Retail Happy Hour kicks off Wednesday June 24th 3-6 p.m. at nearly 40 Alberta Street retail businesses. Retail Happy Hour invites shoppers to visit Alberta Street every Wednesday afternoon for great deals and exclusive discounts while supporting local independent retailers.

“Happy Hour is a social event; customers understand the concept and know there will be deals. They can expect the same at Retail Happy Hour but the deals are on retail items,” explained Angie Heiney, chair, Alberta Main St Promotion Committee and co-owner of Frock.

Retail Happy Hour is an opportunity for customers to take advantage of great deals at their favorite Alberta Street retailers and it is an opportunity for retailers to increase sales and foot traffic on a nontraditional shopping day. Deals and discounts will vary from week to week and by location so there will always be something new.

“Everyone loves happy hour - why not treat yourself to more than just a cocktail and get that outfit, pair of shoes, or piece of art that you’ve been eyeing! I know I’m excited to take advantage of great deals at their Alberta Street businesses. Retail Happy Hour is an opportunity for customers to take advantage at my store. Each year our parade grows and we would like your organization, business or family to be part of it. The parade starts at 6:00 pm and we will work our way from Faubion Elementary School to Fernhill Park for music, food, activities and more fun! A kazoo band! A wagon train! A hula hoop troupe? Get creative and join the parade!

Fernell Park Concert Series
Fridays in July
Come Join the Fun!

The line-up for this season includes a variety of musical genres and cultures, & features some of Portland’s most popular performers
All concerts start at 6:30 PM and end at 8:15 PM
Children's Activities begin at 6:00 PM
July 10th: Hank Shreve Band (Rockin' Blues & Soulful Originals)
July 17th: Conunto Alegre (Salsa, Cumbia, Bachata, & More)
July 24th: Ken Dellechioie (Muddy Nominated Blues)
July 31st: Samuel & the Skirt (Alt Harmonious Indie Rock)

CONCORDIA NEIGHBORHOOD ASSOCIATION PRESENTS NATIONAL NIGHT OUT CONCERT
TUES, August 4: Chata Addy
(Afro Highlife & Funky Reggae)

Concordia National Night Out
August 4, 2015

WANT TO BE IN A PARADE?
Teams, schools, friends, church groups, businesses, child care, YOU!

The Concordia Neighborhood Association invites you to participate in our annual parade. Each year our parade grows and we would like your organization, business or family to be part of it. The parade starts at 6:00 pm and we will work our way from Faubion Elementary School to Fernhill Park for music, food, activities and more fun! A kazoo band! A wagon train! A hula hoop troupe? Get creative and join the parade!

For information or to register your group contact: Anne 503-381-7370

NIGHT OUT CONCERT

A free publication of the Concordia Neighborhood Association | concordiapdx.org June 2015

CNA Clean-Up a Big Success!

Thank You to Our Volunteers & Sponsors for making the 2015 Neighborhood Clean-Up a Big Success

Thank to Our Sponsors

• Bureau of Planning & Sustainability
• Metro Metals
• METRO
• NACN
• Heiberg Garbage & Recycling
• Total Reclaim
• Habitat for Humanity ReStore
• Community Warehouse
• 1 Sharptool Edge Service
• Cafe Vita
• New Seasons Market
• Multnomah County Alternative Community Service Program

A Heartfelt Thanks to All Our Concordia Neighborhood Volunteers:
Belenia Clark, Carrie Wennisger
Cheryl Leonitina, Chris Lopez
Daniel Greenstadt, Darrel Hurst
Esther Freeman, Faith Adams
Garbynn Woodsong, Isham Harris
Jamie McGeathy, Jim Johnson
Katie Ugolini, Ken Forcier
Kimmause Gرارson, Paul Carrier
Mark Charlesworth & friends
Nora Hilbers, Paul Wilkins
Robert Bowles, Robbin Johnson
Terry Medaris, Tj Milbrooke
Trula Neal

It’s Amazing what we Reused/Recycled & Cleaned-Up, while makin over $2200  for the Concordia Neighborhood:

• 20.05 Tons of Mixed Waste
• 2.17 Tons of Metals
• over 1.6 Ton of Electronics
• 470 pounds of batteries
• 150 pounds of light bulbs

Plus hundreds of household items and 5 bicycles were re-homed through our “You Price It” Yard Sale and two truckloads of household items were collected for Community Warehouse, a nonprofit organization that provides essential household furnishings to low-income people. Also, a huge load of building materials was collected for Habitat for Humanity Restore and a large trailer full of clothes and shoes was donated to Good Will! Additionally, 30 neighbors were able to get a total of 112 of their tools and knives professionally sharpened by 1 Sharpy Tool Edge Service who, in turn, donated 25% of their profit to the CNA!
Chair’s Corner

As I write this month’s Chair’s Corner, I realize Memorial Day will have come and gone by the time this paper reaches you. I salute all of the vets who stepped up to serve our country and say “Happy Pig” to my brothers. Summer is out, kids are running around in our beautiful parks, summertime is here and the living is easy. The beginning of summer reminds me what a great place we live in a region considered nationally as a place of relaxation and beauty. A great place known for its natural resources and beauty and just as importantly because of all of the little things our neighbors do for each other.

Some will say it has been the push by economic development programs for the Alberta Street commercial establishments and last Thursday events. Great start and progres but that alone is not enough to change history. It’s really the efforts of individuals and local volunteer organizations working diligently to improve our neighborhood and change the course of our history. There are many examples of those independent efforts, most of which will only be remembered by a few and never connected to the bigger picture but as essential as the canvas on which this community is painted. It has been the efforts of such programs as starting a community tool library (Thx Robert) or the individuals who, every week with their own equipment and supplies, maintain the islands/medians on Ainsworth. Next time you drive Ainsworth (Thx Robert) or those individuals who, every week with their own equipment and supplies, maintain the islands/medians on Ainsworth. Next time you drive Ainsworth... take a guess why? Having grown up in Oakland, California, part of a Spanish-speaking community that rarely if ever clean up the street or landscape in front of them. If you would like to think I would but so far my lawn mower has not gone past the driveway. (Thanks to all of you whose names I don’t know and to Joel who would never look for the difference, not the City. Not a big deal you say, only about two hours a week for years.

Some will say it has been the push by economic development programs for the Alberta Street commercial establishments and last Thursday events. Great start and progres but that alone is not enough to change history. It’s really the efforts of individuals and local volunteer organizations working diligently to improve our neighborhood and change the course of our history. There are many examples of those independent efforts, most of which will only be remembered by a few and never connected to the bigger picture but as essential as the canvas on which this community is painted. It has been the efforts of such programs as starting a community tool library (Thx Robert) or the individuals who, every week with their own equipment and supplies, maintain the islands/medians on Ainsworth. Next time you drive Ainsworth (Thx Robert) or those individuals who, every week with their own equipment and supplies, maintain the islands/medians on Ainsworth. Next time you drive Ainsworth.

From time to time I wonder if I would be so committed to do this on my own. I would like to think I would but so far my law mower has not gone past the driveway. Unfortunately, there are still occasions when I drive down the street and see medians across from commercial establishments and other places that bring in visitors to our community that rarely if ever clean up the street or landscape in front of them. If you frequent those places, you may want to ask why they don’t participate in the community that hosts them.

Like I said, it’s the small things that really count, which brings me back to a term I used earlier and want to get back to at this point. When I wrote “... image of the ‘Hood”, I did so purposely as I wanted to point out an issue for me that may be trivial to others. Let’s expound it a little for a moment. Popular culture and the media have been using the term for years but never for such places as the Alameda, Irvington or the West Hills. Care to take a guess why? Having grown up in Oakland, California, part of a Spanish-speaking community, I was accustomed to references such as “homie, homes, bro, hood.” Those were terms we used among ourselves and friends as a form of familiarity. However, used by the outside world, those terms often took on a darker, sinister meaning. Just recently, I saw a flyer from one of our own community organizations advertising an event expected to be “good in the hood.” Initially, I thought it sounded odd, then I realized that my community is still being referred to as the “hood,” not a noun that has the ring of Rockwell’s Stockbridge, Massachusetts. If Rockwell were to paint a Stockbridge scene today, I think it would include many colors, shapes and landscapes that celebrate our diversity and synthesis of culture. Rockwell would have celebrated our positive aspects. Can words hurt? Well of course they can and they continue usually because the speaker is not aware of how it rings in different ears. So let’s get this right... Let all know that this is our Concordia Neighborhood “Hood,” not just the “hood.”

Hope to see you at the General Meeting on June 2, at 7pm at the Kennedy School

Issac Quintero, Chair

Elected Board (Jan 1, 2015)

Isaac Quintero Chair

Steve Elder E 1

Mark Charlesworth E 2

Isham “Tye” Harris NW 1

Ashley McKinney NW 2

Luke Griffin SW 1

Robert Bowles At-Large #1

Craig Voigt At-Large #2

Daniel Greenstadt At-Large #3

Ali Novak At-Large #4

VACANT At-Large #5

Truls Neal At-Large #6

Land Use, Livability and Transportation Committee

Third Tuesday of the Month

June 16th at 7:00 pm

McKenzie’s Kennedy School Community Room

The land use committee grants approval for neighborhood projects. To hear about and try to solve issues affecting the quality of life in our community.

Tree Team Meeting

First Thursday of Every Month

June 4th at 6 pm

Dining Area at New Seasons

www.concordiatreeteam.wordpress.com

Visit our website or email:

Media Team

Newspaper and Website

Volunteer and join the media team as “Beat Reporters” or manage the CNA WordPress website.

Email: ConcordiaNews@yahoo.com

Social Committee

If you are interested in volunteering for the CNA Yard Sale, the Fernhill Concerts in the Park or for Planning National Night Out, please contact Katie Ugelini (Chair) 503-446-9690 for details.

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 US at our new email addresses!

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CnewsBusiness@concordiapdx.org

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CnewsEditor@concordiapdx.org

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

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

Please enjoy your this community and the people and businesses that make this neighborhood great!
Portland is Growing

Join Us for an Evening Expo

Learn from local innovators on affordable and neighborhood-infill housing solutions. To foster greater, affordable communities it is going to take a wide variety of living options.

Thursday, June 4th
Exhibits open from 6 p.m. to 9 p.m.

German-American Society
5696 N Mississippi St.

Round short of presentations will be given throughout the evening by various innovative groups:
- Accessory Dwelling Units (ADUs)
- Architectural Heritage Center Housing Preservation
- Bureau of Planning and Sustainability Accessory Structures Project
- Co-housing Development-Eli Spevak
- Columbia Ever cilage Co-Housing
- Communitecture-Mark Lakeman
- Division Street Initiative
- Fish Construction NW
- Habitat for Humanity Affordable Housing Programs
- Micro Community Concepts
- North Star Village Services for Aging-in-Place
- Portland Community Reinvestment Initiatives (FCRI)
- Proud Ground Community Land Trust Model/
- Restore Oregon-Housing Preservation
- United Neighborhoods for Reform-Barbara Strunk
- Villages NW Network Aging-in-Place
- Welcome Home Coalition Affordable Housing Advocacy

Join your neighbors at the community table for local treats and conversation.

Sponsors Central Northeast Neighbors, North Portland Neighborhood Services, Rebuilding Together Portland City Neighborhood Association, Southeast Uplift, TDR & Associates. For more information about the event please contact Tamara DeBelder infinexpo@tdridder.uxers.panic.com (503) 706-5804 or Sandra Lefrancois sandral@conciongolition.org (503) 825-2789

Opinion

By Ken Forcier, Gracewood Design, www.gracedesign.com

Portland is guided by the Planning and Sustainability Commission (PSC), which is composed of 11 volunteer members with expertise in a range of areas as a group, they have a variety of viewpoints. Formed in 2010, the PSC has specific responsibility for the stewardship, development and maintenance of the City’s Comprehensive Plan, Climate Action Plan and Zoning Code. By holding public hearings and discussing issues and proposals, the PSC develops recommendations for members of Councils to enact. Councillors of creating a more prosperous, educated, healthy and equitable city.

On May 12th, the PSC heard from the Bureau of Planning and Sustainability (BPS) about a proposal to “Down Zone” (zone for LESS density) the region of Concordia from Jarrett to Alberta and 22nd to 33rd. History: before the close of the comment period on the Comprehensive Plan, a number of residents wrote in to request that change and also to request that regions of the neighborhood platted in 25x100 lots but zoned R5 be down zoned to RT. This change would have stopped “Skinny House” construction where the zoning is now Residential 5000 square foot lots (minimum 25x100 historically). The combined appeal from concerned neighbors was distilled down to only the R.2.5 portion and then dismissed out of hand by BPS. For those who wrote comments, the outcome was that BPS unilaterally decided not to forward your request to the Planning Commission for their consideration. They feel they “need more R2.5 neighborhoods, not less.”

Return to the R5 neighborhoods of Concordia. Are they the “Resident 5000” anymore? If you purchased a home in an R5 region you might think that your neighbor couldn’t build a skinny house. It wasn’t your “neighbor”, per se, who did that though it was! It was a “take-the-money-and-run” developer with cash to buy houses to demolish and homes with “yards” who enjoyed the support of the Bureau of Development Services (BDS) who, it seems, will assist in every

The Skinny

By Garlynn Woodson

Alleys are the often-neglected corridors running parallel or perpendicular to our streets. Naming those humble lanes breathes life into them, honors their uniqueness, and gives them an identity.

Naming alleys gives neighbors a sense of pride over these shared spaces and creates the personality and qualities of the Concordia alleys. What makes those alleys special? Are there murals, unique histories, neighborhoods they connect or gardens along an alley that could become its namesake? Or, do you have some more eclectic inspiration for an alley-naming scheme that you would like to see in action?

Enter an alley name in the Concordia Alley Naming Contest:
https://www.surveymonkey.com/s/kPwPs8SF

Please include any history or background information about your alley name suggestion in the space provided on the website. We will be collecting alley names tentatively through May and June, 2015. We will present all submitted alley names in July and open the voting through July and August.

Winners of the Alley Naming contest will be announced online and in the Concordia Newspaper, and the tentative date for Alley Signs installation is September.

Keep up to date on all of the Concordia alley-related activities going on, including upcoming Goat Walks!
http://bitly.com/ConcordiaAlleyways

Feel free to contact Neighborhood Sustainability Coordinator Cheryl Leontina by email cheryl@concordiainfo.org or by phone 503-856-4708 if you would like to meet and discuss your ideas, and/or if you are unable to take the survey online!

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 LUT&T) Committee meeting, the third Tuesday of the month, 7pm in the Community Room in the SE corner of McMenamins Kennedy School. To join the mailing list, send an email to: pdc_cna_lu_and_t_committee@gorgecoupas.com

Alley Project: Thank you, Vernon School!

The Concordia Neighborhood Association and the Concordia Alley Improvement Project would like to extend a very special thank you to Connie Sondernandez and the students of Vernon K-8 School, for supporting the Alley Improvement Project by printing and distributing the Alley Allies Brochure and Survey to your students!

June 2015

Concordia News

Page 3

June 26, 27 & 28, 2015

Time to gather all those items you no longer want or need and join us at your yard sale at home. You unwanted items can be the treasure that someone else is looking for. We do the advertising in newspapers, on TV and radio, on internet and with large signs on major corners in the neighborhood. We supply you with signs and balloons to mark where your sale is located. Just complete the registration coupon below and include the $7 fee (make checks payable to Concordia Neighborhood Association)

Mail or deliver to Concordia Neighborhood Association

c/o Donna Carrier | 3595 NR Simpson St
Portland OR | 97211

All participants are placed on the map. Deadline to be on the printed map is Wednesday June 17. Yard sale packets with signs and maps can be picked up at this address starting Sunday June 21 after 1 pm. If not picked up by Wednesday they will be delivered to participants address (volunteers are needed to help with those deliveries).

You can still be in the sale but will not show on the printed map if registration is received after June 17…you will show on the online map. We do request that you live within or your sale be within the Concordia Neighborhood. Yard Sale Coordinator—Donna Carrier | 503-288-9826 | donna.carrier58@gmail.com.

Maps are available on line. They will be updated as registrations are received.

Pay $7 and send this coupon with payment to address above.

NAME: ____________________________________________
ADDRESS: ________________________________________
PHONE: ___________________________________________
CELL: _____________________________________________
EMAIL: ____________________________________________
Please indicate days you wish to participate in the sale. Check all that apply
Monday June 22
Tuesday June 23
Wednesday June 24
Thursday June 25
Friday June 26
Saturday June 27
Sunday June 28

Lead Poisoning Prevention Workshop

Free workshop where participants learn how to prevent lead exposure in their home. Great for households with young 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!

Register for the workshop at www.communityenergyproject.org or call 503.284.6827x109

Tues, June 2, 6-7:30pm - Community Energy Project - 2800 SE Stark St, Suite B, Portland

Tues, June 16, 6-7:30pm - Portland Miracle Revival Church - 8333 N Ivanhoe, Portland

Eat for Alberta Street at Donnie Vegas

June 18, 6-8pm - Donnie Vegas generously hosts this month’s “Eat for Alberta Street” a series of fundraising events benefiting Alberta Main Street, a volunteer-driven nonprofit community and economic development organization. Hungry philanthropists can dine heartily knowing that Donnie Vegas will donate 10% of the evening’s proceeds back into the community.

Information: albertainst.org | albertainst.org | Location: Alberta Main Street, 1722 NE Alberta Street

Alberta Street News

Alberta Seeks Passionate People

June 11, 6-30-8:30 p.m. Imagine what we can do together! Residents, business owners, and interested community members are invited to learn more about Alberta Main Street and volunteer opportunities. Alberta Main Street is a volunteer-driven nonprofit working to keep Alberta Street vibrant! Free, Information only, no formal sign up.

albertainst.org | albertainst.org | Location: Alberta Main Street, 1722 NE Alberta Street

For theLatest Local News

Alberta Main Street

June 17-28, 2015

For the Latest Local News

Alberta Main Street

June 17-28, 2015
What is that Smell?  
By Penny Hill, LMT

As I write this it is early spring in the city and I eagerly open my windows to bring in fresh air and take a deep breath of benzaldehyde, ethlylenediaminetraacetic acid and oxyphenol ethylxlate. Ahh, my neighbors are doing laundry, so I close my windows again.

Long ago fragrances were used to cover up the smell of unwashed people and the fragrances were derived from natural sources. The common folk spread herbs and flowers on the floor and the wealthy had perfumes. The chemical substitutes used today are very cheap and over 90% of those are petroleum based. Indeed gasoline and perfume contain many of the same ingredients. As “fragranced” products proliferate it pays to look more closely at what these chemicals are and do. The original purpose of these ingredients in laundry and other household chances was probably to mask other unpleasant odors in the formulas. Now the “perfumes” have become the selling point, and “clean” has to have a smell.

But what are the consequences of all this smelliness? At the mildest end of the spectrum we have contact dermatitis, eczema, and rash. Moving on, people can experience migraines, nervous disorders, burning of the eyes and respiratory distress. There is evidence to suggest that the dramatic increase in allergy and sinus disorders is linked to increased exposure to these chemicals. Those who are more chemically intolerant can develop panic disorder and depression. These fragrances can cause neurotoxicity, and disrupt hormones. Some of them are bioaccumulants and can be found in the tissues of aquatic organisms (and in our own adipose tissues, of course) as well as accumulating in the environment.

Pthalates were in the news a few years ago, causing an uproar because they were found in soft plastics that children were exposed to. They are also the chemical that cause scent to linger. Near the fragrances are “unstopables.” Every time you wear them you are wrapping yourself up in a film of hormone disruptors. Fragrance is a deeply personal issue. We all want to smell good and the lack of bad odors does indicate to us freshness and cleanliness. We use our noses to sniff out danger all the time. But I think the use of these “artificial” smells is disrupting our senses and altering our sense of right from wrong. It smells as well as exposing us all to the health dangers listed above.

As city dwellers we know that our personal choices affect our neighbors. We modulate our noise and lights, we don’t let our dogs run wild, we refrain from using our leaf blowers at 6 AM. But I suggest one more action? Since dry exhaust vents into the outdoors choose unscented dryer exhaust vents into the outdoors choose unscented dryer exhaust vents into the outdoors choose unscented dryer exhaust vents into the outdoors choose unscented dryer exhaust vents into the outdoors.

Growing Cucumbers  
By Jolie Donohue, The Gardening Goddess

Cucumbers are a favorite warm season edible for the home gardener. A cucumber harvested at the peak of freshness from the summer garden is hands down better than any cucumber you will ever get from the grocery store.

Growing cucumbers in Portland is relatively easy if you plant them at the right time. Cucumbers need ground temperature of 60-65 degrees and night air temperature of at least 55 degrees. Typically in Portland this is mid May to early June. If the weather is not warm and dry, cucumber plants will grow slowly and fall prey to disease.

Cucumbers cucumis sativus are a member of the cucurbita family along with zucchini, summer squash, winter squash, pumpkins and melons. Cucumbers require a full sun location with at least 6 hours of sun per day. Cucumbers are rambling vine plants that need to be spaced 3-4 feet apart in all directions. We have successfully grown cucumbers up a trellis in our raised beds. These days there are also patio varieties that don’t get as large and are excellent for growing in small spaces including container.

Cucumbers require very rich well draining soil. They will rot out in the thick clay of native Portland soil. Prepare your planting bed by adding fresh compost. Better yet grow cucumbers in a raised bed filled with fresh planting mix.

In Portland you can plant cucumbers by seed or by transplant. Cucumbers are heavy feeders and benefit from an organic granular vegetable fertilizer in the planting hole. Additional applications of organic granular fertilizer are every 4 weeks during the growing season. Once plants have grown to a decent size and are beginning to set flowers begin applying an organic liquid bloom fertilizer every 2-3 weeks.

Cucumbers are more than 90% water and are stressed by insufficient watering. Cucumbers want average to moist watering while growing, about 2 inches a week. Water stress can be the cause of bitter tasting fruit and odd shaped fruit that is smaller in one end. How often you water will depend on your soil and location.

Cucumbers and other members of the cucurbits family have separate male and female flowers on the same plant that require pollination for fruit set. If your plants develop flowers and then the subsequent tiny fruits fall off, lack of pollination is the cause. Be sure to plant plenty of flowers in your bio-diverse garden to encourage pollinators and keep them safe by growing organically and avoiding the use of sprays.

In Portland it is inevitable for cucumbers to fall prey to the dreaded powdery mildew. The leaves will develop a white residue and then shrivel up with crispy brown edges. Powdery mildew is a fungal disease that flourishes in the summer in Portland. During the growing season you can prevent powdery mildew by spacing your plants appropriately to provide good air circulation. Water the soil, not the plant, by use of a watering wand, drip irrigation or soaker house. If you use overhead watering the fungal disease easily spreads by splashing from leaf to leaf and soil to leaf. Practice crop rotation and in the fall clean up all plant debris.

For more information: www.missjolieannkitchengarden.blogspot.com

Healing Power of Flowers

June kicks off Summer Break for many school aged kids around Portland.

Getting to go on a vacation is a wonderful way to recharge the batteries, but it is just as important to get the kids (and yourselves) outside on a daily basis.

Why?

Exposure to sunshine helps provide a healthy dose of vitamin D which is important for strong bones, brain development and immune system strength among other functions.

Fresh Air-The oxygen in fresh outdoor air is vital to mental clarity and physical health. White blood cells require more oxygen when working to kill and destroy bacteria, viruses, and germs.

Exposure to dirt improves mood. A new study reveals healthy microbes in soil mimic artificial antidepressants by stimulating serotonin production in the body. Serotonin levels are directly related to feelings of relaxation and happiness. So go ahead, get dirty!

One of the many ways to explore the neighborhood outside your front door is by walking to over to Joyful Floral at 5429 ne 30th, in a little transformed alley between Milagros Fine Foods and Beast Restaurant. We offer kids flower arranging every Sunday at 1pm. $5 for 5 stems of their choice based on stock on hand.

Flower arranging improves fine motor skills, decision making skills, artistic expression, and a connection to nature. Creating arrangements also raises awareness of the importance of giving to others. And, it’s super fun too!

Sunday afternoons during the summer at 1pm. Joyful Floral PDX.

Continued from Column 2, Cucumbers

~Nature & Garden~
unknown particulates did billow into our backyard true for tree removal and lead & asbestos mitigation. limited regulations designed to protect only apply to be involved. To make matters worse, many of the least six different government agencies that could development is far from user friendly. There are at complaining about any aspect of demolition and experience was far less unpleasant than such horror everyday and even deep into the night. Thankfully, our 100-year old trees, and being very loud all day, damaging neighboring properties, chopping down and otherwise rude workers littering the neighborhood, had heard some disheartening stories of crass, messy board member with the neighborhood association, I potential disruption the demolition could cause. As a member board with the neighborhood association, I had heard some disheartening stories of crass, messy and otherwise rude workers littering the neighborhood, tapping into neighbors’ water lines without permission, damaging neighboring properties, chopping down 100-year old trees, and being very loud all day, everyday and even deep into the night. Thankfully, our experience was far less unpleasant than such horror stories, especially given the fact that it is very unclear as to how neighbors can complain when something does go away.

As the Skanner News recently reported, complaining about any aspect of demolition and development is far from user friendly. There are at least six different government agencies that could be involved. To make matters worse, many of the limited regulations designed to protect only apply to renovations and not complete demolitions. This is true for tree removal and lead & asbestos mitigation. While the tear down was in full swing, dust containing unknown particulates did hillow into our backyard

Friends of Ainsworth

Are you tired of looking a the unkept parkway of Ainsworth Boulevard? The City of Portland lacks the funds and time to do the adequate maintenance.

So let’s do it ourselves!

All we have to do is some mowing and some weed control. Is there a section near your home that could use some extra care? Some neighbors are already making a difference and have been maintaining their section of Ainsworth for years. You can help out too! Let’s keep our neighborhood looking beautiful.

Thank you from the Woodlawn Neighborhood Association

work could occur Monday through Saturday, Sun to 6pm. Nothing was done to prepare the site for potential environmental hazards like asbestos or lead. Men were simply sent in to salvage what they could over the next few days and by St. Patrick’s Day, a giant dumpster was dropped off on the front lawn along with an excavator. Then, the demolition began in earnest.

Based on the allowable hours and the type of work to be done, my family was a bit worried about the potential disruption the demolition could cause. As a member board with the neighborhood association, I had heard some disheartening stories of crass, messy and otherwise rude workers littering the neighborhood, tapping into neighbors’ water lines without permission, damaging neighboring properties, chopping down 100-year old trees, and being very loud all day, everyday and even deep into the night. Thankfully, our experience was far less unpleasant than such horror stories, especially given the fact that it is very unclear as to how neighbors can complain when something does go away.

As the Skanner News recently reported, complaining about any aspect of demolition and development is far from user friendly. There are at least six different government agencies that could be involved. To make matters worse, many of the limited regulations designed to protect only apply to renovations and not complete demolitions. This is true for tree removal and lead & asbestos mitigation. While the tear down was in full swing, dust containing unknown particulates did hillow into our backyard

causing immediate lung irritation for adults and children forcing us inside during most of the week. The worst part of the demolition process for us (other than the lack of protective regulations, mandated notices, an almost non-existent enforcement policy, and a failure to notify residents) was when they filled in the hole where the basement had been. For three days, our house vibrated causing our dishes to shake and our brains as well. They used a steam roller to repeatedly pat down the laid gravel-like concrete and the reverberations shook the earth. Watching them fill in the basement space, we couldn’t help but think how wasteful it was to remove potential square footage but, apparently, it is easier and cheaper to fill in a hole and build up or out instead of having a basement.

On the plus side, the demolition crew was actually pretty nice. True, a few nights they worked well past 6pm, using all available daylight until about 8pm. But, they also rarely started before 10am and did minimal work on Saturdays. They were courteous to my family and others in the neighborhood, let us use the free space in their dumpster, and gave neighbors the chance to salvage house parts themselves. They kept the work site relatively clean, asked permission once to use a little water to spray down the dust, and methodically went about their task at hand.

By early April, the demolition was complete. Where once a house and garage had stood, now was an empty lot covered with hay, dirt, and rocks. With the house gone, the developers themselves started showing up, presumably to survey the site. Since the moment of initial purchase in 2014, neither developer had made contact with me in anyway. When on site, they avoided eye contact and would not wave or say “hello”. Other than a couple of phone conversations with one prospective neighbor, they remained somewhat of a mystery to everyone on the block. Thankfully, the neighbor did continue to communicate with them and eventually learned that the new building would be a “modern brownstone duplex”, relatively modest in size but very out of place within the rest of the 60-100 year old bungalows that line the street. Neither live in inner Northeast and one of them, in an old moment of honesty, let down his friendly public relations face and simply bragged that they were going to make a killing on the transaction before abruptly amending his statement with smoother, less hungry words. Now, the property was clear for them to break ground, the lax notices, an almost non-existent enforcement policy, and a failure to notify residents) was when they filled in the hole where the basement had been. For three days, our house vibrated causing our dishes to shake and our brains as well. They used a steam roller to repeatedly pat down the laid gravel-like concrete and the reverberations shook the earth. Watching them fill in the basement space, we couldn’t help but think how wasteful it was to remove potential square footage but, apparently, it is easier and cheaper to fill in a hole and build up or out instead of having a basement.

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Friends of Ainsworth

Are you tired of looking a the unkept parkway of Ainsworth Boulevard? The City of Portland lacks the funds and time to do the adequate maintenance.

So let’s do it ourselves!

All we have to do is some mowing and some weed control. Is there a section near your home that could use some extra care? Some neighbors are already making a difference and have been maintaining their section of Ainsworth for years. You can help out too! Let’s keep our neighborhood looking beautiful.

Thank you from the Woodlawn Neighborhood Association
By Dee Craig-Arnold

If you’re 60 or older and looking for a great place for lunch with a fun group of people, plus interesting activities, why not stop by The Meals on Wheels People/Loaves and Fishes Center at 5325 Northeast MLK Blvd.? We serve delicious, nutritious lunches with a choice of entrée every weekday from noon until 1:00 pm. The suggested donation is $3, but no one is ever turned away.

For 45 years this center serves more than 67,000 older adults in north and northeast Portland annually. It’s a friendly, convenient place to meet new people, see old friends, or just get out of the house and relax while eating an attractive, well-prepared lunch. We treat everyone as if they were in your home, living independently for as long as possible, regardless of income. All it takes is a phone call. Meals are provided on a donation basis and are available to any senior 60 or over, regardless of income. All it takes is a phone call. We always need more volunteers to help serve meals at the Center. We especially need help delivering meals. What a great way to begin or end your day! Call us today, phone 503/953-8207 or visit us at mealsonwheelspeople.org.

Or, if you’re housebound and unable to cook for yourself, we will bring you fresh, hot, nutritious lunches Monday through Friday. All it takes is a phone call. Meals are provided on a donation basis and are available to any senior 60 or over, regardless of income. All it takes is a phone call to 503/953-8207 or visit us at mealsonwheelspeople.org.

JOIN US

If you love your neighborhood and want to stay in your home, living independently for as long as possible, join us to build our village. Here’s how to get involved:

- Contact Margaret Baldwin at nevillagepdx@gmail.com or 503-885-2750
- Come to a Northeast Village PDX planning meeting at the Rose City Park United Methodist Church, 5530 NE Alameda, 7 pm on the second Wednesday of the month.
- For more information: visit our website – http://nevillagepdx.org
- Watch a good video about villages at http://tedxboston.org/speaker/willett

The village exemplifies this spirit of self-sufficiency. The first village – Beacon Hill in Boston – began in 2002 with 12 older adults. It now serves 400 households in several Boston neighborhoods. Nationally, there are now over 140 villages up and running and 150 more in development.

WHEN AND WHERE WE WILL OPERATE

Northeast Village PDX is one of eight being developed in the Portland area. It will encompass 15 neighborhoods stretching from the Columbia River to I-40 and from NE 15th to NE 122nd. We plan to begin delivering volunteer and reduced-cost professional services, such as plumbing, electrical, and home health care, to members in June of 2016 to supplement existing community resources.

Who can host:
- Anyone open to establishing lasting relationships with people from other cultures

Why should I host:
- To form lifelong relationships
- To be a part of a cohesive community
- To learn about a different culture

Benefits:
- Improved communication skills
- Increased self-awareness
- Improved understanding of international student’s life

Hosting Details

Dates: June 26-July 25 (Korean program) and/or Aug. 2-Sept. 6 (Japanese program)

Host Responsibilities: Breakfast and dinner, make students feel welcome and treat them as if they were a member of your family.

Stipend: $525/wk per student placed in your household

For more information contact:
- Linda Roesner, host@nevillagepdx.org, or
- Trudie Wiescher, evcenter@uoregon.edu

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Further Details about Hosting a Korean and/or Japanese International Student:
- Concordia University is expecting 22 female students from Bawuha Women’s University in South Korea to share an apartment with 41 students (male and female) from Bunkyo University in Japan and 915 students.
- Students are wonderful, well-behaved University students who are a part of American culture and range in age from 18-21.
- Our programs are short-term commitments (4-5 weeks) for the rewards that families receive from hosting. Concordia University offers an honorarium of $125 per student/per week for hosting a Korean and/or Japanese International Student.
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For more information: visit our website – http://nevillagepdx.org
Summertime is “All Play”

By Anne Koski

We’re feeling it, the late sunsets, the warm afternoons. That familiar scent. Summer’s coming. And this one will be different.

Let’s go, my tired, busy grown-up neighbors. You lounging cocktail drinkers. This is a call to all you idle standers at the edge of the playground, to all you sitting slackers at the Kennedy School, to all you drivers to the corner store. You sloths of summertime. This is an invocation to anyone who’s spent a weekend camping but not found the trail, or playing at the river’s edge but not dipped a toe. I’m talking to you, you gardeners not pulling your own weeds, walkers sticking to the track, and runners taking the same route every time. This summer will be different.

Sideline sitters, watchers, social norm conformers, too old for this era, familiar safe routines, they were wrong. You don’t have to stand and watch your kid play; you can join them, and its okay. Nobody will laugh at you.

Do you remember when we used to play? When we would run around all day, get dirty hands, and find hills to ride our bikes down? We would explore creeks, alleys, or play all sorts of sports in the fields –and the street. We’d do handstands and swing at the park.

And then one day we grew older, and realized that only those who really knew how to dance were supposed to be dancing. And it became no longer cool to play on the playground, and who wants to ride a bike when you could get your driver’s license?! Gradually, we stopped spending a weekend camping but now, anybody can be a cyclist.

You may be curious about adaptive cycling or have a friend or family member with a who would benefit from some pedal-powered fun, I’d recommend starting your riding season at the Adaptive Cycling Clinic, May 31st at the Eastbank Esplanade underneath the Hawthorne bridge. This free event is hosted by some great local non-profits and is a safe, fun way to learn about all the various types of cycles that are out there.

For more details, check our www.oregondisabilitysports.net or feel free to send me an email, Adam Amundsen, adaman@pushpdx@gmail.com.
CONCORDIA NEWS
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Neighborhood Events

Guardino Gallery
May 28–June 23
MAIN GALLERY
Dayna Collins' new abstract paintings are created with layers of plaster, oil, cold wax, and markings. She brings her energetic and visceral reactions to such themes as aging, additions, secrets, joy, environmental issues, health, and friendship.
Tamea Frame's ceramic sculptures depict female figures, in which her emotions, moods, and feelings play out. Her intention is to give meaning to that insight and sublimate it into an archetypal of the psyche.

FEATURE AREA
Kim Hamblin's medium is cut paper, painted, layered, and then nailed to plywood panels with tiny nails. The combination of the delicate art of paper cutting with the industrial nature of hammering nails make for a unique and striking combination.
Daniel Granias creates ceramic sculpture. His newest work is an interpretive exploration of bodily mechanics, driven by the behavior of flesh and tissue under tension and pressure. Granias manipulates the clay to mimic the qualities of living tissue as it folds, wrinkles, stretches, and squeezes itself.

Alberta Street Gallery
May 23–June 21
Anomalies: Featuring the art of Maquette
Fun, attention grabbing paintings exploiting our photographic mistakes or anomalies, in acrylic on canvas. Maquette's work deviates from the standard and demands attention. The fun playful nature of this artistic style is called whimsical by the professor. I call it life's anomalies re-visioned. The story is no less complete and better understood because the viewer fills in the blanks." – Maquette

Portland Storytellers’ Guild
Festival of Stories
Portland Storytellers’ Guild—Festival of Stories
Friday, June 12, 2015 - Tales of Quests, 7:30 - 9:30 pm
Saturday, June 13, 2015 - Journeys and Transformations, 7:30 - 9:30 pm

Join us for two evenings of delightful tales during our fourth annual Festival of Stories, the rousing finale to stories of personal, historical, and traditional stories in this stunning event of our local storytellers. Come and enjoy these amazing tales of historical, magical and traditional stories in this two evening storytelling event.

Northwest Tool Library
We Need Help
Summer is our busy season and we need to have three volunteers on morning and afternoon Saturday shifts to make sure that tool returns and check outs go as smoothly as possible.

We’ve lost several of our recurring shift volunteers and we are feeling the scheduling pain. Every week our volunteer coordinators are pleading with our membership in order to get a full Saturday crew. We’ve even had to close early due to lack of volunteers.

This doesn’t have to be. Our members are loyal, industrious and value the tool library as a resource. Most of our members could probably donate 2.5 hours of their time this summer to keep the library open for everyone. And… volunteers get NEPTL swag as "Thank You" gifts!
Please sign up for a shift!

volunteer@neptl.org

Concordia Summer Events
June 12-31: Uniquely Oregon: A Visual Exploration by Portland Photographers Forum will be held in the George White Library & Learning Center. This year, it celebrates people, places, and a potpourri of images unique to Oregon.
Sun., June 14, 2-4 p.m.: Photograph Exhibit Reception, in partnership with the Portland Photographers Forum, will be catered, free, and open to the public. For more information, visit: http://www.cu-portland.edu/about/events/campus-calendar
Sat., July 11 & Sun., July 12 from 7-9:30 p.m.: Portland Actors Ensemble presents “The Taming of the Shrew” a free event held at Concordia’s campus green. For more information, visit: http://www.portlandactors.com/
Sat., July 25 at dusk: Movie on the Green “Labyrinth”, in partnership with Portland Parks & Recreation, is a free event held at Concordia campus green from the library campus green in front of the library. For more information, visit: https://www.portlandoregon.gov/parks/article/489142.

The Good-in-the-Hood
The Good-in-the-Hood is a multicultural music and food festival held annually in N/NE Portland. The festival features the best entertainment in the NW, a variety of cultural food vendors, an Information Village, a Kidspace art & crafts area, and an Ethnic Marketplace.

Good in the Hood Parade: Saturday, June 27, 2015.
Check-in: between 9:00 am - 10:00 am. The open street festival begins at 10:30 a.m. at NE 17th & Alberta streets) Ends at Lillis Albina Park
North Flint & Russel Streets - (next to Tubman Middle School)
Parade will begin at 10:45 am (approximately 1 ½ hr. route.)
http://www.goodinthehoodneighborhood.org

Poison Waters
POISON WATERS
50th Anniversary
10:30 a.m. doors, 11 a.m. event
$15.00. Advance tickets $12 / $7 for students...

Dreamgirls
Singer from the musical Dreamgirls
Sat., July 11 & Sun., July 12 from 9-11 a.m.
Sunday, July 12
11:00 a.m. doors, 11:30 a.m. event
$25.00. Advance tickets $22 / $12 for students...

Cinder Duck
Cinder Duck will be performing at the Portland Storytellers’ Guild Festival of Stories. His stories are entertaining as well as educational.

Lee Koch Trio
Impeccable, original music from southern California
7 p.m. · 21 and over
(503) 24+9-3983
Thursday, June 4

Portland Actors’ Guild
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The Black Panthers’ 50th Anniversary
Presented by Res. Leroy Haynes, Kent Ford and Percy Hampton
7 p.m. · 21 and over
(503) 24+9-3983

McMenamins
5736 N.E. 33rd Ave. · Portland
(503) 24+9-3983
www.mcmenamins.com
Free with a swag European-style cardigan (unless noted)
Thursday, June 4

Buoy LaRue
Orchestrated rock
7 p.m.
Sunday, June 7

Brunch, A Show & Movie with Poison Waters
forms DreamGirls
10:30 a.m. doors, 11 a.m. event
21 & over / $21 per person
Thursday, June 9

RACE TALKS:
The Black Panthers’ 50th Anniversary
Presented by Res. Leroy Haynes, Kent Ford and Percy Hampton
7 p.m. · 21 and over
(503) 24+9-3983

Lee Koch Trio
Impeccable, original music from southern California
7 p.m. · 21 and over
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Kennedy School Cider Dinner
In house of Oregon Cider Week, we’re hosting a cider-themed dinner, complete with a custom menu that’s paired with Edgefield and international ciders.
7 p.m. · 21 and over / $21 per person
Thursday, June 4

Matthew Zeltzer’s Portland Indie Folk Revue
Seal-wrangling, California songwriter
7 p.m.
Monday, June 29

HISTORY PUB
The Hood River Crag Cliffs and The Cloud Cap Inn
Mountain Rescue Stories from Mt. Hood’s North Side Presented by Don and Bill Pattison, Life’s anomalies re-visioned. The story is no less complete and better understood because the viewer fills in the blanks. A Visual Exploration by Portland Photographers Forum will be held in the George White Library & Learning Center. This year, it celebrates people, places, and a potpourri of images unique to Oregon.
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