



CONCORDIA NEIGHBORHOOD ASSOCIATION
PO BOX 11194 / PORTLAND, OR 97211

CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association | concordiapdx.org

November 2013

CNA's Annual Meeting & Elections Tuesday, November 5 at 7 p.m.

Meeting at the Kennedy School Community Room



Join with other members of our Concordia Neighborhood community at our Annual Meeting to fill openings on the Concordia Neighborhood Association (CNA) Board, learn about the latest revisions to our bylaws, and find out how to become involved in the exciting and worthwhile projects and events that the CNA has been involved in over the past year.

The Concordia Neighborhood Association elects Board members on a staggered schedule annually for two-year terms at our Annual Meeting in November and the CNA nomination committee has already received several applications for Board candidates (please see the bios of the applicants on page 3). However, there is still time to throw your hat into the ring! If you have a passion for volunteering and want to make a positive change right where you live, please contact Paul Wilkins, our Nominating Committee Chair, at pdxpaul@gmail.com. Additionally, if you are moved to become involved on the night of the elections, you can nominate yourself from the floor for an open Board position!

Concordia Neighborhood Association members must be a resident, own property, or a business within our boundaries. You will be asked to sign in at the meeting and confirm your membership in the neighborhood association. At this time, there is no age limit for election, but nominees under 18 must have written permission from a parent.

Terms begin in January 2014 and run 1-2 years depending on the position being filled. Board members commit to attending board meetings each month, attending regular and special meetings of the neighborhood association, attending CNA-sponsored events, and becoming a member of a committee of your choice. Becoming a board member represents all our community on issues such as land use, livability, and safety. We partner with local government through our association with the Office of Neighborhood Involvement (ONI), Northeast Coalition of Neighborhoods (NECN), and other local community groups.

As part of our annual tradition there will be FREE FOOD and BEVERAGES (Adult beverages, soda, etc.). Hope to see you there on Tuesday Night!

Check out the Candidate Profiles on Page 3.

CNA Holiday Party

Tuesday, December 3rd 6:00 p.m. - 8:00 p.m.
St. Mike's Fellowship Hall, Fireside Room & Community Kitchen
St. Michael's Lutheran Church
6700 NE 29th Ave (corner of 29th & Dekum)

The CNA HOLIDAY PARTY is just around the corner on December 3rd, so please mark your calendars! This year our newest community partner, St. Michael's Lutheran Church, has generously donated spaces in their Fellowship Hall, Fireside Room, and Community Kitchen for our annual event. All residents and business owners of the Concordia Neighborhood are invited to the free holiday festivities! The holiday party is a great way to meet new neighbors and mix and mingle with friends, old and new, in a festive and family-friendly atmosphere. Plus, come have a look at the home base of our new Community Kitchen team! This year we are delighted to be serving a variety of culinary delights and plenty of nonalcoholic beverages. Festive holiday music will also be provided! Additionally, we will have a Cookie Decoration Station for the tykes so that they may create their own tasty treats. We will be baking cookies for this kiddie activity at the Neighborhood Cookie Bake on Dec 1st at 2 p.m. at St. Mike's Community Kitchen (please see the CNA website- concordiapdx.org - for further details about this fun Community Kitchen event!).

If you would like to help out with our annual event, please contact Katie at (503) 449-9690.

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 6. Smells like Memories
Thanksgiving Wine Selection
Zen of Exercise
 7. Warm and Cozy Home Tips
Volunteer Opportunities
Columbia Slough
 8. Local Events



Community Cook & Freeze Event

Where: St. Michael's Kitchen (29th and Dekum: through the glass doors near the church parking lot)

Date: Thursday, November 21st

Time: 6-8:30 p.m.

RSVP to: st.mikes@kitchencommons.net by Thursday, November 14th

Includes: Dinner and 3 kinds of soup to take home. We will be making: Curried Lentil Soup, African Peanut Soup (Vegetarian & chicken options), and Butternut Squash Soup.

Items to Bring: 3 (1 quart) size food containers to take your soup home in

Cost: Sliding scale donation

Questions? Contact Rachel at st.mikes@kitchencommons.net

Concordia Neighborhood Association

Meetings & Updates

Get the latest news at ConcordiaPdx.org

These committees have direct results on the Livability of our neighborhood- with your participation.

Annual Meeting
November 5th at 7:00 p.m.
State of the Union, Board Elections & Bylaw Revisions
McMenamin's Kennedy School, Community Room

Board Meeting
November 12th at 7 PM
McMenamin's Kennedy School, Community Room

Finance Committee
For Meeting times and location visit our website or email:
ContactCNABoard@yahoo.com

Policies/Procedures
Contact Katie Ugolini (Chair)
at 503-449-9690 for meeting times and location
Working on Revising Bylaws

Social Committee
November 14 at 7 PM
St. Michael's Lutheran Church
6700 NE 29th Avenue
Planning for Holiday Party
Contact Katie Ugolini (Chair)
at 503-449-9690

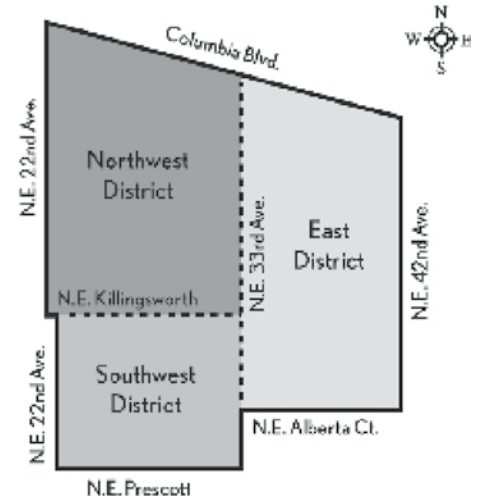
Media Team
Contact: Paul Wilkins (Chair)
Newspaper and Website
Email: ConcordiaNews@yahoo.com

Arts Committee
Contact Shadia Duer (Chair)
at 503-467-8229 for meeting times
Community Room at Kennedy School

Tree Team Meeting
November 12th at 7 PM
Dining Area at New Seasons
www.concordiatreeteam.wordpress.com

Land Use, Livability and Transportation Committee Meetings
November 19th at 7 PM
McMenamin's Kennedy School, Community Room

The land use committee grants approval for many large neighborhood projects.
To hear about and try to solve issues affecting quality of life in Concordia that are brought to us by community members.



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.

Mission Statement

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

Concordia Neighborhood Association
www.concordiapdx.org
PO Box 11194
Portland, OR 97211

Contact the CNA Board
contactcnaboard@yahoo.com

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daniel@tassociates.com
CNA Secretary
Jason Hagen
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CNA Treasurer
Robert Bowles
503-490-5153
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Submissions

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

Advertising/Business Manager
Please send ad inquiries to:
cnabusinessmanager@gmail.com

Editors

Please send article submissions to:
Signe Todd (website)
Mary Wiley (newspaper)
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Concordia News is printed on 40% post-consumer or better paper, manufactured at a local mill.

www.ConcordiaPdx.org
Visit the website of the Concordia Neighborhood Association for:
Community Events & News
Neighborhood Information & Blog
www.ConcordiaPdx.org

Neighborhood Community Room

Rent it for your next gathering, book club, celebrate a special occasion, birthday, baby or wedding shower?
CNA manages the rental space & benefits from the proceeds.
Non-Profit Organization
for \$15 an hour
All others for \$25 an hour
Contact: CNAroomKennedy@gmail.com

CNA Board is looking to fill open seats.

The nominating committee is looking for applicants – is that you? Please email contact cnaboard@yahoo.com for an application now! Contact us today for more information. Ideal candidates are individuals with a passion for community building and planning events for our neighborhood. Good experience includes knowledge of non-profit finances and financial reporting, fundraising experience, event planning, enthusiasm for making your neighborhood a better place, to name but a few. Board members are expected to participate in committees and volunteer at Neighborhood Association events. If you are interested, do not hesitate to contact us – **we need you!**

Board E1	VACANT		
Board E2	Mark Charlesworth	charlesworthhomes@gmail.com	503-807-9911
Board SW 1	Luke Griffin	lukeg003@gmail.com	503-545-2313
Board SW2	Bill Leissner	b.leissner@comcast.net	503-282-5050
Board NW1	Isham "Ike" Harris	ishamharris@msn.com	503-282-1543
Board NW2	Katie Ugolini	ktugolini@gmail.com	503-449-9690
AT-LARGE (7 seats)			
1	Robert Bowles	rbowles01@yahoo.com	503-490-5153
2	Paul Wilkins	pdxpaul@gmail.com	503-754-6921
3	Jason Hagen	Jhagen@cu-portland.edu	503-493-6532
4	VACANT		
5	Issac Quintero	iquintero@magellanproperties.net	503 351 4585
6	Shadia Duery	sduery@gmail.com	503-467-8229
7	VACANT		

Pendulum of Change Swings Through Fox Chase

By Daniel Greestandt, Concordia Neighborhood Association

In recent years, Concordia's micro-neighborhood known as Fox Chase (surrounding the intersection of NE Killingsworth and 30th) has grown into an example of the good, the bad and perhaps a bit of the ugly that often accompanies economic development and social change in our neighborhoods. Some businesses are growing, some are disappearing. Some residents are happy, some are deeply concerned.

If you've ever been to the intersection, you've seen an eclectic collection of shops, small businesses and eateries offering a variety of things including vintage bric-a-brac, hand-spun art, architectural design services, parenting supplies, yoga space, salon pampering and some of Portland 's most highly-rated restaurants. And abutting it at all is a vibrant community of neighbors living just steps away from the hustle and bustle of the night and day commerce that has grown considerably over the past decade or so.

Over the years, some local residents and businesses have rallied together to make important community improvements such as garden planters, sidewalk art and the existing pedestrian crossing signal that has improved safety at the often treacherous Killingsworth Street crossing.

While the intersection is no stranger to change, recent months have seen the pace of that transition speed up. While many residents, as well visitors from outside the immediate area, may see positive developments, some residents are asking if the neighborhood is transitioning for the better or for the worse. For some local residents, the intersection has already reached something of a tipping point where the volume and character of the commercial zone is impacting the larger neighborhood negatively, not only through automobile congestion, late-night/early-morning noise and litter issues, but also in terms of the very character and quality of the community as a whole.

For more than ten years, Mary Taponga has owned and operated Hail Mary where she has sold a variety of art objects as well as her own hand-made mosaics. Recently, Mary lost her lease, ostensibly in order to make way for expansion of Cocotte, the corner restaurant that opened next door approximately two years ago. Mary's shop will be gone by the end of October and she is currently considering if and where she might be able to reopen. In February this year, Amy Watson, the chiropractor/owner of Whole Mama Whole Child, also lost her lease after 8 years at this location, forcing her and the Jyoti Wellness Center to relocate. Now that space is being prepped for a new restaurant owned by Dayna McErlean, owner of Yakuza and DOC. Dayna is a resident of Fox Chase as well.

Tracy Braden - Candidate

By Tracy Braden

As a resident of the Concordia neighborhood for the last 10 years, I have seen much growth and change. I love the quirky uniqueness of our neighborhood and want to be part of what continues to make it great. Strong communities are what make neighborhoods thrive, and they must be maintained. I am interested in doing my part to ensure our future!

For the last 12 years I have advised students pursuing education in urban planning and community development. I have assisted faculty in the development of programs and policies which allow for students to meet their educational and career objectives. A large part of the educational requirement involves field work, therefore exposing me to the inner workings of the city and the organizations responsible for getting things done.

I have experience in grant writing and through grant funding, I started a diversity outreach program. I hold a Masters in Counseling, and have worked with social service organizations. In addition to providing therapy, I have been able to connect clients with community resources.

Pendulum of Change Continued

While some residents welcome the growth of dining options, others feel that the neighborhood is losing commercial diversity. As daytime retail businesses and services give way to restaurant/bars focused more on evening and late night patrons, residents worry that some already challenging issues are likely to worsen. Even if you welcome the expansion of the restaurant/bars, there are certain aspects to the operations of those businesses that tend to impact local residents. There will soon be a total of nine establishments with liquor licenses, some doing business seven days a week.

First and foremost in the minds of residential neighbors seems to be the issue of parking. Residents within one or two blocks of the NE Killingsworth and 30th intersection already struggle to keep their driveways unimpeded during evening and late night hours when business patrons and employees are most present. Along with all that human activity comes the usual noise and litter, often in the form of discarded cigarette filters. The Oregon Indoor Clean Air Act bans smoking within 10 feet of the businesses themselves, but there's no such restriction in front of private residences adjoining such establishments. Some residents are expressing frustration at having to paint the curb around their driveways, pick up litter on and around their private property and shush late-night bar goers.

Of course, along with the negative impacts and inconveniences come potential benefits as well. As businesses expand, the influx of customers may benefit other existing establishments. Local employment opportunities may grow as well. As new businesses become good neighbors, they have the opportunity to support the community in new ways. If the economic growth is well managed, an area that attracts more business and visitors can also drive up residential (as well as commercial) property values – an admittedly two-edged sword for many families and communities. On an individual basis, if your interests happen to fall more towards culinary adventure and public socializing than towards daytime retail, then the growth of eating establishments may be a welcome addition to the neighborhood. Ultimately, individuals have to ask themselves if the pendulum of development is swinging too far in one direction or another.

In light of mounting questions and concerns, residents have begun reaching out to the owners and managers of the existing and emerging restaurants to open a dialogue and to work together to find creative solutions. A meeting of residents took place in early October

Esther Lerman Freeman - Candidate

By Esther Lerman Freeman

I bought my home in the Concordia neighborhood in November 2012. I was previously living on the west side of town and wanted to be in an area that felt more alive and like a true neighborhood. I have found that in Concordia. In my short time here I have enjoyed participating in the neighborhood clean up, concerts in the park and town hall style neighborhood meetings at the Kennedy School. I have been enjoying the friendliness of my neighbors, the passersby on the street and the nice vibe in both Alberta Park and Fernhill Park.

I would like to serve on the Board to contribute to the neighborhood and work alongside the lovely and dedicated Board members I have enjoyed getting to know. I am interested in livability, sustainability, walkability, better bike safety lanes and maintaining all the wonderful attributes that attracted me to this neighborhood. I am in the process of getting my garden certified as a backyard habitat and have participated in a planting with Friends of Trees.

to begin that conversation and to bring the community together. The group discussed many of the issues mentioned above. Dayna McErlan volunteered to handle the placement of sidewalk cigarette receptacles for the restaurants. Restaurant managers apparently are willing to ask departing diners to be mindful of loud behavior. Neighbors are looking into installing signs on the perimeter of the intersection's businesses reminding customers that they are in a residential area. Part of the process may involve the development and adoption of one or more, formal Good Neighbor Agreements intended to bring the residents and the business owners together in clear, mutual agreement regarding expectations and remedies in case of problems. In short, a dialogue has been started and is ongoing to address both the challenges and the opportunities that lie before the community.

If you're a resident, business owner or visitor to the area and you'd like to stay informed or get involved, you may want to visit the Facebook page at <https://www.facebook.com/foxchasepdx> or contact Ansula Press at ansula@gmail.com



Steve Elder - Candidate

A transplant from Texas, where he was a lawyer for many years, Steve Elder lives on Northeast 34th Avenue in a house he purchased a little over two years ago. He shares his home with his wife, Tricia, two dogs and a cat. Since moving to Oregon, Elder has gotten licenses to operate a car, a motorcycle and practice law.

In addition to his home in Concordia, Elder has acquired a vacant lot and a duplex within walking distance of his home. Elder is considering building a duplex on the lot, which is zoned multifamily. He feels owning a lot and a duplex give him some perspective as a rental property owner and prospective land developer.

Elder is a military veteran, former County Attorney and senior citizen. He has participated in bar association and political activities.

Elder says he would like to build on his experience working with, for and against government bodies. "I realize the big developers can do pretty much what they want so long as they follow the code, but I'd like to see the neighborhood association have a line of communication with developers and the city officials who regulate them," says Elder. "I read recently that building inspectors are spread too thin. Maybe a neighborhood association could help ameliorate that situation."

"I look forward to continuing the work of the Association and helping guide Concordia to being an even better place to live", said Elder.



Robert Martinek - Candidate

By Robert "Bob" Martinek

I am the Pastor of St Michael's Lutheran Church at 6700 NE 29th Ave across the street from Concordia University and next door to Faubion Elementary School.

I moved to Portland in 2012. Upon moving to Portland I made it my goal to get St Michael's congregation involved in the Concordia neighborhood. It is my goal as well as the goal of my Congregation to become a vital part of the community in such a way that St Michael's would be missed if we left the community.

I am very interested in the Concordia Community. I have been attending the meetings of the CNA as a guest for over a year now. I attended the CNA Holiday Party last year. My congregation was a sponsor for the Concerts in the Park this last summer and I attended every concert held.

I have always been active in the community. I was President of the local Ministerial Association in Alexandria Louisiana. I worked on a community Holocaust Remembrance event which now takes place annually in Alexandria. I served the community as an Emergency Room Chaplain at a local hospital.

I am very interested in the needs of the CNA Community and how those needs can be met. That is why I am interested in sitting on the Board. One reason I entered into the Clergy was that I wanted to help people and make a difference in the lives of people. My faith moves me to be concerned for all people no matter who they are and what they are and what they have done and that same faith moves me to genuinely concerned for them and their needs. That is what motivates me to care so deeply about the plight of ALL people.

Just a little about me. I am 61 years old. I do not actually live in the Community, but I spend on average 60 hours a week at my office and in the area. My interests are hiking, camping, reading and traveling. I am more than willing to serve you and spend the time that is need to do the job that needs to be done for the betterment of our community.

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Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.
Oprah Winfrey

Responsible Dog Owners

By Mark Ross

Portland Parks & Recreation (PP&R) and Portland Public Schools are encouraging dog owners to show good "petiquette" when visiting parks and schoolyards.

"Parks and schoolyards are used for many different kinds of play, from soccer to jogging to dodgeball to biking," says Ali Ryan, who manages PP&R's Dog Off-Leash Program. "The best ways dog owners can contribute to maintaining safe, healthy places for play are by keeping dogs on leash and removing pet waste."

Off-leash dogs in sports fields, playgrounds, and other leash-only areas is an ongoing concern for many park and school visitors. By law, dogs are required to be on leash in all public spaces including parks and schoolyards. Pet waste must also be removed and disposed of properly. Pet owners who don't leash and scoop risk citations of up to \$150.

PP&R has 33 designated off-leash areas in parks throughout the city. Dogs on leash are welcome visitors to schoolyards during non-school hours and most parks, trails and natural areas.

"As year-round, all-weather users, dog owners can have a great, positive presence," says PP&R Security Manager Art Hendricks. "But their presence is just as positive, and much safer for all park users and pets, when dogs are kept on leash."

To report leash/scoop problems in parks, contact Portland Park Rangers at 503-823-1637. To report leash/scoop problems in schoolyards, contact Multnomah County Animal Services at 503-988-PETS (7387).

For more information, please visit PP&R's dog information page here: <http://www.portlandoregon.gov/parks/38287>



Portland's Seeks Experts to Join Advisory Committee

By Rachael Hoy rachael.hoy@portlandoregon.gov

City of Portland seeks community members and technical experts to join advisory committees for the Comprehensive Plan Update

Portlanders are invited to help guide public involvement, transportation planning, and mixed use/institutional zoning for the City's long-range plan for growth and development

The Bureau of Planning and Sustainability is currently recruiting Portlanders to fill vacancies on an existing Community Involvement Committee for the Comprehensive Plan and three new advisory committees as the project moves into Task 5: Implementation. Community members and technical experts are needed for the Transportation System Plan, Mixed Use Zoning Code Project and Campus Institution Zoning Update advisory committees. More information about these projects, applications and key contacts are included below.

Community Involvement Committee (CIC): This is an existing committee with vacancies. Members will review and provide input on the public involvement efforts for the Comprehensive Plan Update. The CIC makes recommendations to the Portland Planning and Sustainability Commission (PSC) and project staff on ways to maintain and improve public involvement activities to ensure outreach efforts for the plan are as inclusive and effective as possible. Application deadline is Nov. 1, 2013. Please contact Marty Stockton (503-823-2041, marty.stockton@portlandoregon.gov) for more information about this committee.

Transportation System Plan (TSP): The Bureau of Transportation and Planning and Sustainability are establishing a TSP Expert Group as part of the City's Comprehensive Plan update. This group will address refinement of project selection criteria, street classification map updates, equitable approaches to project selection and policy, project list priorities and financial plans, and changes to City code. Interested community members should formally apply to be part of the committee. Application deadline is Nov. 8, 2013. Please contact Courtney Duke (503-823-7265, courtney.duke@portlandoregon.gov) or Rachael Hoy (503-823-9715, rachael.hoy@portlandoregon.gov) with questions.

Portland's New App of the Comprehensive Plan

By Garlynn Woodsong

The City of Portland has a new web-based application that they're calling the Comprehensive Plan Map App. It is being used to convey information to, and collect feedback from, the public related to the citywide Comprehensive Plan as a part of its update process.

Interested users can enter the following URL into their web browser to start up the map app:

www.portlandbps.com/gis/cpmapp/

A quick introductory page will pop up; clicking on the center of this page will cause the map app to load. There is also a tutorial available from this home screen that users can take to learn more about the map app and the Comprehensive Plan update process.

Once the map loads, there is a 'How to use' tab at the top of the screen; clicking on this will provide instructions on how to use the app, both to browse data and to provide feedback on the Comprehensive Plan.

This is a very information-rich application; there is definitely the potential to spend hours browsing the different map layers, and still have much more left more to discover. In particular, new users should pay attention to the three tabs at the bottom of the layers list to the left of the map; clicking on 'working maps,' for instance, brings up additional discussion layers that are not on the primary list of discussion layers listed on the 'map layers' tab.

Concordia residents interested in continuing this discussion in person are invited to attend the Concordia Neighborhood Association Land Use and Transportation (CNA LU&T) Committee meetings (3rd Tuesday of the month, 7pm, in the Community Room in the SE corner of Kennedy School). The next meeting will be in January, 2014; no CNA LU&T Committee meetings will be held in November or December of 2013.

Contest to Promote Garbage Collection Email Reminders

Is garbage day this week or next? Sign up for garbage day email reminders and a chance to win a \$100 credit on your garbage bill

City of Portland's goal: Sign up 10,000 more residents by spring 2014.

The City of Portland's Bureau of Planning and Sustainability announced a new contest to promote its garbage collection day email reminders. For every 1000 Portland residents who go to www.garbagedayreminders.com to sign up for the free email reminders, the City will hold a drawing to select winners to receive a prize of a \$100 garbage bill credit.

The contest is open to all single-family and smallplex (two- to four-unit) households and runs from today through March 1, 2014, or until ten winners are selected. To sign up for the reminders and be automatically entered for a chance to win, visit www.garbagedayreminders.com.

The collection day email reminder system was developed by the City of Portland as a resource for residents to help take the guesswork out of which containers to set out on collection day. The free, simple reminders are delivered to the resident's email the afternoon prior to collection day. To date, over 6,000 households are registered to use the email tool. The goal of the contest is to increase that number to 17,000 registered households.

"It's one less thing to try to remember every week. I signed up for the weekly reminders because I got tired of going out to the street in my pajamas to see which containers my neighbors set out," said John Vincent Lovell, a Northeast Portland resident. "Now, I get a short email the afternoon before pickup day, set out my containers and I don't think about it again until the reminder comes the next week."

When residents sign up at www.garbagedayreminders.com, they can also find information about what goes into each container, how-to videos on composting and more.

"Congratulations to Portlanders for reaching a 70 percent recycling rate citywide," said Charlie Hales, mayor of Portland. "These email reminders are one more way to make green choices even easier."

It has been two years since Portlanders started adding food scraps to yard debris in the green Portland Composts roll cart and switched to every-other-week garbage collection. Almost 80 percent of Portland households are adding their food scraps to the green roll cart, which is converted into nutrient-rich compost that is used by local farmers and community gardens. Since the start of the program, 156,000 tons of food scraps and yard debris have been collected and household garbage headed to the landfill has decreased by 37%.



39th Annual Veterans Day Parade November 11th in the Hollywood District



Rain or shine, the 39th annual Ross-Hollywood Veterans Day parade again will be held November 11 in Portland's Hollywood District. However, a host of other activities have been added this year.

The first Hollywood Veterans Mile race begins at 9:30 a.m. on Northeast Sandy Boulevard. Runners can register and check-in at the Northeast Community Center, 1630 Northeast 38th Avenue at 8:30 a.m. The fast street mile follows the parade route, concluding back at race's starting point. Runners are invited to run in the name of a veteran and then march in the parade that follows. Register online at uberthons.com/veteransmile.

The Ross-Hollywood Veterans Day parade begins at 9:45 a.m., at Northeast 40th Avenue and Northeast Hancock Street and travels east on Northeast Sandy Boulevard to Northeast 48th Avenue, where a memorial flag raising ceremony will be held.

According to Angela McKenzie-Tucker, manager of parade sponsor Ross-Hollywood Chapel, this year's grand marshal will be the USO Northwest PDX Center to be opened in the Portland International Airport. "We support bringing the USO to Portland and hope their involvement in the parade helps build community awareness. We're also thrilled to see new activities being created around the parade - all to honor America's veterans."

Parade participants typically include marching bands, the historic horse-mounted Buffalo Soldiers Moses William Chapter of the 9th and 10th Calvary, military veteran service organizations, and veterans motorcycle organizations. Boy Scout and Girl Scout troops also participate with parents and other military veterans. Last year featured 1,100 marchers. Everyone is welcome to attend and can register to march at veteransdaypdx.org.



Capping off the day's activities, following the parade veterans and their families can attend a complementary USO-style show and lunch at the Hollywood Theatre. Portland entertainer Tony Starlight, Tony Starlight's Supper Club and Lounge, will perform music from the World War II years and other patriotic music. This is the fourth year Tony Starlight



has donated his time and talent for the veterans. Performing with him will be Bo Ayars and the All Star Horns, a seven-piece band, and Signatures, a group of four women vocalists. Neighborhood businesses have donated food for the lunches, while U.S. Bank is helping defray other costs.

Veteran's Day Open House

The American Legion, Post 134 is holding an OPEN HOUSE between 1 and 3 pm on Veterans Day, Nov. 11. We've been remodeling on the inside and would like to show ourselves off to the neighborhood. You don't have to be a member to join us in honoring our vets and admiring our new digs.

BINGO will start again on Nov. 1st. Bingo is every 1st and 3rd Friday of the month. Everyone is welcome! Bring a can of food for our food locker and get a free bingo card!

Children age 6-12 can treat their parents to a free movie on Nov. 9th at 12:30 pm. Movie of the day is a Disney movie but not a cartoon movie. It's entitled 'Operation Dumbo Drop'. Free popcorn will be served.

The Legion is located at 2104 NE Alberta St.



Fall Yard Sale

Saturday, November 16th 8am - 2pm
Sunday, November 17th 12p, - 2pm

Ainsworth United Church of Christ
NE 30th Ainsworth Street

Sale will take place in the Church's warm dry basement!

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MARKET**

Smells like Memories

By Chelsea Hueckel and Nicole Arvesen

Holiday season brings fond memories of family and friends. These memories are tied to our sense of smell; turkey roasting in the oven, pumpkin pie, and fallen leaves in the yards and streets all smell like fall. This might sound like common scents . . . but why is our sense of smell such a vital part of our lives?

Smell is the most sensitive of the senses. People can remember smells with 65% accuracy after a year, while visual recall is about 50% after three months. Research has shown that smell is the sense most linked to our emotional recollection. Studies show that 75% of emotions are triggered by smell which is linked to pleasure, well-being, emotion and memory.

The sense of smell is the first of all our senses to develop. Even before we are born, our sense of smell is fully formed and functioning. The sense of smell peaks when we are in our late teens and begins a gradual decline. People who have an impaired ability to smell, and therefore taste, tend to follow diets that are less healthy. Your sense of smell accounts for 90% of the impact a flavor has. Without being able to smell the difference between onion and potato, it'd be difficult to tell them apart.

Create a warm and welcoming atmosphere for your guests and they will have lasting and cherished memories. Aroma adds an important extra touch to your home and is never more true than at holiday times. Scents can be uplifting and enhance moods or be a soothing and decrease stress. How do you select the right scent or choose a great candle. Here are a few tips:

- Cinnamon: Stimulating and improve focus
- Citrus/Orange: Happiness and invigorating
- Eucalyptus: Clear the mind
- Ginger: Warmth and vigor
- Jasmine/Lavender: Calming and anti-stress
- Lemon: Promotes concentration and calm
- Peppermint: Energy boost and clear thinking

Additionally, support your local candle producers and seek hand poured candles with natural soy wax, cotton wicks, and high quality fragrance oils or essential oils in reusable or recycled glass containers. Soy wax is clean burning and kind to allergy-sufferers. It has a long, slow burn time giving each candle a lengthy life span. Soy candles without additives will occasionally appear cloudy, this does not have any effect on the scent or burn of the candles.

Stop by the candle display at New Seasons or Frock Boutique and bring autumn into your home. Stimulate your senses with Cinnamon Stick or boost your holiday spirit with Cranberry Orange. In addition, find Lemon Verbena, a classic scent to fill your kitchen with sunshine during our dreary days.

For more information: contact Bridge Nine Candle Co, Info@bridgeninecandleco.com



Thanksgiving Isn't About the Wine

By Natanya Anderson, Whole Foods Market

As much as we want to have good wine pairings with Thanksgiving dinner, the plain and simple reality is that, for most of us, wine takes a back seat to the food and family at Thanksgiving. If you can keep the role wine plays in the dinner in perspective, you'll be able to free yourself to focus less on the wine and more on the food. Similarly, you'll probably find that your guests' expectations for the wine at Thanksgiving aren't the same as they might be in other dining situations. They aren't there for the wine, they are there for family connection and tradition first, and then food, with wine coming in a distant third.

Stress Free Wine Selection

Hopefully, freeing yourself from the expectation of making the perfect pairing takes you a long way toward a more relaxed Thanksgiving wine-selection expedition.

Find out what you can about your guest's wine preferences. Does Aunt Judy only drink oaky Chardonnay from Napa? Does cousin John only like zinfandel? The more you know about their pallets and proclivities the easier it will be to hone in on specific varietals or styles.

Buy 2 of each color: red and white. Choose a light/dry white as well as an oaky Chardonnay to cover the white spectrum. Next, select two light and easily quaffable reds like a Pinot Noir, Zinfandel, or Shiraz. If your menu is extra-laden with sweet flavors, Zin and Shiraz are particularly your friends. Avoid big fat reds though because they will simply overwhelm everything else at the table.

Consider starting the meal with some bubbles. I'm a big fan of sparkling wine because it's so light and also happens to be a pallet cleanser. Serve it with appetizers as a fun and cheerful way to start off the day. Don't feel like you have to buy expensive champagne either, an American sparkler or even a French Blanc de Blanc will do just fine.

Skip wine with dessert and serve (spiked) coffee. One of the rules of pairing wines with sweets is that the wine should be sweeter than your dessert otherwise it will taste sour. Considering the typical Thanksgiving dessert spread – pumpkin pie, mincemeat pie, pie, pie, and more pie – you'll have to pick up some pretty sweet dessert wines to compete. These aren't often the favorites of many folks, and they are often pricy, so just skip them all together.

Break out the good stuff later. If you do have friends and family who enjoy a really great wine and you happen to have one around, enjoy it with them a few hours after Thanksgiving so it can really be appreciated. It won't be competing with anything and you'll be able to truly savor it.

Seek Help

You don't have to figure this out alone. Your local wine shop gurus are more than happy to help you find the right wines in your price range – and if they aren't, find another wine shop.

Thanksgiving is the penultimate communal meal. You don't have to go it alone. Ask friends and family to bring a dish, or, at the very least ask a couple of them to help you out in the kitchen in the final 30 minutes. They can stir, plate, garnish, or even hold your wine glass. To make things go more smoothly, consider how they can best help you ahead of time so you're ready to give instructions when they arrive. If you're as crazy as I am, you could even make each person their own little task list – but that's only if you're my kind of weird.

Enjoy the Ride

Above all, have fun with your guests. If the turkey is a little dry or the stuffing a little wet, they won't remember. They will remember that you put your time into preparing a great meal for them and that's what really matters. So cut yourself some slack!

Zen of Exercise without Exercise

By Arn Strasser DC

The way to begin to exercise is to not to think too much about it. As soon as "I must..." and "I have to..." enter into the picture, you're usually in trouble. For those of us who have trouble motivating ourselves to exercise—and incidentally that's by far the majority of us—here are some tips on the Zen of Exercise, how to just do it, in the moment, now...

Start Small. If you set your exercise bar too high, you run the risk of getting discouraged and giving up. And you run the risk of injury! The body needs to build its exercise capacity slowly. Jumping into a strenuous intense exercise activity can cause injury and will sabotage "doing it".

Know Who You Are. Don't pick an exercise you know you aren't going to like. If friends urge you to join them for a lunch-time run and you know you hate to run, then choose a different activity.

Enjoy Yourself! Sometimes at the beginning of an exercise program, there is a temptation to adopt a "no pain, no gain" attitude—and anyway, we think we deserve to suffer because we've been so bad and lazy. This Puritan phase, however, is short-lived. If there is not a significant element of enjoyment associated with exercise, you will usually find a way to abandon it.

Shhhh! It's probably better to keep your brand new exercise regimen a secret, or if you do it with a friend, for both of you to take a vow of silence, at least until a routine is established. Even people who love us can unconsciously try to sabotage us as we try to initiate changes.

Don't Be Intimidated. Another reason for a vow of silence when beginning to exercise is to ward off well-meaning, but unhelpful exercise fanatics. Some of us just can't get enough exercise, and love to give advice about it, and sometimes even get carried away and over-exercise. As you try the first baby steps of a real long-term exercise routine, don't be intimidated from your own approach by these exercise advisors.

Rain? What Rain? Rain and rotten weather is not an excuse not to exercise, because obviously in Portland if it was, we wouldn't exercise for most of the year. In the fall, throw on the rain gear and forge ahead. It only looks impossible.

Remember The Three Weeks Rule. Researchers seem to have found a rule of thumb regarding building new habits: it takes three weeks to really set a habit in motion. So if you begin your simple exercise routine, keep doing it for three weeks. The goal of any exercise program is to make it a habit and integrate it into your life...for always.

One Day At A Time. Each day, thankfully, is a new beginning. If you miss a day of exercise, don't use that as an excuse to stop. If you fall off the exercise wagon, don't forget to get right back on it.

Every Little Bit Counts. One walk around the block once a week is better than no walks around the block. Every little bit does count. Just making small changes in moving your body—skipping the escalator and walking the stairs, or biking or walking to an errand rather than driving—helps us live longer.

Happy Thanksgiving

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.

Melody Beattie

How to Stay Cozy this Winter

By Sherri Smith

Autumn's familiar chill is settling in and you've probably noticed that in addition to your reluctance to leave warm covers in the morning, your last energy bill went up as well. Fortunately there is a lot you can do to keep your home more comfortable and your bills under control. Community Energy Project (CEP) brings tips and tricks to you this year, whether you rent or own your home.

Air Sealing is cheap and extremely effective way to keep things warm. To find sneaky drafts, light a stick of incense the next breezy day and bring it close to windows, doors, or any place you see a gap. Don't forget around window frames, and check around the pipe under your kitchen sink! You can see if smoke is being blown in or sucked out, it's a great way to tell if you have air leaks. Clear-drying silicone caulking can be applied to any non-moving area, and is only a few dollars per tube. You can also re-purpose plastic bags by twisting them tightly and shoving them in cracks out of sight. For under the sink shove many plastic bags into a larger bag, twist gently and push in around the gap surrounding the pipe. None of the off-gassing or mess from spray foam, none of the mold hazard that comes from a towel, and your plumber (or land-lord) won't have any problem accessing the pipe later if there is a plumbing issue.

DIY Products are available to help make your windows and doors more efficient. With single-pane, aluminum, or wooden double-hung windows there are affordable materials that are effective and simple to install. Reusable vinyl storm window kits can create a barrier of non-moving air that acts as a temporary double-pane window. Rope caulk, a reusable putty-like substance that comes in small cords, can be applied to moving parts to stop drafts, and heavy-duty door weather-stripping can stop air from leaking in around the side of your door.

Maintenance like frequently changing your furnace filter (so your furnace doesn't need to work so hard to push air through a clogged filter), keeping the coils on your fridge clean, and ensuring your water heater is set to the temperature that's right for you can keep bills down.

Community Energy Project offers free weatherization workshops where participants learn how to keep their homes efficient and qualified participants can receive free supplies. CEP staff and volunteers can install materials for seniors and people with disabilities living on a modest income. Visit www.communityenergyproject.org or call 503.284.6827 for more.

Columbia Slough: Canoeing & Kayaking

Almost two centuries after the Lewis and Clark expedition, it is still easy to imagine you are on your own "corps of discovery," traveling by canoe or kayak, even in the midst of the industrial landscape.

The narrow, tree-lined Upper Slough evokes an air of mystery as you glide silently beneath a mixed alder, cottonwood, red-osier dogwood and willow canopy. The brushy banks are especially attractive to Wood Duck, Black-crowned Night Heron and the secretive Green Heron.

Paddling the Slough

While it is easily navigable by canoe, culverts and other barriers must be negotiated if you plan to paddle the entire Upper Slough. East of the 142rd Avenue levee, canoeing is best on the south "arm" of the Slough. Downstream the preferred route is along the north "arm." Two floating docks off Airport Way provide the easiest access to the Upper Slough.

The Lower Slough is a wider, obstacle-free waterway with expansive vistas and open water, lined with black cottonwoods and ash - ideal perching and nesting habitat for Osprey, Bald Eagle and Great Blue Heron and welcome shade on a hot summer paddle. Daily tides mean a well timed trip allows for paddling with the current; the alternative is a muddy take-out and paddling against a stiff current at ebb tide. Kelley Point Park, St. Johns Landfill and Smith and Bybee Lakes Wildlife Area provide easily accessible launch sites.



During the early 1920s, levee construction began to prevent the Columbia River's annual spring floods. As the area developed, what was once a wildlife-rich mosaic of sloughs, wetlands and lakes was transformed into a highly managed system of channels, agricultural lands, industrial development, and residences.

Today, this urban watershed provides recreation, greenspace, drainage, and habitat. The watershed collects stormwater runoff, rainwater, and groundwater. Its streams, sloughs, wetlands, grasslands and woodlands provide wildlife corridors and migratory routes for over 175 species of birds. Mink, river otter, beaver, coyote and sensitive species like Bald Eagle, Peregrine Falcon, Willow Flycatcher, and Western Pond and Painted turtles use slough habitats. Twenty eight fish species call the Columbia Slough home.

For more information contact: Penny Beckwith, Outreach Director

Bring Holiday Cheer to Seniors

Local residents can make a difference this holiday season by delivering special gift bags to isolated seniors and people with disabilities in our community. Each year, Project Linkage, a program of Metropolitan Family Service, organizes the Holiday Cheer event, providing gifts to over 200 isolated adults. "For many of these people, this is the only gift they will receive" according to Marcy Hughes, program coordinator.

The gift bags are a true labor of love. Volunteers with the National Charity League decorate the paper bags, and make special cards. Individuals make homemade gifts, and businesses donate items. A lot of basic necessities are included in each bag, as many of the recipients are experiencing economic hardships. "We have people who make quilts, or donate scarves or soap" said Hughes. Each bag also includes homemade bread or treats depending on the dietary needs of the individual.

On Saturday, Dec. 7th, a local community room is transformed into Santa's workshop where volunteers merrily wrap every item and fill the gift bags. In just over two hours, all the gifts are wrapped and the bags are ready to go.

Delivering each gift bag is the heart of Holiday Cheer. Volunteers sign up in the fall to deliver the gifts and visit with the recipients during the holiday season. "The true gift is not the items they receive, but the time that the volunteer spends with them" said Hughes. Gift bags are delivered by volunteers between Dec. 10th and Dec. 24th.

The wrapping event and delivering the bags are both wonderful ways for families and friends to come together to make a difference for others during the holidays.

People are encouraged to sign up today to participate in this year's Holiday Cheer. These opportunities fill quickly. Call 503-232-0007 ext. 222 for more information, or email volunteer@metfamily.org. To inquire about making donations please call 503-249-0471.



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The Back Page - Neighborhood Events

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Thursday, November 7
GREAT NORTHWEST MUSIC TOUR
FREAK MOUNTAIN RAMBLERS
Hilltop rock
7 p.m. · Free · All ages welcome

Tuesday, November 12
RACE TALKS: An Opportunity
for Dialogue
"Race in the Arts"
6 p.m. doors; 7 p.m. · Free
All ages welcome

A continuing series that deals with race in Oregon, both historically and up to the present time.

Thursday, November 14
Bill Wadhams Band
Indie Pop Rock
7 p.m. · Free · All ages welcome

Thursday, November 21
SPECIAL BEER RELEASE
DOUBLE HELIX DIPA
5 p.m. · Free admission · 21 & over
Sample a new brew at this special beer tasting.

Thursday, November 21
The Get Ahead
Rhythm and blues
7 p.m. · Free · All ages welcome

Monday, November 25
HISTORY PUB MONDAY
From A B Crossing to Zwagg Island:
The Accomplishments and Adventures
of the Oregon Geographic Names Board
7 p.m. · Free · All ages welcome

Thursday, November 28
THANKSGIVING
BUFFET
Join us for a delectable buffet just like Grandma used to make.
1 p.m. 'til 7 p.m. · All ages welcome
\$28 adults; \$16 kids 5-12
Free for kids 4 and under
Reservations required

Saturday and Sunday, Dec. 7 & 8
BREAKFAST WITH SANTA
Why stand in a long line at the mall waiting for Santa? You can relax at a table with your family, enjoying breakfast, fresh coffee and more.
9 a.m. and 11 a.m. · All ages welcome
\$17 adults; \$12 kids (1-10)
Tickets at cascadetickets.com

Tuesday, December 31
2014
NEW YEAR'S EVE
Make the last night of the year one for the books with McMenamins!
Urban Sub All Stars
with Mosley Wotta
Tony Smiley · Redwood Son
Freak Mountain Ramblers
9 p.m. · 21 & over
Lodging packages \$370-\$425
BOOK ONLINE NOW!

GUARDINO GALLERY

October 31 - November 24
MAIN GALLERY
Paul X. Rutz: oil painter that took a military/balletic route toward becoming a full-time figurative painter.
Christopher B. Wagner utilizes traditional carving skills in his creation of contemporary sculpture.
FEATURE AREA
7th annual Day of the Dead Group show. 34 artists have made this ancient ritual their own by creating art to commemorate their ancestors and departed loved one. Some themes range from stylized and whimsical to political and painfully personal.
2939 Alberta St, PDX 97211
www.guardinogallery.com

Sixth Days Art

November 2-27.
Artist Reception November 2, 6-10p.m.
PAC is a collection of seven artists united around the goal of creating opportunities for sharing their work with the art buying public. Larry Treuber, Scott Lowry, Dawn Tappen, Elizabeth Beau, Tristan Francis, Elaine Treadwell, Jim Orman
Six Days Art, 2724 NE Alberta St.

Knitting & Cocktails

Mondays at 8pm
With Close Knit at Cruz Room
Knitters get a discount on food and drinks.
2338 NE Alberta St.
503-208-3483
info@cruzroom.com

Bingo

Every 1st and 3rd Monday of the month.
Bingo starts at 8pm SHARP so show up early. \$1 a game for 3 cards (4 if you bring a can of food for the Oregon Food Bank!
American Legion Hall
NE 21st & NE Alberta, Portland

Scrabble New Seasons

Every Tuesday, 7pm - 9pm
New Seasons Market - Concordia
NE 33rd Ave. & Killingsworth St

Group Meditation

Every Thursday (except the last Thursday)
CNA Community Room at Kennedy School.
7:30pm-8:30pm

Portland Storytellers Guild

1st Friday Potluck and Story Swap
Friday, November 1 - 6:30 - 8:30 pm
COMMUNITY ROOM at Kennedy School is open to all - story listeners as well as story tellers. You don't need to be a member of the Portland Storytellers' Guild to attend. We gather and share a potluck supper and then share stories in a safe and welcoming environment. Feedback will be given only upon request. You do not have to tell a story to fully enjoy the evening. This gathering is not formal, we just enjoy getting together and filling the room with laughter. This is a great chance for new people to get to know PSG members and some of the local storytellers. The evening begins at 6:30PM. For additional information call Ken Iverson 503-659-2190.

Faubion PreK/8 Design Meeting

November 16, 2013
9:00-Noon
Public Design and Input Meeting
at Faubion, 3039 NE Rosa Parks Way

Brew on the Slough

Tuesday November 12
6:00pm - 7:30pm
This relaxed evening is a fun opportunity to introduce yourself to the Slough, the Council, and all the Council's great programs.
Lucky Labrador Tap Room
1700 N Killingsworth St.

Stormwater 101

Saturday November 23
9:00am - 1:00pm
This hands-on workshop explores the effect of urban runoff on local waterways. Learn about how stormwater management works in your area. This class will include a tour of part of Portland's levee flood control system. Advanced registration requested; suitable for adults and teens 14+.
Multnomah County Drainage Dist.
1880 NE Elrod Dr Portland.
info@columbiaslough.org
(503) 281-1132

Concordia Univ Events

Nov. 1, 7-9 p.m. -
Volleyball vs. Warner Pacific College in the Concordia University Gymnasium www.gocugo.com
Nov. 2, 6-8 p.m. -
Men's Soccer vs. Warner Pacific College in Hilken Community Stadium www.gocugo.com
Nov. 3, 3-4:30 p.m. -
Wind Ensemble Fall Concert in the Fine Arts Building
Nov. 8, 7-9 p.m. -
Volleyball vs. Oregon Tech in the Concordia University Gymnasium www.gocugo.com
Nov. 9, 7-9 p.m. -
Volleyball vs. Southern Oregon University in the Concordia University Gymnasium www.gocugo.com
Nov. 14, 6 p.m. -
Master of Arts in Teaching Info Night
Students interested in Concordia University's 11-month or 22-month M.A.T. program are invited to attend an information session. RSVP at 503-280-8501. For more information, go to <http://www.concordiateacher.com/>
Nov. 14 through Dec. 20 -
Portland ART*Landia Exhibit
Concordia welcomes an exhibition of creative art featuring local artists on display in the University's George R. White Library & Learning Center
Nov. 17, 2-4 p.m.
"Meet the Artists" Reception
Concordia University will host a "Meet the Artists" reception in the George R. White Library and Learning Center lobby.
Nov. 19, 10 a.m. -
Health Care Administration Online Information Session meeting online. Where ever you are located, you can join us.
Nov. 20, 2013, 6:30-8 pm. -
Nursing Info Night
Concordia University will host an info night for prospective students interested in its bachelor of science in nursing. The event will be held in Luther Hall, Room L121. For more information or to RSVP, visit <http://www.cu-portland.edu/hhs/undergraduate/nursing/rsvp.cfm>

Rain Garden Workshop

Sunday, November 7
1:00 - 5:00pm
Kennedy School
Hosted by Concordia Neighborhood Assoc.
Register at www.emswcd.org



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NOVEMBER 2013

- 1 **SHELLEY SHORT & THE SURE SHOTS**
- 2 **LIVE WIRE RADIO**
- 3 **NOTES OF HOPE BENEFIT SHOW**
- 6 **WOMAN OF HEART AND MIND**
JONI MITCHELL'S 70TH BIRTHDAY TRIBUTE CONCERT
- 8 SIREN NATION FESTIVAL
THEESATISFACTION + FAULT LINES + JENI WREN
- 9 1PM **LOVEY JAMES + TREVOR MORAN**
- 9 SIREN NATION FESTIVAL
SHOOK TWINS + CALICO ROSE + COPPER AND COAL
- 10 **JEFFREY FOUCAULT**
- 13 **TISH HINOJOSA**
CD RELEASE CONCERT
- 14 **ASHIA & THE BISON ROUGE**
CD RELEASE SHOW
- 15 **ECDYSIAS PRESENTS**
CALCULATED FREQUENCY
- 16 **LIVE WIRE RADIO**
- 17 **HEAD FOR THE HILLS**
- 19 **THOMAS DOLBY'S**
INVISIBLE LIGHTHOUSE
- 21 **TOM SNIDER AND FRIENDS**
STREET ROOTS BENEFIT SHOW
- 22 **HOLCOMBE WALLER**
WITH FEARNOMUSIC
- 23 **CHRIS HILLMAN & HERB PEDERSON**
- 24 **PORTLAND LESBIAN CHOIR**
BROADS ON BROADWAY
- 29 30 **THE NEXT WALTZ**

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