Everybody Reads

Celebrate the power of books in creating a stronger community. Through a shared reading experience we will discuss issues that matter, learn from each other and promote greater understanding. The Everybody Reads 2015 selection is The Residue Years by Mitchell S. Jackson.

Get involved Read. Extra copies of the books and e-books will be available at all neighborhood libraries and downloadable from the library catalog, thanks to the generous support of The Library Foundation. Readers are encouraged to share these extra copies with friends, coworkers and neighbors. The Residue Years will be available in audio format from the Oregon Talking Book & Braille Library.

Discuss. Beginning in February 2015, share your thoughts at a book discussion at your neighborhood library or bookstore.

Be inspired. Jackson will speak on Tues, March 10 at the Arlene Schnitzer Concert Hall. Tickets are available from Literacy Arts. https://multcolib.org/everybody-reads

Farmers Wanted!

Emma’s Garden is a nonprofit organization that creates sustainable local economies within neighborhoods. Our market garden program offers a hand up to those who are ready to learn new skills around building a market garden business and improve community connection and access to local healthy food.

During the 2014 growing season we partnered with Habitat for Humanity and residents in Northeast Portland to build and operate a market garden. Four farmers grew almost 2000 lbs. of vegetables that they sold at Cully Farmers Market, to local neighbors and restaurants. It was the first of its kind in Portland, a social enterprise offering job training, community building and healthful produce. This year we are partnering with neighbors in the Dekum Court Community to create a market garden for the benefit the community, the farmers and the land.

Market Farmer Requirements

• Must be able to contribute 10-15 hours a week, through November 2015.
• Must be physically able to do typical farm work (lifting, bending, working— even in the rain)
• Must be willing to greet challenges with joy, awareness and presence.
• Must be willing to partner with other farmers in a way that considers the needs of the farmers, the land and the community.

• Must be reliable, accountable and willing to work on a basis of trust, honesty and consideration for yourself and others.

Benefits

• The opportunity to be part of a caring, positive team of hard-working creators who do work and have fun.
• Support in finding farming tools and equipment, seeds and starts.
• Access to a network of local restaurants, farms, markets, clients and supporters.
• Market farm business startup support including training and resources (financial and physical).
• Access to a delicious tomato that has no pesticides or GMOs and has never ridden on a motorized vehicle!

For further questions, visit emmasgarden.org or contact liz@emmasgarden.org or at 630-251-4458.

Trees that Fall

By Jeff Moore, Certified Arborists PN-5950A, Urban Forest Pro

Recent storms have left many Portland trees in a sad state. High winds and ice storms often break branches, opening the tree to disease. What should you do if your trees have suffered storm damage? How do you spot hazard trees—that those are liable to fall in upcoming inclement weather. Finally, how do you prevent damage in future storms.

Tree Damage and Storms. High winds may damage trees, especially older specimens and those with large crowns. When inspecting trees for damage after a storm, be extremely cautious. Look out for downed power lines—if you see downed wires, stay at least 30 feet away, and notify the power company. Additionally, if a branch is dangling precariously, contact an arborist. Certified arborists have the tools and the expertise to safely remove hanging limbs. In addition to post-storm pruning, you may need to consider tree removal.

Trees do have a remarkable ability to heal, and some damage is inevitable. For trees with light damage, first aid measures are available. If major limbs or upward leader branches are broken, it will be harder for the tree to respond, and it may not be able to survive. If most of the branches are broken, or the upward leader limb has been severed, it will be very difficult for the tree to respond in positive way, and it will most likely require removal by a certified arborists.

Proper Care. The best way to prevent storm damage is to provide proper care throughout the year.

• You don’t want limbs too close to power lines; six feet is the suggested distance from power lines and buildings. Trust trimming near power lines to professionals.

Presenting Damage. Pay attention for signs of disease or excessive fungal growth. A diseased tree is more likely to fall in a storm. Additionally, if a tree has been “topped,” it may be susceptible to falling or breaking in high winds. Extremely soggy soil conditions can also have detrimental concerns, so you observe this on your property, aim to figure out what is causing the soggy soil in the first place.

If you are unsure for any reason about the health, vitality, or condition of a damaged tree, get more information from Urban Forest Professional at www.urbanforestprofessionals.com.

Please Join Us for the SPRING EGG HUNT SATURDAY, APRIL 4th FERNHILL PARK (Near the Playground along NE 37th Avenue)
The Hunt begins at 10 am SHARP! Don’t be late, it ends in a flash!

Sponsored by: The Concordia Neighborhood Association & American Legion Post 134

Volunteers Needed To: Stuff 4000 plastic eggs with candy
Friday, April 3rd at 6:00 pm at American Legion Post 134 2104 NE Alberta St
Hide 4000 candy-filled eggs April 4th at 8:00 A.M. at Fernhill Park (NE 37th & Ainsworth)
Contact: Katie Ugolini at ktu@ugolini@gmail.com or 503-449-9690
Chair's Corner

By Isaac Quintero, Chair, Concordia Neighborhood Association

When first attempting to write an article for the Chair’s Corner, I was tempted to focus on what I thought were the most important issues of the day but quickly realized that a few paragraphs on any one subject would fail short of providing sufficient information to be of any real use to you. Perhaps more importantly would my “hot topics” be yours as well? Instead I thought it would be more appropriate to provide an overview of the most pressing issues in front of the Concordia Neighborhood Association Board of Directors.

Land Use, Livability and Transportation Committee
Third Tuesday of the Month
February 19th at 7:00 pm
McMenamin’s Kennedy School
Community Room

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

Tree Team Meeting
First Thursday of Every Month
February 5th at 6 pm
Dining Area at New Seasons
www.cordiantreeteam.wordpress.com

Lots more on the front burners, from the Oil train issue to how the proposed Propane Terminal could greatly affect us, not only locally but also globally. There are other topics on the board of directors agenda and not all dealing potentially negative impacts to our community. Things are not as bad as we sometimes come to believe. There are a number of opportunities for fun and community building discussed and planned. I invite you to make a difference in our community by becoming involved with any number of committees or just letting us know what’s on your mind. As Chair, I see my first duty is that of having the interest of my neighbors being represented at our meetings but in order to know what that is, you need to let me know. I can’t promise that I will champion on your behalf but will certainly understand and share your point of view with fellow board members when the time comes. I am sure I did not address some of those topics you wanted to hear about this time but will attempt to put a spotlight on those I missed in future articles. Thank you for your time and consideration in this ongoing conversation.

CONCERNED ABOUT A GATHERING?
Rent it for your next gathering, book club, celebrate a special occasion, birthday, baby or wedding shower?
CNAroomKennedy@gmail.com

CONCERNED ABOUT A SPOT?
Do you have an interest in writing? Maybe you are a journalist at heart. The Concordia Newspaper is looking for Volunteer “Beat Reporters” to gather interesting content to share with our community. Articles would be due each month on the 15th for the following month. Articles should be 300-500 words in length.
Contact: Mary Willey, Concordia News Editor, ConcordiaNews@yahoo.com

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.

Contact the CNA Board
Contact@CNABoard@yahoo.com

Contact Katie Ugolini (Chair)
503-351-4585
quistero4585@gmail.com
CNA Secretary
Tracey Braden
trbraden@pdx.edu
CNA Treasurer
Robert Bowles
503-490-5153
rbowles131@yahoo.com
CNA Chair
Isaac Quintero
503-351-4585
quistero4585@gmail.com
CNA Secretary
Tracey Braden
trbraden@pdx.edu
CNA Treasurer
Robert Bowles
503-490-5153
rbowles131@yahoo.com
Crime Prevention Officer
Mary Tompkins
503-823-4764
mary.tompkins@portlandoregon.gov
Neighborhood Response Team Officer
Anthony Zoller
503-823-0743
Anthony.Zoller@portlandoregon.gov

Submission:
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:
Mary Willey (newspaper)
ConcordiaNews@yahoo.com

Editor
Please send article submissions to:
Marcy Willey (newspaper)
ConcordiaNews@yahoo.com

CONCORDIA NEWS
www.Concordiapdx.org
www.ConcordiaPdx.org
Visit the website of the Concordia Neighborhood Association for:
Community Events & News

CNA Chair
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By Garlynn Woodsong, Chair of the CNA Land Use & Transportation Committee

At its most recent meeting, the Concordia Neighborhood Association Board passed a motion supporting the United Neighborhoods for Reform (UNR). During the discussion prior to the vote, the Board discussed the feeling among many members that a certain section of the resolution, Line 2(a), might have undermined concerns. These might include: a negative impact on low income and working class families trying to find affordable housing; a conflict with the Board’s recently-passed resolution in favor of ‘flats’; and that it would most likely conflict with private property rights.

Nonetheless, the Board decided to pass the resolution in support of the UNR platform, as the instructions coming from UNR were to have an up-or-down vote, and the Board was largely in favor of most sections of the UNR resolution. Further, the language of the header above 2(a) indicated that it was just a recommendation to study it further, not a mandate to adopt it immediately.

Since that time, however, it has become clear that item 2(a) is generating controversy across the city. At least one other neighborhood association President didn’t feel like UNR properly presented all of the facts of the resolution that was signed on to; specifically, that it was not presented as an anti-density measure. Rather, it was presented as an effort to reduce tear downs of smaller single-family homes. Here is the text of items 2 (the header) and 2(a) (full resolution text at: http://tinyurl.com/mkaqael):

2) Establishment of a task force composed of 50% neighborhood organizations and 50% city staff and concerned citizens to determine the distance required for notifications above, as well as: a) Revision of code to limit the mass, footprint, setbacks, and height of construction to that of the average of existing homes within a specified distance.

Given the controversy over the potential impact that the adoption of Line 2(a) would cause, it seems prudent to clarify in these pages that the CNA Board did specifically discuss item 2(a) at the time that it adopted the UNR resolution; there was hesitation generally concerning this item. It was not supported in the same way that the Board was vocally supportive of the rest of the resolution. However, the Board agreed to adopt the UNR resolution with the understanding that the next step for item 2(a) is to be discussed as a part of a public process, not to be immediately adopted as-is into city codes.

Concordia residents interested in discussing this or any other issue related to land use and transportation, are invited to attend the next Concordia Neighborhood Association Land Use and Transportation (CNA LUA/T) Committee meeting, the third Tuesday of the month, 7pm, in the Community Room in the SE corner of Kennedy School. To join the mailing list to: pdx_cna_lu_and_t_committee@googlegroups.com

Is Concordia Against Skinny Houses? Not Hardly.

Hey Skinny, get off my yard

Guest Opinion, Ken Forcier

All of Concordia has an “a” overlay zone. This designation is “ADD” and it allows residents to build ADU’s (Accessory Dwelling Units) on their properties. Your ADU must have matching roof pitch, siding, color, and windows. Basically, you can spawn another humble, residential unit to the neighborhood while insuring that the character is protected. Since your developing it yourself you can build around the tree, you will own it and profit from it, and it remains a part of your property. It could become an Airbnb, a rental income, a place to house a family member, or your own downsized residence so you can rent out your house.

I’m not opposed to “infill housing” along transit corridors where it is called out for, and we should understand that the City has repeatedly denied considering skinny houses to fall under that designation. In our neighborhood, they are single family homes designed for 25 foot wide lots and are promoted with the arguable designation of “smart living.” I advocate that any additional residential capacity be added compatibly with the existing architecture and the neighborhood in whole. If everyone who had a situation favoring the addition of an ADU did so, we could virtually double the number of dwellings in our neighborhood, each in our own personalized way. What a practical idea this is. With proper incentives from the city this ideal will gradually be achieved while never having modified our zoning and while retaining the neighborhoods character.

When I think about ADU’s, this clever development option which this City has embraced and made available to us residents, it becomes that much less palatable that “Skinny” houses are permitted to be built here by big industry. They are the polar opposite of the compatible, practical ADU. Skinny houses are massive and out of character, they remove trees, the profits go to out-of-town construction companies, they take the place of an ADU, and they are clear testimonial to an tacit “up-zoning” from R-5000 square foot lots to R-2500.

The Concordia Neighborhood Association, in response to neighborhood concerns, has moved to support a legal challenge to the practice of building skinny houses in the Residential 5000 square foot regions of our neighborhoods. When everyone’s property is platted in 25x100 foot lots and each is permitted to be individually developed because of an onerous loophole in the Code, then the Zoning has been changed. City zoning in long established neighborhoods is supposed to be protected by the Comprehensive Plan and by Metro. To have changed our neighborhood zoning in deed, if not by name, is illegal in my opinion. That makes me grumpy. Get off my yard!

Alberta Main Street

Alberta Main Street advances efforts to develop Alberta Street as a vibrant, creative, equitable, and sustainable commercial district serving residents and visitors to our community.

Alberta Main Street

HONORING OUR PAST
PLANNING OUR FUTURE

Alberta Main Street Community Check In
TUESDAY, FEBRUARY 24, 2015, 6:30 – 9 PM
St. Andrew Catholic Church Community Center
806 NE Alberta Street, Oscar Romero Room
RSVP online: albertaagainst.org

We want your ideas, insights and imagination!

Please join us on Tuesday, February 24, 2015 for an opportunity to gain historical perspective and to help identify priority projects, programs and events that you would like to see implemented moving forward that will further our mission.

All are welcome – please join us! Diverse community-wide participation is critical to our success.

Get Ready for L.E.S.T.

Trinity Lutheran School (TLS) is preparing for L.E.S.T. (Lutheran Elementary School Tournament) if you are not aware or you may not be familiar with this historic tournament it was first held in 1962 with four Portland teams (St. Paul-Sherwood, Trinity-Orange City, Trinity-Portland, and Martin Luther-Portland). Every year, TLS and other Lutheran schools in the Northwest participate in L.E.S.T. In years past some have come from as far away as Hawaii, and Montana. TLS even hosts the basketball tournament in Trinity Lutheran School gym. The Tiger PTO every year hosts a cafe for concessions during the tournament and it is a lot of fun with both the TLS site and the whole Concordia University campus buzzing with activity for all three days. This year the dates of the competition are February 12-14.

You can find general information taken from Concordia University’s website about the tournament or you can also go directly to their site for much more information go to: http://www. cu-portland.edu/admission/lutheran-elementary- school-tournament. Come support all of the Lutheran School students by attending the chair performance, basketball games and individual performances. It’s going to be a great tournament!

Contact Jeff Allen for more information at Concordia University: jefallen@cu-portland.edu or at 206-228-3724.

The tournament offers a variety of individual and team events that facilitate participants’ emotional, intellectual, physical, and spiritual growth. Participation and maximal involvement for each school is encouraged. By focusing on doing one’s best, instead of overemphasizing winning, it is hoped that competition will promote a positive feeling of self-worth, as well as lifelong participation in academic and recreational activities.

Density? Not Hardly.

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25th Cascade Festival of African Films

Celebrating 25 years of bringing African cinema to Portland!

Feb 6, 2015 → Mar 8, 2015

Event location:
Hollywood Theatre, 4122 Northeast Sandy Blvd.; PCC Cascade Campus 705 N Killingsworth St.

Not only do organizers of this annual international film festival—one of the city’s longest running at a quarter-century-strong—screen narrative features, documentaries and shorts shot by men and women from all over the African continent, each year they bring many of those same filmmakers to Portland to discuss their works, their experience, and African cinema as a whole. And furthermore, they make sure each and every film screened is free and open to the public.

https://www.africanfilmfestival.org/

In February of 2015, Faubion Elementary PTA will hold its first annual silent auction & raffle fundraiser. Please join us in showing the love for our great little school at “Faubion, Be Mine.” Buy your tickets and learn more at www.FaubionPTA.org.

Faubion School is a PK-8 public school right around the corner from your business, in the heart of Portland’s Concordia neighborhood. This community—rich in diversity, cultural heritage, and academic success—is deeply committed to students and their achievement. Concordia has grown into one of the most appealing neighborhoods in the region in recent years, and our school has blossomed into a welcoming community hub, with dedicated faculty, committed staff, hard-working parents, and inspirational students.

Faubion has achieved and maintained high academic standards for its students. At the same time, the percentage of students who qualify for free or reduced-price lunches has grown. Faubion provides a wonderful education for students, but with so many families struggling, resources are stretched to the limit. The PTA aims to raise funds to supplement basic needs for student enrichment including, books and supplies, funding arts programs and transportation for experiential learning and field trips.

Faubion PTA asks that you consider supporting Faubion. Your donation will have a significant and immediate impact on students. We hope that you will help make our “Faubion, Be Mine” auction a success by becoming a sponsor, making a financial contribution, donating food for the actual auction, and/or an auction item.

Faubion School Supports include:
- URBQUA Bank
- Adidas
- Aspire Project
- Beanstalk
- Bridgeport Brewing
- Colby Dodero Fine Paper
- Concordia Wellness
- Ethos
- Ext Novusbrewing Co.
- Extracto Coffee
- Froek
- G racie’s Wrench
- Homegrown Fit
- Kurumi
- Conley Glass Art
- Legacy Apiaries
- Merry Gracie’s Wrench
- Homegrown Fit
- Kurumi
- Novo Brewing Co.
- Extracto Coffee
- Frock
- Beanstalk
- Bridgeport Brewing
- Calley Dodero
- ZGF

There is no other carpet in the world that has the cult following that the Portland Airport International airport’s enjoys. The nearly 14 acres of carpet will be replaced this year.

Designed by SRG Architects in 1987, the iconic carpet reflected the northwest with blues and greens. The original design was based on the view of PDX’s airport tower—the intersection of north and south runways. Acres of carpet was installed in the early 1990 and became the first sign to Oregonians that they were home. A few years ago, ZGF developed an initial conceptual while Henneberry Eddy Architects finalized the design. The new design is inspired by organic and man-made shapes found within the surrounding areas of PDX, including airplane wings, runways, leaves, trails, and waterways, and the roadway canopy structure at PDX. Mood-enhancing colors were carefully selected, as well as colors found in green spaces, natural landscapes and flight paths. When walking through the airport, it’s not unusual to run into people taking a picture of their feet with the now famous flooring. Get your ‘footsie’ before it is gone.

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Faubion, Be Mine
February 21st from 5pm to 8 pm
You are invited to support Faubion School!

OLCC & Marijuana
OLCC announces statewide schedule of marijuana listening sessions
The Oregon Liquor Control Commission has announced eight more listening sessions to hear from communities around the state as the agency implements Oregon’s recreational marijuana law. Two meetings held last week in Baker City and Pendleton together drew more than 180 people.

“Hearing firsthand from community members is vital to our public process,” said OLCC Chairman Rob Patridge. “The OLCC needs to hear from you: what should marijuana regulation look like in your community and throughout Oregon?” The listening sessions are the first steps in a yearlong public rule making process that will include monthly Commission meetings and rules advisory committee meetings.

“OLCC is committed to a transparent and inclusive public process to help us implement the law in a way that protects children, keeps our communities safe, and brings the recreational marijuana industry into the regulated market,” Patridge said.

Under the new law, possession of recreational marijuana becomes legal on July 1 of this year. The OLCC must begin accepting applications for commercial licenses next January, with retail stores to open by late 2016.

Learn more at http://marijuana.oregon.gov
Salmon: Monday, February 2, 7-9 p.m.
Beaverton: Thursday, February 26, 4-6 p.m
Clackamas: Friday, February 27, 4-6 p.m

Chinese New Year
The Year of the Ram begins
February 19, 2015!
People born in the Year of the Ram are generally sincere, persistent, and quick.

Thursday, February 19, 2015 through Thursday, March 5, 2015

Learn more about Chinese New Year, the most colorful and joyous of all Chinese festivals during Lan Su’s two-week celebration. The celebration kicks off on Thursday, February 19 with “Rolling in the Wealth,” a traditional good fortune and prosperity activity of rolling oranges and gold coins through Lan Su’s front door. “Rolling in the Wealth” is followed by a lion dance performance, and much more! Every guest visiting on February 19 will also receive a hong bao, or traditional lucky red envelope.

The celebration ends with four nights of Lantern Viewing and dragon processions (March 2-5). A separate admission ticket is required for this event.

http://www.lansugarden.org/
### Portland New Tree Program

**By Mark Ross, Portland Parks & Recreation**

The City of Portland’s Title 11 Tree Code regulations will go into effect on Friday, January 2, 2015. The Tree Project, including the new code adopted by Portland City Council in 2011, is managed collaboratively by the Bureau of Development Services and Portland Parks & Recreation.

The Tree Project provides:

- Implementation of the City’s tree regulations adopted by City Council in 2011
- Streamlined regulations for more consistency, clarity and ease
- Greater protection of trees
- Improved enforcement of tree rules
- A single starting point for both the general public and contractors seeking information and permits

The Tree Code regulations are intended to enhance Portland’s urban forest. They are designed to provide consistent and clear tree-related information and permitting processes for both contractors and the general public. The regulations will apply to any permitted construction-related activities, and also to tree removal and pruning on private property and in public right-of-way planting areas.

“Portland’s tree canopy is one of the factors that makes our city such a wonderful place to live, work, and play,” says City Commissioner Amanda Fritz, who oversaw both PP&R and BDS. “The Portland Tree Project and the new regulations will help increase the number and health of trees, which will reduce air pollution and stormwater runoff, and increase home values while expanding wildlife habitat. The key new information for Portlanders is, ‘Call before you cut!’ Call 503-823-TREE to find out how the new standards may affect your tree planting, pruning, or removal plans.”

For more information, including specific tree regulations, please visit: [http://www.portlandoregon.gov/trees](http://www.portlandoregon.gov/trees)

### Smoke & Tobacco Free Parks

Why is Portland Parks & Recreation expanding its smoke and tobacco-free parks policy to all City parks, natural areas, recreation areas, and any other areas where PP&R park rules apply?

Portland Parks & Recreation (PP&R) currently prohibits smoking at Director Park, Pioneer Courthouse Square, and the portion of the South Park Blocks that is located on Portland State University’s campus. Smoking is also prohibited within 25 feet of any play structure, picnic table or designated children’s play area. Expanding the smoke-free policy to all City parks, natural areas, recreation areas and any other areas where PP&R park rules apply sends a consistent message that aligns with PP&R’s focus: “Healthy Parks, Healthy Portland.”

What are the benefits of a smoke and tobacco-free parks policy?

- Creates healthy and safe environments for Portland residents and visitors, especially children and youth.
- Protects parks and natural areas from potential risk of fires.
- Protects parks and natural areas from environmental degradation caused by littering of cigarette butts and other tobacco-related waste.
- Supports individuals who are trying to quit smoking or tobacco use or have already quit.
- Reduces exposure of children and youth to smoking and tobacco use, protecting their health and discouraging them from starting a habit that is difficult to quit.
- Contributes to cost savings: tobacco-related disease is still the leading cause of preventable death in Oregon and costs Multnomah County $223.5 million each year in medical care and $195.7 million in lost productivity.

When will this policy take effect? The policy will be voted on by Portland City Council on February 11th. If City Council approves the policy, it will become effective on July 1st, 2015.


### Free Spay/Neuter for Cats

The Feral Cat Coalition of Oregon (FCCO) is offering FREE spay/neuter services for feral and stray cats at its Portland clinic this February in honor of Spay/Neuter Awareness Month. Now is the perfect time to spay/neuter all cats to prevent litters of kittens in the spring, plus to curb unwanted tom cat behaviors like spraying and fighting.

People who are feeding feral or stray cats qualify for this special offer, regardless of income or where they live. Services include spay/neuter surgery, vaccines, flea treatment, antibiotics, pain relief medication and an ear-tip for identification. Surgeries are performed by licensed veterinarians and supported through generous donations from the community.

**FCCO** also has humane live traps available to catch cats that are too wild to be handled. Many caregivers who bring cats to FCCO’s clinics have never trapped a cat before, but with training from FCCO staff members a vast majority catch every cat they’re feeding.

**WHO:** Feral Cat Coalition of Oregon, a nonprofit spay/neuter clinic for stray and feral cats

**WHAT:** FREE-bruary Spay/Neuter Special for feral and stray cats

**WHEN:** February (Weekday clinics held typically Wednesday - Friday. Sunday clinic held on Feb. 15)  
WHERE: FCCO’s North Portland clinic, located near the Legacy Emanuel Hospital

**CONTACT:** 503-797-2606 or www.feralcats.com

**WHY:** Spay/Neuter Awareness Month is an annual campaign by the Humane Society of the United States that highlights the importance of spay/neuter programs to prevent pet overpopulation.

Anyone who is feeding feral or stray cats qualifies for the offer, regardless of income or where they live.

Licensed veterinarians will perform the surgeries at the Feral Cat Coalition’s North Portland location. Weekday clinics are typically held Wednesday through Friday, with a Sunday clinic scheduled for Feb. 15.

The surgeries are funded by donations from the community.

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**CONCORDIA NEWS February 2015**

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**Free Spay/Neuter for Cats**

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**HANDYMAN SERVICES**

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**Some People Want It To Happen. Some Wish It Would Happen, Others Make It Happen. Michael Jordan**

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**Oregon City & Pride**

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Fix-It Fair

The Fix-It Fair is a free City of Portland event where you can learn simple and effective ways to save money at home and stay healthy this winter and beyond. Experts will be available to talk with you about water and energy savings, personal health and healthcare, food and nutrition, community resources, recycling and yard care, lead testing and more! Special workshops taught in Spanish are offered at the David Douglas Fair in February. Free professional childcare and lunch are provided at each fair.

DIY Workshops

New! DIY Insulation Workshop
This free limited time workshop teaches participants how to weatherize a flat attic. Topics covered include safety, air sealing, baffling, blown-in insulation, and incentives to help cover the cost of your project.
Sun, Feb 1, 1pm-4pm
Bridgeport UCC 7550 NE Irving Street, Portland
Wed, Feb 11, 6-9pm
740 Southeast 106th Avenue, Portland

Lead Poisoning Prevention Workshop
Free workshop where participants learn how to prevent lead exposure in their home. Great for households with children or pregnant women in housing older than 1978, or those concerned about lead exposure. Qualified participants receive a free kit of safety and testing supplies!
Tues, Feb 9, 6:7:30pm
Community Energy Project 422 NE Alberta
Register for the workshop at www.communityenergyproject.org or call 503.284.6827

Planting Paper White Bulbs

By Jolie Ann Donohue, The Gardening Goddess

As the gloom of Portland winter sets in do you brighten up your home with paperwhite bulbs?
Narcissus papyraceous or paperwhite is a perennial plant native to the Mediterranean. Paperwhites are related to daffodils. It is grown from a bulb and is often grown as a houseplant during Christmas time for its very fragrant beautiful white flowers.
You can pick up paperwhite bulbs at your local nursery or garden center. They are quite easy to grow indoors. To force a paperwhite into bloom, plant it root side down in just enough moist potting soil to cover the bulb up to its neck, leaving the tip exposed. Lightly water the soil. Or rest the bulb on a bed of decorative rocks or glass chunks 2-4 inches deep in a vase. Set the bulbs on top of the rocks/glass and water to fill the vase up to the base of the bulbs. You do not want your paperwhites sitting in water or they will mildew and rot. Place your potted paperwhites in a cool place inside your home out of direct sunlight. In a few weeks they should be rooted in and sprouted. At this point you can place them in a bright spot in your home.
You will enjoy your paperwhites fragrant boom for several weeks. You should dispose of paperwhites after they bloom, they can't be used again.

Garden Dreams

By Jolie Ann Donohue, The Gardening Goddess

A funny drawing by Joseph Tychonievich of green sparrow gardens is floating around the internet. He says "the short dark winter days cause me to suffer from S.A.D. Seed Acquisition Disorder." Gardening friends, I'm sure you can all relate to this! During the busyness of the holiday season we are happy to have a rest from our gardens. At the beginning of every year the new seed catalogs arrive in my mailbox. I spend hours excitingly poring over each catalog, wrapped in a blanket and drinking pots of my favorite tea. I devour every detail of the new and old favorite varieties of vegetables, herbs and flowers. I find myself in pajamas and boots, clipboard in hand patrolling my potted bulbs, mostly dormant garden. I gaze at the lush fall-sown cover crops and ponder what worked and didn't work last year. I make lists after list of garden plans. I mark up my seed catalogs and make online wish lists. I dream and fantasize about peonies, dahlias, sunflowers and lilies. I eat, drink, breath all the endless potential and promise my garden holds in the coming year. My unchecked gardening enthusiasm for heirlooms can also promise the emptying of my bank account if I do not practice some restraint.
Heirloom seeds offer a diversity of old-fashioned quality, and are rich in taste, colors and history! Heirlooms are commonly defined as open-pollinated varieties that have resulted from natural selection rather than a controlled hybridization process and were grown prior to 1950. Some excellent sources for heirloom seeds are Seed Savers Exchange, Baker Creek Heirloom, Botanical Interest and Renee’s Garden. When purchasing seeds you will see many terms like heirloom, cultivar, G.E., GMO, open pollinated, hybrid, organic and treated. All of these can be confusing and are often misinterpreted by the gardener consumer. I found a handy online resource from Renee’s Garden called Seed Buying 101: A Seed Gardener’s Glossary. If you are concerned about GMOs, signers of the safe seed pledge do not knowingly buy or sell genetically engineered seeds. A list of companies that have signed the pledge is maintained by the Council for Responsible Genetics, a non-profit.
Mindful New Year Tune Up

By Mike Mihalas, LCSW, Rose City Psychotherapy

Everything in life needs a tune up from time to time. The New Year is an excellent opportunity to bring our true self, passions, and loved ones to our present focus.

Mindfulness is ‘paying attention on purpose, in the present moment, and non-judgmentally, to the unfolding of experience moment to moment’ (Jon Kabat-Zinn). The benefits of mindfulness have been well documented to improve mood, health, and overall well being. To set a mindful resolution first find a quiet space and start by taking a few deep breaths to center and calm yourself. Use your breath as an anchor, if your mind gets distracted simply bring your attention back to the act of breathing.

Next, begin reflecting non-judgmentally on the past year. It is common for the mind to get stuck on thoughts and feelings. When this happens, take notice or write it down on paper, return your focus to your breath, and continue your reflection. The purpose of reflecting on the past year is to honor your hard work, achievements, and areas for continued growth. Take this moment to mentally give yourself and others around you compassion, love, and kindness.

A mind, body, and spirit in balance will offer you a greater sense of fulfillment and wellness. Maybe you will decide to start a meditation practice, include friends or family for mutual support and accountability. Consider a support group, meditation group or therapist to help work toward your goals. Give yourself permission to accept setbacks and the unfolding of experience moment to moment. When this happens, bring your attention back to the act of breathing.

Remember, the ‘Mindful New Year Tune Up’ is aimed to bring your attention to the present moment in a non-judgemental way with the hope to free yourself of shame, blame, or other negativity when thinking about your past year and future goals. Give yourself permission to accept setbacks and successes. Here are some tips:

• Pick a goal that is as measurable, attainable, and realistic as possible.
• Mark your calendar and make an appointment with yourself for wellness.
• Include friends or family for mutual support and accountability.
• Consider a support group, meditation group or therapist to help work toward your goals.
• For more information about mindfulness check out Whervery, You Go, There You Are by Jon Kabat-Zinn.

If you have questions, contact mike@rcpcenter.com

Continued from page 6 - Garden Dreams

～ Health & Wellness ～

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with a stated mission of educating the public about and advocating for socially responsible use of new genetic technologies.

With so many seed choices, where does a gardener begin? First, make a list of all the things you are interested in growing, their growth habits and size at maturity. Take measurements of your garden and draw out where you might place things. Consult our local nurseries such as Garden Fever, Naomi’s Organic Farm Supply and Plantlife for free classes and gardening calendars. Winter is the perfect season to explore gardening books like: The Maritime Northwest Garden Guide, Growing Vegetables West of the Cascades, Grow Cook Eat, and The Timber Press Guide to Growing Vegetables in the Pacific Northwest. Enjoy every moment of the garden dreaming season before the hard work of spring begins!

For more information: missjolieannkitchengarden.blogspot.com

La Saison des Amours

By Aimee Brown

The season of love- Yes, the centuries old ‘Valentine’s Day’ is upon us.

Showing our love to our significant other by giving flowers, cards and candy is the traditional expression (response)of this holiday. We also give them to our children and siblings, our parents and grandparents.

Our children give them to their classmates and their teachers,we give them to our neighbors and the list goes on and on. There is a sense of assumption that everyone has someone to give something to. There is plenty of opportunity to find a gift to give or covet a certain something one wishes to receive. This fast approaching winter holiday has many hearts pounding with anticipation and has the potential to sweep us off our feet in ways we only dream of.

For many this can be yet another reminder that they are without that “someone” (Just coming out of the recent holiday season and spring still a bit off winter lingers on.) The absence of companionship can weigh heavy on ones spirit, especially if it’s history is long. We have our own longings to be a part of an “us”, but we also have the world shoving a lifestyle inclined to “us’s”.

I have had my share of lonely Valentine’s Day and feeling like I was not enough or not good enough or I was not loved everywhere else was a part of it. I believed what the commercials and advertisements were telling me, if you have that someone you are complete, you are accepted, you are fulfilled. I had been sucked into believing something about myself some stranger was telling me I had succumbed to the view of what lifestyle they thought I should be living. I had become lethargic in my thinking.

However, as the years have unfurled I have found that I am content being alone. This has been a process but I have let my own voice dominate the world. I’ve let the reality of my heart and mind surface so at last I am at peace in my relationship state.

As la saison des amours comes upon us I have to be proactive and not let the world quelch my long journey to reality and truth. I am complete by myself, I am valuable by myself, I am happy with singleness.

Whatever your relation status I assure you my friend; you are deeply valuable and deeply loved. I adjure you to embrace where you are at in your life. Have grace for yourself and be on your timing and be true to what is right for you.

I send thee a Valentines greeting, Embrace la saison des amours, to love yourself.

To thine own self be true

Join PPR Aquatics Team

More than 700 positions, including lifeguards, swim instructors and water fitness instructors are available this next summer at Portland Parks & Recreation swim facilities throughout the city. Portland Parks & Recreation’s Aquatics division offers competitive wages, a positive working environment, flexible hours, opportunity for advancement and an employee recognition program.

With six indoor and seven outdoor pools throughout the city, training courses for those interested in becoming a lifeguard and swim instructor are available this next summer at Portland Parks & Recreation.

For more information: http://www.portlandoregon.gov/parks/51172

Go to the Portland Parks & Recreation website www.portlandoregon.gov/parks for all pool and program info.

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Neighborhood Mortgage Lender

by Aimee Brown

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With six indoor and seven outdoor pools throughout the city, our staff has the opportunity to provide a service to their community while earning wages ranging from $9.75-13.25 per hour.

Training courses for those interested in becoming a lifeguard and swim instructor are available through Portland Parks & Recreation.

Information on Aquatics training programs (and all pool and program info) can be found at: http://www.portlandoregon.gov/parks/51172

Go to the Portland Parks & Recreation website www.portlandoregon.gov/parks for all pool and program info.

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Go to the Portland Parks & Recreation website www.portlandoregon.gov/parks for all pool and program info.
Neighborhood Events

**Alberta Street Gallery**
Formerly Six Days Art Gallery, please stop in to help celebrate our 10 year anniversary, the removal of walls, the addition of new art with the photography of Al Flory and his abstract images of Alberta Street.
2724 NE Alberta Street | 503-280-6329 sixdaysartgallery.net

**Guardina Gallery**
January 29-February 24  MAIN GALLERY
Jill Torberson is a steel worker and mixed media artist. She will be looking at the theme of “Navigation.” One segment of her work is influenced by images of canoe building diagrams from the 1700’s in England. These pieces are welded steel and acrylic.
Jeff Schowbel’s work is primarily encaustic. Many of the individual pieces involving steel, acrylic plate, canvas and charcoal. He was also inspired by navigation and the marks and landmarks that humans use in order to find their way.

**The Jungle Book**
Sunday, February 8  4:00 - 6:00 pm
Northwest Children’s Theater, 1819 NW Everett Street
FACT Family Network has partnered with Northwest Children’s Theater to bring you a sensory-friendly presentation of “The Jungle Book.” As the theater describes it, “This original adaptation of Rudyard Kipling’s classic brings to life the story of a child raised in the wild through traditional Indian dance and a dash of ‘Bollywood’!”
Most enjoyed by ages 5 and up. Website: www.factoregon.org
Email: info@factoregon.org

**Portland Storytellers’ Guild**
Stony lips, PULL from me February 6, 6:30 pm McMenamins’ Kennedy School A social time to listen or tell a 5 minute story in a safe, supportive environment. Open to listeners, newcomers, and experienced tellers. We gather and share potluck foods, then share 5 minute stories in a safe and welcoming environment. Feedback given upon request. The Story circle is an ideal place to listen to, try out new material or to hear a story you already know.

**February Performance: Touching the Heart and Tingling the Spine**
Saturday, February 14, 7:30 pm Hipbone Studio, 1847 E. Burnside
A night of edgy storytelling that will set your senses ablaze, your breath quickening, and your heart racing. Anna Penfound, Holly Roberts, Janet Liu and Julie Strozyk can’t wait to tell you their stories.
More info at: http://www.portlandstorytellers.org/

**Live the Revolution**
February 13th, 8:00pm Alberta Abbey
The fifth annual Live the Revolution, a bicycle-themed storytelling event that benefits the Bicycle Transportation Alliance’s Safe Routes to School programs. This year, Live the Revolution has four dazzling Portland personalities to entertain us, each with their own personal bike story. And as for our fifth storyteller, it could be you (if you’re into that sort of thing?)
- Thomas Flikkers, American Coffee and Barista School
- Megan Schubel, Elementary school teacher and new mother
- Laura Crawford, Bicycle Tourism Specialist
- Chris DiStefano, Communications Director for Rapha North America
Well for starters, you can definitely count on delicious Hoppin’ Piza, flowing beverages from Hopworks, extremely classy wine, and homemade treats baked by BTA staff.
More info at: https://btaoregon.org/劁kstories/

**A Lovely Sunday for Creve Coeur by T. Williams**
February 3, 2015, 10:30 a.m.
Portland Civic Theatre Guild’s at The Old Church.
The play revolves around an encounter one Sunday morning of four women: a Southern belle and the mother of a call girl in town, the woman she hopes to marry, her German roommate, a fellow teacher, and a distraught neighbor.
Their stories illuminate the meaning of loneliness, compassion, and compromise.
More info at: www.portlandliveathetheatreguild.org

**Concordia University - Reading**
Saturday, February 7, 3:00pm to 4:00pm Room GRW108, G.R. White Library
A reading by Ursula LeGuin of the Mountain Writers, for education and community outreach.
Ms. LeGuin is an American author of novels, children’s books, and short stories, mainly in the genres of fantasy and science fiction. She has won the Hugo Award, Nebula Award, Locus Award, and World Fantasy Award, each more than once. In 2011, she was awarded the National Book Foundation Medal for Distinguished Contribution to American Letters.

**Living City Garden**
Year-Round Harvest Courses
This nine-month course has been crafted to help you eat from your garden year-round. We’ll teach you what, when and how to plant, plus how to care for your garden while keeping the time manageable, and get the freshest food you’ll ever eat onto your family’s plates (and even into your kid’s mouths) . An expert visit to your garden site will help you design for success, and support between classes will help you stay on track. Feb 21, Sat. 1-4 Orientation, Soils, Bed Preparation and sowing.
Feb 26, Thur.- Fri. 8-3:30 In-depth Garden Planning, Supplement to course.
March 7, 8-1:30 Waking up the Garden For more info: www.handmadegardenspdx.com/ year-round-harvest-course/