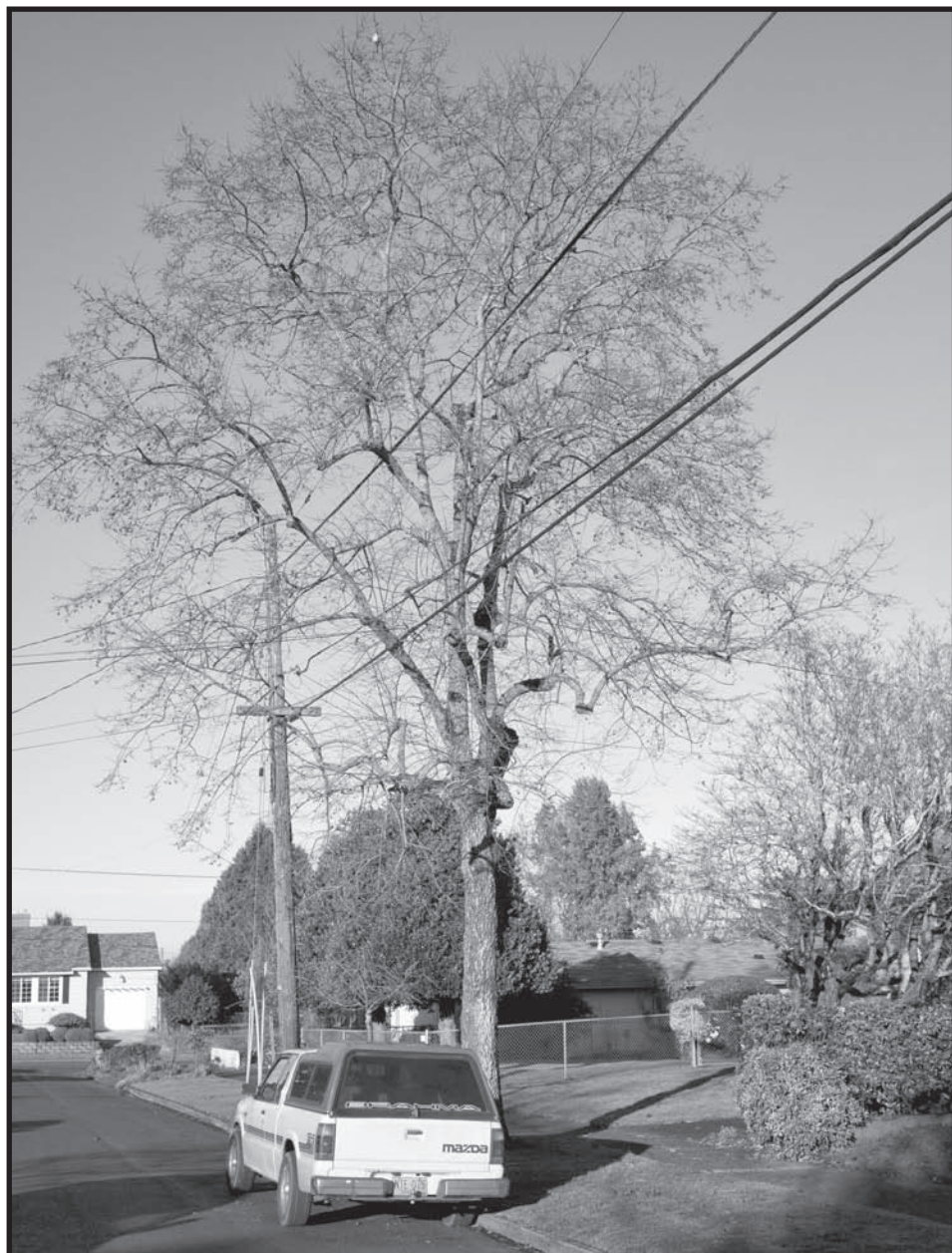




CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association visit the website: concordiapdx.org January 2012

Heritage Tree Has Deep Roots in Concordia Neighborhood



The American Persimmon bathed in December sun

Photograph: Robert Pallesen

by
Barbara Wharton

The Portland City Council recently voted to designate the American Persimmon (*Diospyrus virginiana*) tree located at 6440 NE 36th Ave as Heritage Tree #310. Concordia's tree was chosen for the distinction in part because of its overall health and maturity, but also because it is a relatively rare species in our region.

The genus name for the American Persimmon means "Fruit of the Gods". This is a reference to the golden-orange fruits that often hang on the tree after the leaves drop in autumn. When they are fully ripe they are a great fruit for eating as is, dried or in cooking. They are also a popular food source for wildlife. In addition to its fruit-bearing potential, the American Persimmon can make an attractive mid-size yard tree. The large drooping leaves give it a soft look, and the dark checkered bark of mature trees provides winter interest. The flowers are an creamy-yellow, very fragrant, and an excellent nectar source for honeybees. We have not yet been able to determine the entire history of this specific tree to the point of

Inside this issue

Candidate Forum in Feb.

Heritage Tree

Blue Olive Cafe pg. 10

The Concordia Neighborhood Association wishes everybody a Healthy and Happy New Year!

learning who planted it originally or why it was chosen for the location, but the current homeowner has shared known history. When they purchased the property years ago, the house stood on the other half of the double lot. They chose to move the home to the position it sits in today. Part of the construction project involved putting in a driveway which logically would have required the tree be removed. But instead, the homeowners chose to save the tree, so they cut into the curb off to the side and angled the driveway around the tree. That single decision was one of the key determinate factors over the course of time that led to what is now Concordia's first Heritage Tree.

Our American Persimmon was noted as a potential candidate during the 2010 Tree Inventory conducted by the Concordia Tree Team in partnership with Urban Forestry and volunteers from neighborhoods throughout the city. The Tree Team nominated the Persimmon for consideration to the Portland Heritage Tree Committee who favorably reviewed it. Ultimately it was voted upon favorably by the Portland City Council in October.

Portland's Heritage Tree Program is a list of trees that because of their age, size, type, historical significance, or horticultural value, have been designated important to the City

For more information please contact the Concordia Tree Team at concordiatreeteam@yahoo.com.

Map of Concordia Trees
The result of hundreds of hours by the Concordia Tree Team volunteers.
portlandonline.com/parks/treeinventory/

mail stamp area below



The distinctive bark pattern of *Diospyrus virginiana*

Photograph: Robert Pallesen

Get the latest updates at concordiapdx.org

January's Neighborhood Meetings

General Meeting

There will be no General Meeting in January.

Board Meeting

TUES. JAN 10, AT 7 P.M.
McMenamin's Kennedy School in the Community Room.

Next Board mtg: Feb 7, 6 p.m.

Wellness

WED. JAN. 11, AT 7 P.M.

Caffé Vita,
3023 NE Alberta St.

Everyone is invited to neighborhood meetings!

Many of the committees have direct results on the livability in our neighborhood.

Tree Team Meeting

THURS. JAN 5, AT 6 P.M.

New Seasons dining area

Land Use, Livability and Transportation Committee

THURS. JAN 12, AT 7 P.M.

McMenmins 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.

Chair's Corner

Are Neighborhoods Really Able to Respond?

by Robin Johnson, CNA Chair

Recently the Concordia and Alameda Neighborhood Associations joined forces to object to the placement of a wireless cellular installation on a utility pole in the public right of way located at 31st and Prescott – at their shared boundary. The Eastmoreland Neighborhood Association has also joined us because they have a similar proposal in their neighborhood at this time. All of us are working overtime trying to understand what issues are involved, the City's process and wireless technology.

We want to convince the City that the placement of these facilities at locations in Priority 4 (residential) areas is a mistake.

We are asking the City:

- to grant a moratorium on placement of wireless facilities in Priority 4 locations,
- to review case law and examples in other communities,
- to revisit the ordinance that sets forth placement parameters
- agree to no longer allow placement in residential areas.

We met with Commissioner Saltzman to discuss our point of view. The outcome of this meeting is also included in this issue of the *Concordia News*.

It has been a frustrating, disillusioning process for me and I know this to be true for the others involved. Unless you are lucky enough to have an expert in the field on your Board – how in the world can you hope to have any influence in the process? I don't know anything about the subject of wireless cellular technology except turning my own cell phone on and seeing if I have a signal! I also don't know the City process (and there are two separate and seemingly distinct processes depending on whether it involves private land or public right of way). In the case of the site at 31st and Prescott it involves both – but I only stumbled on this by accident, because it was not a part of any of the information provided – not even at the supposed community meeting last October.

In any event, I am using this as an example in asking, "How can neighbors really participate in these types of complex issues in their neighborhoods?" We are usually a group of well meaning volunteers trying to enhance and maintain the character of the neighborhood and peaceful enjoyment of our neighbors. But, it would seem that we tend to be out flanked by experts and sets of seemingly arcane procedures and ordinances.

Then there are those requesting the permits and making the proposals to build whatever in our neighborhoods. They usually show up with substantial monetary might and, sometimes, greater political influence.

Don't get me wrong – I am not opposed to improving the neighborhood through further development. What I am saying is that we are not equipped to weigh in unless we spend considerable time and effort (and yes, we have spent some money) to decide if it is in the best interests of the neighborhood. A "David and Goliath" scenario to be sure.

But back to the wireless debate - for this issue, we are hopeful that the City might listen to our arguments and concerns. We do have, however, a number of other neighborhoods weighing in now, at our request; many of which have fought the wireless battle in their own neighborhoods and they represent both winners and losers. Our group is getting larger and we have much more information for the next time around.

And use it we will!

CONCORDIA NEWS
Concordia News is a free monthly publication of the Concordia Neighborhood Association. Newspapers are delivered residences and 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.

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Contact the CNA Board
contactcnaboard@yahoo.com

Community Room Rental
cnaroomkennedy@gmail.com

CNA Chair Robin Johnson 503 477-6807	Land Use Chair George Bruender 503 287-4787
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Transportation Chair Jean Keady 503 477-5575	Livability Chair Julia Baumann Sarver 503 841-6529
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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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Visit the website of the Concordia Neighborhood Association



www.concordiapdx.org

Need Neighborhood Association help?

contactcnaboard@yahoo.com

Rent the Neighborhood Community Room

The Concordia Neighborhood Association rents the Community Room to non-profit organizations for \$15 per hour. For all other uses the hourly rate is \$25.00. To reserve the Kennedy School Community Room for events and meetings, please e-mail: cnaroomkennedy@gmail.com



CITY OF
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December 7, 2011

Scott Rider, Chair
Alameda Neighborhood Association
3118 NE 32nd Ave, Portland, OR 97212

Robin Johnson, Chair
Concordia Neighborhood Association
PO Box 11194, Portland, OR 97211

Dear Scott and Robin,

Thank you for your recent letters to me and to the Office of Community Technology (OCT) Director David Olson with your comments and objections to both the proposed siting of a T-Mobile installation at 4423 NE 31st and in regard to T-Mobile's handling of their required pre-application meeting in late October.

I think our recent meeting with you both and Robert McCullough of Eastmoreland were productive and allowed me to understand in greater detail where both neighborhoods are coming from. I have already asked T-Mobile to voluntarily conduct an additional neighborhood meeting that will provide for more input and more focused and clear discussion with neighbors. Furthermore, I will be submitting Code amendments soon which will enable OCT to clarify the rules regarding pre-application public meeting process. I encourage you to take part when that process begins in early 2012.

As to the specific points of your letter, we have still not received a formal application from T-Mobile for that site, so we have nothing to accept or reject. Once that application is received, it will be reviewed thoroughly by OCT against all contractual and legal requirements, including the required documentation that all requirements have been met. As you know, any application for this site will not be approved by OCT and will not be forwarded to the Bureau of Transportation for permit consideration unless the application is complete and fully compliant with these requirements.

OCT is very aware of your concerns. If and when any application for this site is received from T-Mobile, I have instructed OCT to promptly notify you of the bureau's determinations on this matter.

Thanks again for writing me.

Sincerely

Dan Saltzman
cc: David Olson, OCT Director; Paul Scarlett, BDS Director

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Soaking Pool At Kennedy School On Break

The soaking pool here at the Kennedy School is going to be closed from **January 2nd** until the **12th**. We are regrouting the pool. Thanks so much! --Kennedy School Front Desk

Two Upcoming Candidates Forums

Northeast Coalition of Neighborhoods and Concordia University will Co-Sponsor

The Northeast Coalition of Neighborhoods and Concordia University are pleased to present two upcoming opportunities to hear from 2012 Mayoral and City Council candidates. A candidates forum on **February 28th** will focus on North and Northeast Portland neighborhood and community livability issues and a second forum on **March 22nd**, will have an education focus. Both forums will take place at Concordia University. Look for more details in February and visit www.necoalition.org.

Here Comes the Sun! NECN kicks-off 2012 with Solarize Northeast

In 2009, Solarize Northeast helped 200 Northeast Portland residents install solar electric (photovoltaic) panels on their homes. In 2012, the 2nd round of Solarize Northeast aims to double the number of solar electric systems in Northeast Portland.

Solarize Northeast provides a pathway to affordable and simple solar installation. Utilizing a community committee & competitive bidding process, the project selected Mr. Sun Solar as contractor partner, a local Northeast business.

Starting in January, educational workshops offer the basics of going

solar, tax credits and other financial incentives, financing solar panels, with experts in each area available for Q&A. Participation in the workshops is free.

The deadline to participate in Solarize Northeast is May 15, 2012, and this year, contracts signed before February 29, 2012 receives the Early Bird Special

As a community-driven project, Solarize Northeast depends on the participation and volunteers of Northeast residents.

For more information on volunteering or registering, please visit our website:

<http://solarize.necoalition.org> or contact Gene Lee at solarize@necoalition.org, 503.823.4113.

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¹ 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 on 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. Benefit currently not available in Hawaii, Michigan, New Hampshire, and North Carolina.

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¹ In Texas, the Program is underwritten by Southern County Mutual Insurance Company, through Hartford of Texas General Agency, Inc. Hartford Fire Insurance Company and its affiliates are not financially responsible for insurance products underwritten and issued by Southern County Mutual Insurance Company.

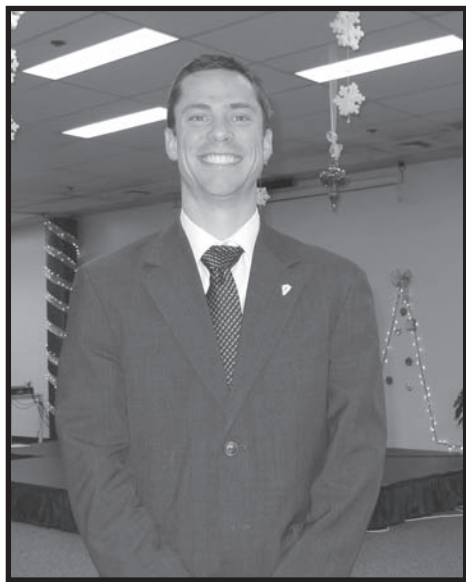
Newly Elected Board Members Introduce Themselves

These are the four new Concordia Neighborhood Association Board members. Their responses to the two questions, submitted after nominations were made, are reprinted under their names. Even if you are not a Board member, you can participate in a number of ways with Board. There are many existing committees to join, or start a committee in your special interest area.

All members of the Board can be reached using contactnaboard@yahoo.com

1. How long have you lived in the neighborhood and what do you value most about living in Concordia?

2. What is your interest in serving on the Board and do you have any special talents you believe will add to the mix?



Paul Wilkins

Photograph: Paul Wilkins

Paul Wilkins

1. I have lived in Concordia for six years - and the thing I value most about the neighborhood is livability: it is close to downtown; has neighborhood markets; is beautiful and safe to walk, ride and raise a family.

2. My interest in getting involved with the CNA Board is due to the changes we are experiencing in the Portland region and the responsibility I feel to my family, neighbors and community to be certain that all sides are heard in issues that affect our neighborhood, city, region, state and country. As an avid cyclist, runner, bus rider and driver, I bring knowledge of transportation. I bring an understanding of governmental issues by virtue of my Master's education in Public Administration and being a homeowner. I have been a passionate advocate and activist for social justice, environmental and community building issues for decades. Most recently, I have volunteered for several years with the Community Cycling Center as a teacher, bike mechanic and performing community outreach. Additionally, you will have seen me at almost every Portland Sunday Parkways for the past several years as a volunteer and avid participant along with my family. Mainly, I want to do everything I can to ensure a safe, healthy, livable community for everybody, especially my daughter, who has just started kindergarten at Faubion School this year.

Truls Neal [photo not available]1.

1. I have lived in the Concordia Neighborhood for 19 years. I value the diversity and community in the neighborhood. My wife, Robin, and I chose this neighborhood because we wanted to live and raise a family in a community that values diversity in ethnicity, thought and social class. Concordia exemplifies this for us. We have enjoyed watching the neighborhood change over the years, becoming richer in livability and culture.

2. I would like to serve on the board to help carry on and promote the unique character of Concordia and to build community in this diverse part of Portland. I want to participate in helping my neighbors make this a vibrant, safe, and inclusive community. I will bring strong community building skills gleaned from many years in church ministry including youth ministry and pastoral counsel leadership. Additionally, I have served as an executive manager in both Clackamas and Multnomah Counties. My experience gives me a balance of both public and private service that can contribute to positively serving the Concordia neighborhood.



Bart Church

Photograph: CNews

Bart Church

1. I have lived in Concordia for about four and a half years. I'm honored to live in the neighborhood, because I sense a growing shared commitment to: Love: infusing love into all our relations, our relations with one another, with the plants and

animals, and with all living beings. Sustainability: creating a neighborhood that thinks globally and creates home-grown, practical systems for addressing global challenges right here in our neighborhood, i.e., sustainability that includes real social justice, environmental stewardship, and leaving a neighborhood and world for our children that will support them better than the one we currently have. Diversity and creativity: embracing the creativity and strength that comes when we make room for diverse people, opinions, religions, strategies and ways of loving, and, in so doing, honor our diverse ancestors and their traditions.

2. I'm very impressed with how hard the board has worked and how effective it has been at taking care of the neighborhood, its people, its businesses, its trees and most importantly it's spirit of diversity, creativity, and love of people and the planet. In order to deal with the growing financial and moral stresses or neighborhood, city and world are facing, I believe the board is going to need lots of help to assure our neighborhood works better for all its residents. I have served as an attorney, journalist, marketing consultant, yoga teacher, homeowner and executive director (for 8 years) of a non-profit men's wellness organization. I hope my diverse legal, journalistic, managerial, spiritual and practical skills will assist the board in finding and sustaining lasting solutions to the many challenges we're facing as the economy struggles and our resources change. Economically and environmentally we may be facing some of the most difficult challenges ever as a neighborhood, and together we can support one another to create the kind of neighborhood we've always wanted. I believe this is not a pipe dream, but instead is necessary for our survival. I'm so honored to be living with such a kind, practical, creative group of neighbors who want a neighborhood that works for us all.

Robert Bowles and Ike Harris, incumbents, were re-elected to serve on the Board for two-year terms.

Safety Tips: Walking or Biking to School When the Weather Becomes Dark and Cold

by John Chism

Portland Bureau of Transportation
www.walknbike.org

Wear warm, bright-colored clothes and reflective gear or carry small flash light when it is dark or hard to see. There are a number of inexpensive reflective

backpack zipper pulls, tags and tapes. Additionally, bicycle stores and some variety stores carry small battery powered lights that can clip on to clothing or backpacks. Also make sure to walk on the appropriate side of the street. When sidewalks are on both sides of the street walk on either side. Remember the sidewalk

separates you from the cars. If there are no sidewalks on the street, it's recommended to walk facing oncoming traffic and as far to the side of the street to provide space between you and oncoming cars.

Safe Driver Tips Around Bicyclist

- Always check the bike lane.

- Don't honk to communicate with cyclists.
- Don't follow closely.
- Look for cyclists before opening your door. Pass with caution in residential neighborhoods.
- Use good manners.
- Give children extra space.

Livability and Transportation

Can You Make It?

--The 6 Second Long Yellow Light

Here's the situation – you've all faced it:

You are driving down Ainsworth (or Killingsworth or Alberta) and you come to a red light on MLK Blvd. You want to make a left turn and head towards downtown. There is a marked left turn lane, but no left turn light, so when the signal turns green you have to wait for a break in on-coming traffic or, more likely than not, make a quick left on the yellow light and hope that no one will T-bone you in the intersection. And often, you are the only car to make it through. Other cars wait for the next cycle and hope that one or two can make it then.

This scenario is familiar to all of us which prompted CNA Board member Ike Harris to present the problem to Concordia's Transportation committee at its December meeting, hoping to find a solution. Matthew Machado, an engineer from PBOT (the Portland Bureau of Transportation) who has worked with CNA in the past also attended to give his department's input into this and other neighborhood traffic problems. Fully realizing that any large changes take time and that money is scarce, some initial steps are in the offing.

There will be new traffic studies of the number of vehicles using each of the 3 intersections listed above. Killingsworth looks to be the easiest to get approval because of the higher volume of traffic and number of left turn accidents. Traffic light poles and arms will be checked to see if they can bear another signal or will need to be majorly retrofitted. The timing of the lights along all of MLK will have to be reconfigured. In the meantime, some light times may be adjusted right away because of the notable increase in vehicle volume since the area was last studied over 10 years ago.

Neighbors can help by calling 823-SAFE and reporting accidents, near misses, cars turning on red, delays through several lights, pedestrian near misses, etc. Very few problems are getting reported at these intersections, so PBOT doesn't give them attention. It is true that the "squeaky wheel....." so report your concerns.

Another major intersection, NE 33rd and Killingsworth, will also get a new study with the idea of alleviating blocks long congestion and lack of left turning lights there also.

A third area with a lot of old and new concerns that will be evaluated is on the Dekum Street side of the Concordia University between it and Columbia Blvd and 27th and 29th.

With Faubion elementary school kids in the area, speeding and not yielding to walkers on Dekum is a continual problem so there may need to be a light at some point.

Hillside residents on 29th would like to see college students not using their street (which has no curbs or sidewalks) to access college parking. They would like students coming from Lombard to use 27th where there is a traffic light and consider 27th as the northside entrance to the college. Some residents on 27th between Dekum and Holman would like the one side of the street parking shifted to the college side away from parking in front of residences which often obscures their leaving their driveways.

Some of these problems may look small to an outsider, but it seems obvious that traffic patterns around Faubion School and around the new construction at Concordia U need to be evaluated. There is a lot of traffic impacting a relatively small residential area.

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The transportation committee, which is joined with the land use and livability committees, is certain that there are many more traffic situations in our neighborhood that need attention, so we'd like to hear from you. Bring your concerns and suggestions to our monthly meetings, the Thursday immediately after the Tuesday CNA general meeting at 7pm at Kennedy School . In January, it's on the 12th.

The chair is Jean Keady (Jeankeady@comcast.net)

Crossword

by **Chris Yensan**

Puzzles are produced exclusively for CNews by our neighbor Chris.

ACROSS

- 1. Hinged fastener
- 5. Between Bee and Dee
- 8. Place to keep or fix a car
- 14. Vipers
- 15. Useful for 20Across
- 16. Cubic decimeters (Brit. spelling)
- 17. First part of title of Hergé's original Belgian comic (now a Spielberg movie)
- 20. What you can use 15Across to do
- 21. Eur. motorcycle racing club (Abbr.)
- 22. Greek telecommunications provider (Abbr.)
- 23. Popular mosquito repellent brand
- 24. Tooted a tuba
- 26. Collector's trade term
- 27. Alda or Thicke
- 30. Laxative ingredient
- 31. Second part of title of Hergé's original comic
- 37. Wind up
- 38. East African people group
- 40. Prominent character in Hergé's comic
- 46. Latin name
- 47. The Greek People's Liberation Army (Abbr.)
- 48. Taxi
- 51. So. Cal. Newspaper
- 53. Long time
- 54. Huge SF museum
- 55. Illinois' transit sys.
- 56. A sequence of games, in tennis
- 59. Insult often used by 40Across
- 63. Jerry and George's gal pal
- 64. Feminine pronoun

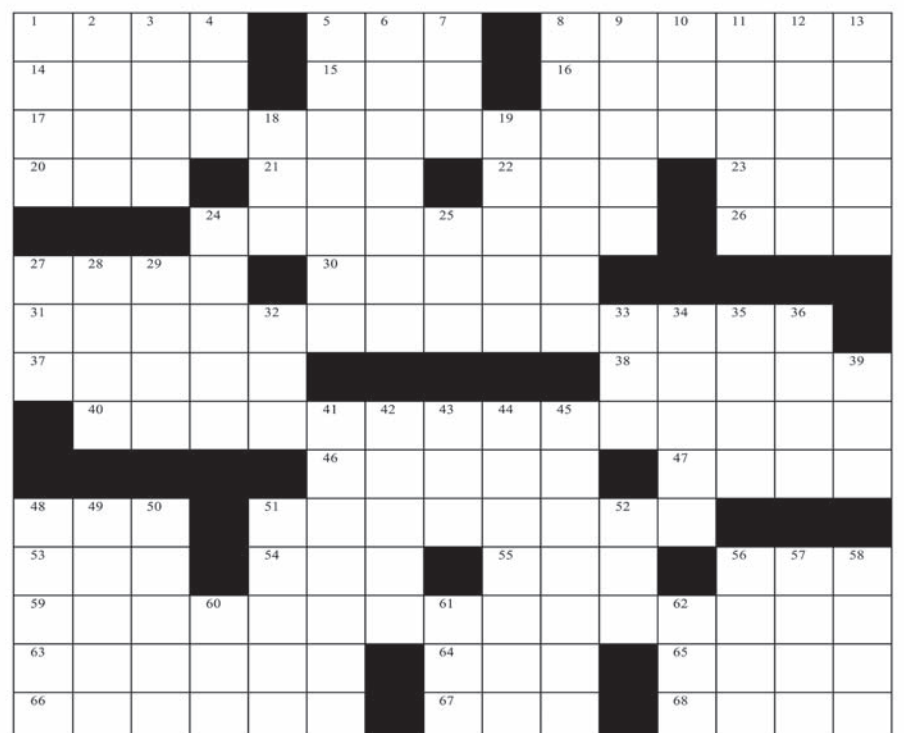
- 65. Olympian goddess
 - 66. Views again
 - 67. Perfect number?
 - 68. Stench
- DOWN**
- 1. Biblical verb
 - 2. Arthur of tennis
 - 3. Expel forcibly
 - 4. Helpful TV ad
 - 5. Neanderthal
 - 6. Illustrative points
 - 7. Poetic contraction
 - 8. Wheat proteins
 - 9. Broadcasted
 - 10. Ave, for example
 - 11. Fiery crime
 - 12. Toys-R-Us giraffe, to pals
 - 13. Festival of European short films (Abbr.)
 - 18. The Dynamic ____
 - 19. Tehran metro stop, tunnel, and square
 - 24. The beer that's not in bottles
 - 25. Poseidon's son
 - 27. Devoured
 - 28. The Pres. on the fiver
 - 29. ____ partridge in a pear tree
 - 32. Follower's suffix
 - 33. Sign of approval
 - 34. A waitress will take it
 - 35. It can be pulled over your eyes
 - 36. A fun place to stay, according to the song
 - 39. Gives the go-ahead
 - 41. Eights ____ (dead man's hand, in poker)
 - 42. Scottish Loch

- 43. Brit. musical journal, to readers
- 44. Do you ____ people sing? (Les Miserables song)
- 45. ____ what happened?
- 48. Madcap adventure
- 49. Spry
- 50. They follow Alphas

- 51. Part of an act
- 52. Organ for hearing
- 56. Raced
- 57. Currently worth about \$1.30 US
- 58. Former Russian ruler
- 60. Hasten
- 61. Newfoundland clock setting (Abbr.)
- 62. Derisive interjection

Hergé's Legacy

- Finally, a big-screen adaptation of the Belgian comic, and in 3-D to boot. I never thought I'd live to see the day . . .



BORDERLINE FUNNY

Taking the edge off of humor.

Now, the headlines behind the rumors:

Man Who Fell Into Upholstery Machine Fully Recovered

5,000 Hares Escape Australian Ranch. Police Are Combing The Area.

TV Repairman Marries, Reception Excellent.

Woman Marries A Man With A Wooden Leg, Then Breaks It Off.

Feeling funny?

I have kleptomania. When it gets bad, I take something for it.

I wondered why the baseball was getting bigger...then it hit me.

I love cooking with wine. Sometimes I even put some in the food.

I may be schizophrenic, but at least I have each other.

Weather wisdom:

All of us could take a lesson from the weather. It pays no attention to criticism.

Wellness**More of you in the stockings this year?**

by Jill Muhm-Glover

Did Santa stuff more than your stocking this year? Did he leave you with a spare tire too? If so, trust me, you are not alone! Even with all the well meaning tips and tricks about not overdoing it and avoiding that weight gain over the holiday season, that we health practitioners preach, the truth is that the majority of us still pack on a few Holiday pounds. I'm right there with you! My pants are certainly feeling tighter now than they did before Thanksgiving.

So why do we gain weight over the Holidays? A few theories point to different explanations. One is that as the days grow shorter and colder, we tend to go into hibernation mode. According to Evolutionary Biologists, our bodies are programmed to want to eat more and be less active so as to store up energy (in the form of fat) to make it through the food scarce winter. Of course, for many of us today, food scarcity is not the issue during the holiday season with the abundance of goodies and holiday foods lurking behind every corner of your home or office... but our instinctual survival brains don't know that and tell us to eat, eat, eat!

This brings me to explain a newer theory that explains our holiday weight gain. It states that we tend to gain weight between Thanksgiving and the New Year because we are simply around fattening foods more this time of year. This holds a lot of truth as well. I don't know about you, but I don't normally sip on eggnog in the middle of July, but it sure was tasty all of December. So tasty in fact, that I am tempted to tell you that it was worth every new inch of my newly expanded belly and rear end...



Jill's clean eating challenge

Photograph: Jill Muhm-Glover

But really, who wants to feel fat, bloated, and lethargic all winter long? If you are like me, you had a blast over the holidays with all the cookies, candy, and eggnog, and are now ready to shed that weight, wake up feeling energized in the morning, and fit into your clothes again!

In my practice, I help people engage in what I call Clean Eating Challenges as a great sustainable and healthy way to get rid of that spare tire that Santa or life's other great challenges brings on. Eating clean simply means eating whole, delicious foods that don't come frozen, dried, canned, pre-packaged, or laden

with extra sugar and oils.

It really is quite simple! Check out the recipe below for a clean wrap that you can take to lunch with you any day in the next week. You can always check out my website or contact me for more recipes and ideas on how you can start your own clean eating challenge. www.healthymuhm.com, healthymuhm@gmail.com

Collard Green Wraps*Ingredients*

4 large collard greens

1 c quinoa or brown rice cooked (optional)

1 portabella mushroom thinly sliced

½ red, yellow, or orange bell pepper sliced into match sticks

1 large carrot sliced into match sticks

1 avocado cut lengthwise into ¼ inch strips

½ c chopped cilantro, basil, or other herb that you have on hand

Optional – 1 organic free range chicken thigh cooked and chopped

Directions:

Spread hummus over each collard green, top with brown rice or quinoa then top with carrots and mushrooms, bell pepper, avocado and cilantro. Roll up like a taco and enjoy!

Jill is Chair of the CNA Wellness Committee.

The Concordia Affair - Here's To Your Health!

by Signe Todd

Thanks to neighbors and participating local businesses and organizations for making our first combined Holiday party and Wellness fair a success.

Take a look through the following list of vendors to appreciate the scope of the event.

Children both young and old enjoyed making unique herbal vinegar gifts with Felicia Ferruzza and Brian Vaitkus of "Alberta Healing Arts Center" (manoverdeherbals.com)

Bart Church of Manifest- (www.manifestpdx.org)

Darcy Molloy-"Remember Healing Arts" (rememberarts.com)

Page Hawley and Daniel Menasche of New Seasons

Jill Muhm- (healthymuhm.com)

Kelly Schneyer- (nutritionalist.com)

Bob Wilson- (balancedweightmanagment.com)

Sonya Fakelman- (mychoice4life.tsfl.com)

Julia Hanfling-Licensed Dietitian and Diabetes Educator)

Dr. Orna Izakson of Celilo Natural Health Center LLC- (www.CeliloHealth.com)

Concordia Faculty member Joel Schuldheisz assisted attendees with assessing their flexibility using the Flex tester. After testing, participants learn about how they can improve their flexibility

and inner balance by taking classes at Exhale Yoga- (www.exhalepdx.com)

The Green Microgym- (albertapdx.thegreenmicrogym.com/)

Josiah hill clinic- (www.jhillclinic.org)

Karen Wells of Community Energy Project- (www.communityenergyproject.org)

Shalonda Menefee of Minority Homeowners Assistance Collaborative-MHAC- (www.pcrihome.org/archives/1269)

Alan Alford "Home Share Over 40" (homeshareover40.com)

Zach Parrish, Cully Grove Cohousing- (cullygrove.org)

Eli Spevak of Orange Splot LLC- (www.orangesplot.net)

Kol Peterson- (accessorydwellings.org)

Harriet Cooke MD, Patient Physician Cooperative (www.ppcpdxcoop.org)

Northeast Tool Leading Library- (www.neptl.org) provided details about their free of charge loan program of home-repair and gardening tools.

The Wellness Committee would like to acknowledge Concordia University for their generous donation of the venue and Sedexo catering for providing yummy healthy finger food.

The fair was made possible in part from

the encouragement of Concordia neighbor Linda Hunter of "Our United Villages" (ouvcommunityoutreach.org) and their online resource of community building tool packets helped guide the Wellness committee to produce this fair within six weeks.

Were you there?

The Wellness committee would like to hear your thoughts about the fair. Some points to consider would be:

How would you rate the Wellness Fair overall?

List your favorite vendor and activities:

What suggestions or comments do you have about the Wellness Fair?

Which type of Health Screenings would interest you for future events? (i.e.: Vision, Hearing, Cholesterol, Diabetes etc.)?

What additional topics/areas would you recommend for future Wellness Fairs?

Would you like to see the Wellness fair be a part of next year's holiday party?

Send us your thoughts to cna.wellness@gmail.com

Thanks and remember to be gentle with yourself this year.

Yours in community and health,

Signe Todd, CNA Board member and Co-chair of the Wellness committee.

Alternatives to Health Insurance for Individuals and Business Owners

With Health Care Reform very much in the works, many companies are developing products to increase affordable access to health care.

This article is the first of a series for 2012 that will focus on solutions for individuals and business owners who are seeking affordable options for preventative medicine, alternative treatments, and office visits. Over the next few months I will be interviewing business owners and company presidents from organizations based right here in Portland that, whether grassroots or corporate, that carry a common goal of increasing access to health care.

For this issue, I talked with Kris Gorriaran, president of Sprig Health (launched October 2011) and Tony Bacci, president of Hubbub Health (launched January 2012). Both Sprig Health and Hubbub Health are affiliates of Cambia Health Solutions, which is a non-profit company that is dedicated to transforming how people access health care. Cambia is also the umbrella company for insurance carrier Regence BlueCross BlueShield.

Sprig Health – www.sprighealth.com

Sprig Health is a simple and diverse provider network that cuts out the insurance middle-man. Patients have access to a wide variety of care providers, including ones you wouldn't normally see on an 'insured provider' roster: dental, pediatrics, diagnostic imaging, women's health, massage, nutrition, and more. Each provider offers an average 30-50% discount off their usual rate. There is no fee to sign up; the only amount you pay is what the provider charges. Each provider has their own profile page so you can learn more about them. [In time, there will be a Yelp.com-like rating system for each provider.]

Sprig for individuals

To use Sprig Health you will need a computer or smart phone, access to the internet, and a credit or debit card. Once you have set up your quick and easy Sprig account at www.sprighealth.com, simply choose a practitioner you want to see, schedule your appointment, and pay online with your credit or debit card. Sprig Health reimburses the provider after you have seen them.

Other perks include:

- No need to worry about pre-existing conditions.
- Easy online scheduling and payment.
- Any paperwork you need to fill out is on your provider's Sprig page.
- Use your Health Care Savings account for Sprig services.

Sprig for employers

For employers who are interested in an affordable alternative to health insurance for employees, Sprig Health is extending their services to businesses by making pre-loaded cards available (akin to a pre-paid coffee card) on a monthly or annual basis. The employee can use their pre-paid card to see any Sprig Health provider. There is no additional cost to the employer above the funds given to each employee. Employers can enroll their companies by emailing Sprig at customer-service@sprighealth.com.

Hubbub Health – www.hubbubhealth.com

Hubbub is a wit-infused and challenge-based health coaching web site and iPhone app that is free for anyone to use. It has two modes: individual player and employer management. It was officially launched January 1, 2012. Hubbub is refreshingly simple to use and has features akin to Facebook, thus diminishing the learning curve for many. [(That is, assuming you use Facebook, but who doesn't these days?)] It is made up of bite size challenges in five categories: move, nourish, balance, mingle, and rewind. It was designed so that any user can be successful at making lifestyle improvements.

Hubbub for individuals

Hubbub has two parts: Challenges (some of which are coached) and individual health coaching, which I'll get to in a bit. There are no health-risk assessments or questionnaires to fill out. All you have to do is log in and find a challenge that piques your interest. There is a tally at the bottom of your profile screen that shows you how many challenges you signed up for in each of the above-mentioned categories. I like this feature because shows me what I may be avoiding – like exercise, for example.

Here's how it works: The user logs

by Kelly Schneyer

in from scratch or with their Facebook account, joins a challenge, and checks-in whenever they have accomplished said challenge. Each challenge has is made up of a team of other people who have joined the challenge. Like Facebook, you have Friends. Some of your friends may be doing the same challenge you are. Even if they aren't, you can see what they are up to in your feed. All this for the low, low price of free!

Many of the challenges are coached by health coaches who support each of the team members, ask thought provoking questions, and 'Friend' you, thus cultivating virtual relationships and establishing trust.

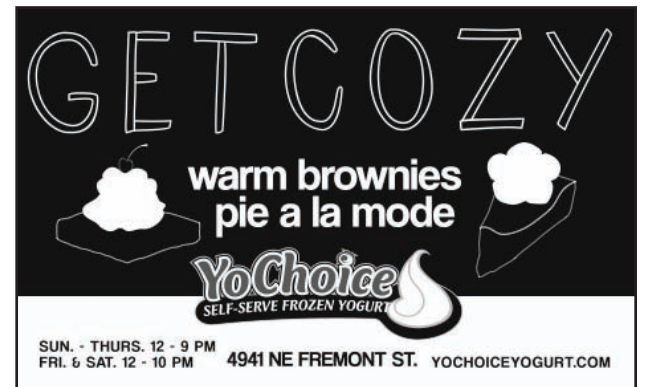
Hubbub for employers

Say Joe Employee has established a trusting relationship with Coach John inside the challenges, but decided he needs some individualized support. As an employee he could set up time with a coach of his choice to help him meet his goals. When employers subscribe to Hubbub Health, employers pay \$3/employee per year with a one-year contract, which gives employees access to one-on-one health coaching. In addition, employers have access to the following:

Analytics: Employers can see which employees are engaging in the tools, how many are signing up for challenges, and gauge the overall mood of the organization. Employers cannot see data like weight, blood pressure, and heart rate.

Incentive Engine: Employees can deposit money into an incentive account to receive Amazon gift cards to buy themselves rewards for a job well done.

Wellness consulting: Assessment of what the business is trying to accomplish with regards to health and wellness and use Hubbub to make a plan to keep employees engaged.



Health coaching: Introduce health coaches through challenges, individual coaching delivered via Skype, phone, or email.

Companies can request a Hubbub Health demo or sign-up at www.hubbubhealth.com.

Next month I will write about the Patient/Physicians Cooperative and how it can benefit individuals and employers alike.



Photograph: Kelly Schneyer

Wellness Committee member, Kelly Schneyer is a health coach and business consultant who works with entrepreneurs to create sustainable life and business practices.

www.nutritionalist.com

Patient/Physician Cooperatives

Patient/Physician Cooperatives is a non-profit 501(c)3 organization that has organized a local, sustainable response to the problem of being uninsured in Oregon. Currently, 1 in 4 Oregonians are uninsured.

By organizing patients and physicians into a health care co-operative, PPC has been able to create a grassroots network that has resulted in affordable access to licensed healthcare providers in the Greater Portland Metro Area,

and superior healthcare outcomes, without third-party insurance involvement.

Patient Members are already using the co-op to see providers throughout Multnomah and Washington

counties. You can now experience what it is like to have your healthcare decisions made directly by you and your Primary Care Provider only! It is a profound experience.

www.ppcpdxcop.com/

Have an interest in shaping the future of 42nd Avenue?

Community Kick-off Event, January 25th

Recognizing that successful local business districts are the core of vibrant neighborhoods, the Portland Development Commission has launched the Neighborhood Prosperity Initiative (NPI). NE 42nd Avenue (stretching roughly from Prescott Street to Lombard Street) is one of six neighborhood commercial areas in the city proposed for inclusion in the new initiative.

The program is slated to generate approximately \$750,000 over a period of seven years for built improvements to the 42nd Avenue business district. Examples of potential NPI investments include: permanent street furniture, lighting, signage, and storefront improvements.

Direct participation by community members – residents, businesses and organizations, property owners – in identifying priority projects and directing the investment of the funds, is essential to the success of the NPI. A small group of people is working to raise neighborhood awareness about this economic development opportunity, and reaching out to get the diverse and broad-based participation needed to move forward. A community kickoff event will feature local food, entertainment,

care and activities for children, and translation for non-English speakers. Together, community members can share ideas for the future of the 42nd Avenue business district and join in the effort to determine the next steps forward.

For more information visit the project website:

www.ne42pdx.com

Michael DeMarco, outreach coordinator,

503-298-4880

ne42pdx@gmail.com.

To properly accommodate needs for childcare or translation services at the kickoff event, please RSVP to Michael.

You're invited!

Wednesday,
January 25, 2012
6:30 p.m. – doors open
7:00 – event begins
St. Charles Church
5310 NE 42nd Ave.

Neighborhood Prosperity Initiative

The Northeast 42nd Avenue business district rests at the confluence of three different neighborhoods-Beaumont-Wilshire, Concordia and Cully.

For years, the people of the area have been working to improve 42nd Avenue as a neighborhood-serving commercial district, and community efforts have begun to yield positive results. In October of 2011, the Portland Development Commission announced the launch of the Neighborhood Prosperity Initiative, a program to boost the vitality of neighborhood business districts. 42nd Avenue was selected as a potential participant.

A 42nd Avenue NPI group has been formed to help secure the district's participation in this program. The group is constituted of members from all corners of the community, and is open to anyone who'd like to participate. Its objective is to foster a prosperous, equitable and community-serving commercial district on 42nd Avenue.

What is the Neighborhood Prosperity Initiative?

In short, the NPI is a program through which property tax dollars derived from the area immediately surrounding the business district are reinvested in the district as

determined by community members. By working together, community members and neighborhood businesses help to form a district that improves the lives of everyone involved. No taxes are raised as a result of this project — it does not cost residents or commercial property owners any more than they would normally pay in annual taxes.

Though this program does employ Tax Increment Financing (TIF), it does not issue bonds to pay for improvements — unlike TIF funds in many other circumstances. In this sense, there is no 'bet' being placed on increased future tax revenues.

The downside to this for the community is that the funding for the NPI is fairly modest, estimated at \$750,000 over seven years.

On the plus-side, we avoid the pressure of having to make decisions based on their direct impact on tax revenue (which can sometimes lead in directions other than those that the community desires).

Additionally, the modest, un-bonded TIF means that deliberate development on the part of the community can aim to avoid the displacement of people of lesser financial means and can promote prosperity and improved life quality for all community members.



Kurt and Donnette Sand with their sons (L-R) Lincoln and Hamilton

SAND FAMILY FINDS COMMUNITY AT VERNON SCHOOL

by Lani Farnworth

The Sand family planted its roots in the Concordia neighborhood in December 1996. Kurt Sand purchased his home on NE 26th Avenue as a bachelor, but it wasn't long before the bachelor pad became home to the Sand family: Kurt, his wife Donnette, and two sons Lincoln and Hamilton.

When Lincoln reached school age, Kurt and Donnette chose to send him to a Waldorf School rather than the neighborhood public school.

After a couple of years at the private school, they felt that their boys needed a change and they had a desire to build connections in their local community. They enrolled both Lincoln and Hamilton at their neighborhood school, Vernon PK-8, and they've never looked back.

The Sands are like many families in Portland who are committing to their neighborhood school, embracing their community, and contributing to their children's schools in ways that have made a very positive impact.

In city life, it is easy to get lost in the crowd and feel little connection to fellow residents. However, since the Sand boys have attended Vernon,

the family feels like they've become part of a community not unlike that of a small town. It isn't unusual for them to run into another Vernon family at the park, grocery store,

The Sand's are like many families in Portland who are committing to their neighborhood school.

or while out for a meal. Reflecting on her involvement with her Concordia neighbors and Vernon School, Donnette says "connecting with others is a good feeling and strengthens our community."

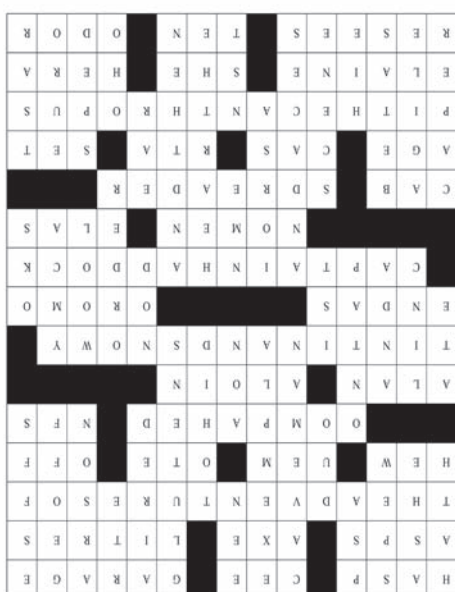
As another parent Jennifer Kerns-Robison remarked recently, "Money can't buy you great neighbors and it can't buy you a great community, either. These relationships are made." For the Sands and many other parents at Vernon, sending their children to the local school has enabled all to forge positive, long term relationships with other families in the area.

An added bonus of going to their neighborhood school for the Sands is less car time. "One of the reasons we love Portland is because it is an environmentally progressive city, and driving across town to take our kids to school, when there is a great school just blocks away, doesn't align with that".

Both Donnette and Kurt are strong believers in working to impact their community positively and thus began volunteering at the school. They were surprised that the school did not have an annual auction to raise money for extra-curricular activities like those that are held at many other schools in Portland. Similar to other Title I schools without a lot of outside resources, Vernon had lost its music and art programs. "Our first year at Vernon, Kurt and I suggested putting on an auction to bring music and arts back. We were told that Vernon didn't have the demographics to support it.

Follow the end of the story on page 9. Please continue reading **Community at Vernon School...**

Παζλ



Aaah...The Good Old Days (?)

by Clifford Dimoff

As I was lying awake one night recently, unable to get back to sleep, my mind wandered back to the time when I was living in the home in which I grew up, the conditions in which we lived, and some of the things now taken for granted.

For many years we did not have a refrigerator...we had an ice-box, kept on the back porch outside the kitchen door...and a cooler, which appeared to be an ordinary cupboard, with the door resting on the kitchen counter top, but which was open to the outdoors with a screen and horizontal louvers on the outside wall to protect the contents. One of the delights of my childhood was the periodic delivery of ice, because the iceman would always chip off a sliver of ice for each of my siblings and I to suck on.

One would think a lot of leftovers would spoil under these conditions, and that might have been true in some households...but not ours! Perishable food was either prepared in quantities that would not leave leftovers, or were scheduled for consumption at immediately subsequent meals. Having suffered the experience of the Depression, my father would absolutely not stand for even the possibility of food going to waste. One year my mother, my siblings and I picked one hundred and sixty-one pounds of strawberries (why such a large quantity, I cannot say). When my father got home from work he threw a fit, and my parents stayed up all night making strawberry jam out of the whole batch. We had shelves about twenty feet long for canned food storage in the basement; the jam occupied an entire shelf for years.

For many years we did not have an electric stove...we had a wood-

burning cook stove. Wood for the stove was delivered to a floor level cabinet beside the stove in what was termed the "wood box", a container about 18 inches square and three feet tall, raised from the basement with via a hand crank, rope and pulley system. One of the side benefits of the stove was having my father heat bricks on it at bedtime, wrapping them in towels, and putting them under the covers of our beds at our feet after my siblings and I had gone to bed.

The house had no furnace when we moved in, only a gas-fired heater

"One of the delights of my childhood was the periodic delivery of ice, because the iceman would always chip off a sliver..."

in one corner of the dining room. Although there was a wide open stairway to the second floor, the three bedrooms upstairs were always cold, and even after our wood and coal burning furnace was installed, there were no ducts to any of the rooms, only a floor grate above the furnace. Oddly, I have no recollection of ever being cold.

Wood for the furnace was delivered by a fuel company in four-foot slabs, which had been cut off logs at a sawmill in the process of squaring them for lumber manufacturing. We would typically receive eight cords of wood, which created a stack four feet wide, eight feet high, and 32 feet long behind our house. A man came by later with a very large circular saw,

COMMUNITY AT VERNON SCHOOL

...continued from page 8.

"Kurt and I believed in the community at Vernon and didn't let it stop us from at least trying. We knew in order to bring back music and art to Vernon, we had to raise a serious amount of funds as these programs would not be funded by PPS any longer."

With a team of hard-working and determined parents, the Vernon PTA held its first auction last May with Kurt at its helm. It was a huge success, raising an impressive \$37,000 for music and arts, almost doubling the initial goal of \$20k.

To supplement the auction proceeds,

the Vernon PTA reached out to the school's long time community supporter, the Northeast Portland Rotary Club. The NEPR agreed to commit to contributing \$12,500 per year for a music program over the next three years.

The Vernon Choral Program, put together by a task force that included the Rotary Club, PTA members, and Ethos, will provide music to every Vernon student starting January 2012."This truly was a group effort and we could not have succeeded without the effort of our community partners" says Kurt.

mounted on the back of a truck with a sliding flat-bed, and cut the slabs into 16 inch lengths. My siblings and I then delivered the cut lengths in a wheelbarrow to the basement through a window, where my father stacked them several rows deep against a wall across the full width of our basement. Occasionally while playing Ping-Pong near the stack a ball would disappear between the cracks, and we would have to wait for Spring to retrieve it after burning some of the wood.

Coal was delivered two tons at a time, in hundred-pound coarse burlap sacks. We only burned the coal at night, because it would burn longer and did not need frequent replenishing. One day when I was in my late teens the coal arrived while I was the only one at home. The two delivery men brought the sacks to a basement window, laid them on the window sill, then pushed them onto my shoulders as I backed up against the inside wall. I then carried the sack across the basement, dumped it into the coal bin, returned the empty bag, and took on another. It wasn't enough that the coal dust filtered out of the bags onto me, the warm autumn day and exertion made me work up a serious sweat, and by the time I had toted the forty sacks I looked like I had been spray painted black.

We did not have an automatic water heater...we had a wood burning unit in the basement which had been created from an old water storage tank and lined with pipes which fed into the hot water system, it had a lid on top for loading wood, a small door at the bottom for lighting the fire. The storage tank for heated water was in a wall cabinet in the kitchen above the "wood-box" cabinet. We probably didn't bathe as often as most others because time had to be allowed when baths were scheduled for water to be heated.

With the changing times in which so much is now taken for granted it is hard to imagine ever having to live under those conditions, but we did what we had to do...it all seemed ordinary and was a natural progression from when Daniel Boone "Kilt a bear".

Although Clifford's childhood happened long ago, his is a young spirit.



Second annual tree lighting at Concordia with University president Dr. Charles Schlimpert speaking.

Photographs: CNews



Santa handed out candy canes outside, but inside it was advice.

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Restaurant Spotlight

The Blue Olive Cafe

2712 NE Alberta St.

Sun - Thur 11:30 a.m. to 9:00 p.m.

Fri - Sat 11:30 to 9:30. Dine in or take out.

503 206-6168 www.blueolivepdx.com

Maryam Larki and her family celebrated their first anniversary of the Blue Olive Café on Alberta Street this past October.

“My brother had been running our other location, when we were on Fremont, for about five years when I came from California to help and enjoyed doing it. It was my first time working in a restaurant.

“Our family is from the Middle East. The house I grew up in had a huge kitchen; there were rugs and kids and cushions to sit on. It was very comfortable and cozy. We did a lot of our living there, doing homework with my mom cooking. My brother is an electronics engineer; I am a chiropractor. My other brother ran a market in NW; he has always been passionate about food. We all have different backgrounds, but our family has always been into food. We grew up that way and it feels natural to be in the kitchen.

“We moved the restaurant from NE Fremont to NW 21st in July 2010, but I live in this neighborhood, so my brother and I found this second location. We make some simple things fresh here, but we don't have a big kitchen. My brother is the main chef, he has been cooking for about ten years now, so the kitchen at our NW 21st location makes the food that needs a lot of preparation.

“It's a great neighborhood; we love being here. Business has been better than we expected. Our first year has been supported by the neighborhood and we've made some special relationships here.”

The Blue Olive specializes in Mediterranean and Middle Eastern inspired cuisine, with entrees like chicken kebob and lamb grilled to perfection. Sandwiches include their Greek burger and a



Maryam Larki welcomes you to her family's restaurant, the Blue Olive Cafe.

falafel sandwich that has been called the “Krispy Kreme” of falafels. The menu has many vegan items: veggie dolmas, smoky baba ghanouj, creamy humus and Mom's homemade lentil soup. The Mediterranean Plate and the Briam, a Greek casserole of vegetables in a light tomato sauce sprinkled with feta, are both vegetarian. The owners pride themselves in the freshness and quality of the ingredients they serve.

“We are always looking for the most local sources for the ingredients. We use the same beef as New Seasons, although our spices come from the Middle East.”

Is your mom still working?

“She helped us out when we first opened, to make sure everything went well. She still makes the dolmas, spanakopita and the deserts.

“We took our experience at home and turned it into a family business.”

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The lunch special, falafel at its best.



Look who was having lunch during the interview: Dave Howell and his sons, Duncan and Wiley enjoy the gyros and falafels.

Photographs this page: CNews

Manifest: Focused on Men's Health

Here are the start dates of the 8 new programs we're adding to the Manifest schedule in January, 2012:

MEN'S PRACTICAL HYPNOTHERAPY: TURN RESOLUTIONS INTO RESULTS - Thurs., 1/5

MEN'S COOKING & EATING WELL - Sat., 1/7

TANTRIC YOGA - Tues., 1/10

MEN'S HERBALISM & NUTRITION CLASS - Wed., 1/11

TIME MANAGEMENT CLASS - 1/12

free INTRO TO MEN'S FIT CLUB - Thurs., 1/12 & Tues., 1/17

FIT CLUB WORKSHOPS - Sat., 1/28

ART OF DEEP RELAXATION - Fri., 1/13

Most of our programs meet weekly after their start date. All Manifest events are for all adults 18 or over who self-identify as male or are commonly identified as male.

Our monthly Community Celebration/General Assembly is open to men and women.

Manifest Men's Wellness Community 503-223-8822 x 1

Manifest, a non-profit men's wellness community, empowers men to achieve their wellness visions together in more than 15 programs weekly.

www.manifestpdx.org/calendar

Holiday Composting and Recycling

The city reminds residents of a few options and resources to help dispose of excess waste easily and sustainably.

There will be no changes to your regular pickup schedule due to holidays this season. Check online at www.portlandonline.com/bps/eschedule

Scrape your holiday plates into your kitchen pail! Even turkey and ham bones can be placed in your green composting roll cart for weekly pickup. Empty your kitchen pail into your green roll cart frequently, and put your green roll cart on the curb for pickup every week.

Your holiday tree can be composted! Put a whole tree on the curb on your collection day for a fee, or cut the trunk and branches into pieces less than 36 inches long and four inches in diameter and include them in your green roll cart for no additional charge.

Some bulky packaging materials can't be recycled in your blue roll cart — like Styrofoam or packing peanuts. Call **Metro: 503 234-3000** or visit www.oregonmetro.gov/findarecycler to find out where to take these items to keep them out of your garbage container and out of the landfill.

Residents can set out an extra bag or can of garbage on their regular collection day for a one-time fee of \$5! There is no need to call your garbage and recycling company first.

Residents can find a Green Holiday Guide, how-to videos and frequently asked questions at www.portlandcomposts.com.

Artist Spotlight

Ulrikka Haveron



www.kazum.org

I didn't want to live in Texas anymore. The US is so huge; all you need to survive is to be able to communicate with people.

A girl friend and I traveled to California, through San Francisco and ended up in Portland by accident. Then everything fell into place, I just woke up one morning and decided to live in Portland. I met some musicians that became my first two friends here. Not knowing many people, it was good for me to spend some time alone, to hear my own thoughts.

And just by chance...?

I was looking for acro-balance lessons and ran into a guy in a coffee shop who teaches them. After a year of looking and traveling, I found it in a coffee shop in Portland.

The beginnings of the troupe?

Whenever I hear music, I see people dancing in my head; I see images inspired by the music. So, I began thinking of having a troupe to perform these images. It took a few years to find the people and get in training.

My friends were putting on a circus event at Dante's and asked me to be a part of it. That was 2006. It was a sold out show. It took off and just got bigger and bigger. Now I am better known and have made some money.

How is the business side?

It is a business now. Right now I am working with MESO [Micro Enterprises of Oregon, located in the Black United Fund building on Alberta St., www.mesopdx.org], learning how to run a business and how to make my business more successful. I want to take it to another level, not only creatively, but also the inner workings of the business. It would be nice to make enough money to help with expenses every month.

For performing, I would like to get a professional cheerleading coach, for training in basic tumbling, and an acting coach to help us with our expressions and gestures.

The size of the troupe has varied. It started out as four, then it was five and now it is eight with some understudies. The scheduling is hard with eight. It takes about a half of year to fully become a part of the troupe. You understudy, then apprentice.

I some times wonder how am I going to make this work. There is so much rebuilding when people come and go.

Where do your ideas for choreography originate?

I do most of the choreography for Kazum, especially in the past. But it is also a collaboration with the troupe.

Usually I am just daydreaming and listening to music. I try to capture as much as I seeing in my mind. Then I get more people involved to see how can we embody that idea. Then you try to polish it up. It is most challenging trying

This month we interviewed Concordia resident and acrobatic choreographer Ulrikka Haveron.

The name of her troupe is Kazum. You may have seen them perform recently with the White Album Christmas Show at the Alberta Rose Theater.

How did you find your art?

I was always physical as a child, track and yoga. I loved to dance as a free spirit, not lessons.

When I traveled the West Coast, I saw Circus Contraption in Seattle. Something attracted me; I was very excited by it. I am petite and they always want "small flyers". I was living in Austin, Texas at the time and there was nothing like it at all. After I went to Europe for a year I realized

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to get what is in my brain into other people's brains. If I see something my head I try to write it down, but you can't really actualize it until you have all of the people rehearse. Then you can see the holes that need filling.

Does the choreography come in little bits?

It is definitely little bits. There will be one part I see very clearly and then other parts that I am willing to leave blank. And being okay with that for now; comfortable that it will fill itself in, eventually.

At that point, if you open yourself up a little more, something way cooler usually comes out than if you try to force it.

There is something about Concordia that inspires the arts.

When my mom came to visit, she thought this neighborhood was awesome. I love the way this neighborhood has come alive during the time I have lived here.

It has been an arduous journey, but one that has been a really beautiful one, too. A lot of challenges, but also many things I would have never encountered if I hadn't done this.

It's been worth it!



Uli flying on stage.

Photograph: Uli Haveron



Uli with her daughter Tallulah, a future flyer?

photograph: CNews



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Do you use the soaking pool?

The soaking pool here at the Kennedy School is going to be closed from **January 2nd** until the **12th**. We are regrouting the pool. Thanks so much! --Kennedy School Front Desk

ALBERTA ROSE THEATRE
GREAT FOOD MUSIC BEER & WINE
JANUARY 2012
Saturday 1/7

Catie Curtis
with Jenna Lindbo

Friday 1/13
David Grisman
and Frank Vignola
"Melody Monsters"

Saturday 1/14
Keegan Smith's Sneakin' Out
The Doyle Brothers

Thursday, Jan 19
Ben Darwish + The Shook Twins =
DSTNT VNTRS
with John Heart Jackie, Local Strangers

Friday 1/20
An Evening with
Folk Legend
Peter Yarrow
of "Peter, Paul & Mary"

Saturday 1/21
20th Anniversary Show
Renegade Saints
with Haymaker

Sunday 1/22
Alasdair Fraser & Natalie Haas

Tuesday 1/24
An inspiration for the Occupy movement
David Graeber

Wednesday 1/25
The Blue Cranes, Sunbears!
Log Across The Washer

Friday 1/27
Josh Garrels & Josh White

Saturday 1/28
LOVENESS WESA AND THE BANTUS BAND
Concert and Video Shoot

Sunday 1/29 9:30 am
Oregon Regional Yoga Asana Championship

Sunday 1/29 6:00 pm
A Tribute to
David Rea
with special guest performers
Free Show!

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Guardino Gallery

MAIN GALLERY: Robert Tomlinson creates colorful mixed-media works on paper. His show's title, "Ballades," honors the specific musical compositions by Brahms, as it was the only music listened to in the studio while the work was being made. Olinka Broadfoot is a sculpture working in clay and brick. She travels to the Czech Republic to a brick factory and works there with their product.

FEATURE AREA: Kurt Dahlke creates abstract expressionist paintings. Dahlke's paintings combine mysterious beauty with soothing rhythms and energetic motion.

Kurumi Conley creates colorful kiln formed glass. Her work has a fresh feeling palette. The glass has luscious, edible quality of candy. 2939 Alberta St,

www.guardinogallery.com, 503 281-9048, **December 29-January 24.**

Enhancing Portlander's connection to their food and community. Last summer, more than 800 people filled out questionnaires (online or written) about the ideas presented in the **Urban Food Zoning Code Concept Report**. Project staff then compiled these comments and produced a summary report. This input is very important to us and will help guide code development. The next opportunity for public input on the Urban Food Zoning Code Update is scheduled for February 2012, when draft language of zoning code amendments will be available for public review. Search www.portlandonline.com/bps

The Portland Storytellers Guild will present an evening program called "Peace is Not for Wimps", on **Saturday, January 14, 7:00 p.m.** at the Kennedy School Community Room in McMenamin's Pub in Portland. Five outstanding members of the guild will relate stories about choosing peace. This should prove to be an entertaining, as well as thought-provoking evening. Suggested donation: \$5.00 per person, \$4.00 for members of the guild, \$10.00 per family.

Vernon School

January 7 - 8th – Vernon PTA Tree Recycle, 22nd and Killingsworth, \$5-\$25 donation.

February 23rd – Black History Event at Vernon.

March 2nd – Vernon PTA 2nd Annual Auction.

www.pps.k12.or.us/schools/vernon/

Concordia University Hosts Free Community Events in Jan & Feb. All events are free and open to the public and will take place on the Concordia University campus, 2811 NE Holman Street in Portland, unless otherwise noted. For more information, visit the Concordia University website at www.cu-portland.edu/calendar.

Learn about the history of water control in the Portland area and get an up-close look at the people, machines, and structures that keep parts of NE Portland and Gresham from flooding. Co-hosted by the Columbia Slough Watershed Council and the Multnomah County Drainage Districts, this tour led by District Engineer Byron Woltersdorf highlights the water flow of the Columbia Slough waterway and the levees and pumps that maintain water levels. Free, pre-registration requested at www.columbiaslough.org or 503-281-1132. Please dress for the weather. **Thursday, January 19, 4 – 5p.m.** Multnomah County Drainage Districts, 1880 NE Elrod Dr, Portland. Free

Six Days Art Co-op, Last Thursday Opening, **January 26th, 6 -8 p.m.**, Tea 4 Two Hundred. Drop in for Last Thursday as we feature tea tasting with Townsend's Teas and heart shaped cookies from gallery artists. Celebrate National Tea Month and Inspire Your Heart With Art.

2724 NE Alberta,
www.SixDaysArt.com

Northeast Portland Tool Library, We have tasks that require a variety of skill sets; no prior tool knowledge required! NE Portland Tool Library 5431 NE 20th Avenue, 503 539-1756
www.neptl.org,

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Thursday, January 5
Family Frolic
Professor Banjo
7 p.m. • Free • All ages welcome

Wednesday, January 11
Winter Scotch Dinner
hosted by STUART RAMSEY
"THE SCOTCH GUY"
7 p.m. • \$50; reservations required
21 & over

Tuesday, January 10
RACE TALKS:
An Opportunity for Dialogue
"THE EXPERIENCE OF NATIVE AMERICANS IN OREGON TODAY"
7 p.m. • Free • All ages welcome

Thursday, January 12
BUOY LARUE
Melding classical with rock
7 p.m. • Free • All ages welcome

Saturday, January 14
J.R.R. TOLKIEN BIRTHDAY BASH
Free admission
Bring a canned good for OR Food Bank
All ages welcome

GARCIA BIRTHDAY BAND
7 p.m. • Gym
WILLAMETTE RADIO WORKSHOP
presenting "Hobbit's Greatest Hits"
2 p.m. & 4 p.m. • Gym
"LORD OF THE RINGS" TRILOGY
11 a.m. • "Fellowship of the Ring"
3 p.m. • "Two Towers"
7 p.m. • "The Return of the King"
Theater

Thursday, January 19
SUGARCANE
Island blues
7 p.m. • Free • All ages welcome

Thursday, January 26
DANNY BARNES
Country, jazz & funk gone banjo
as part of **GREAT NORTHWEST MUSIC TOUR**
7 p.m. • Free • All ages welcome

Monday, January 30
HISTORY PUB MONDAY
"JULIA RUUTTILA: PROUDEST MOMENTS IN AN OREGON ACTIVIST'S LIFE"
7 p.m. • Free • All ages welcome

Thursday and Friday, February 2 & 3
Crab Dinner
This family-style dinner includes crab, linguini, beer and more.
7 p.m. • \$60; reservations required
21 & over

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