Neighbors are invited to join in on the National Night Out Celebration on the evening of Tuesday, August 4th. This unique community event will be fun for the whole family with a focus on community building to prevent crime and fear of crime. National Night Out is held on the first Tuesday of August every year around the country and is designed to strengthen neighborhood spirit and community partnerships, generate support for participation in local anti-crime programs, heighten community awareness of crime and drug prevention, and send a message to criminals that neighborhoods are organized and fighting back.

Our neighborhood celebration will begin at 6 pm with a Pedestrian and Bicycle Parade at Faubion Elementary School located at 3039 NE Rosa Parks Blvd. The parade will wind its way to Fernhill Park via Dekum, NE 33rd Avenue, Ainsworth St., and NE 37th Avenue. We hope to see everyone, individually or in groups, get out and join the parade. Children and adults, marching bands, sports teams, church and civic groups, city officials, dance troupes and kazoo bands are all welcome! We will have a bicycle decoration station at Faubion School beginning at 5 pm., so bring your bikes, trikes, and strollers and get creative!

The celebration will continue at Fernhill Park with the last concert of our free Summer Concert Series - Chata Addy (Funky Reggae & Afro Highlife) at 6:30 pm. Additionally, there will be a myriad of children’s and educational activities to participate in at the park beginning at 6:00 pm as well as food vendors - Aladdin Café, Village Crepery, Whole Bowl, Island Daydream Shave Ice, & Tortileria Y Tienda De Leon’s. The celebration will continue at Fernhill Park with the last concert of our free Summer Concert Series - Chata Addy (Funky Reggae & Afro Highlife) at 6:30 pm. Additionally, there will be a myriad of children’s and educational activities to participate in at the park beginning at 6:00 pm as well as food vendors - Aladdin Café, Village Crepery, Whole Bowl, Island Daydream Shave Ice, & Tortileria Y Tienda De Leon’s. Additionally, there will be a myriad of children’s and educational activities to participate in at the park beginning at 6:00 pm as well as food vendors - Aladdin Café, Village Crepery, Whole Bowl, Island Daydream Shave Ice, & Tortileria Y Tienda De Leon’s.
Chair’s Corner

by Isaac Quintero, Concordia Neighborhood Association, Chair

Welcome back! Hope your summer is going well, full of picnics and long awaited vacation. The Board took a break in July and will resume business at our next meeting on August 11th from 7 to 8:30pm at the Kennedy School Community Room. (Thank you Kennedy School for being our host.) And let me also say welcome to those of you who have recently moved to our neighborhood. If you are a newcomer, let me provide a little background about your membership in this fantastic neighborhood organization. As you might have guessed, you are already a member of CNA by establishing residency or living in this neighborhood. If you have questions, please contact Katie Ugolini at kugolini@gmail.com or 503-449-9690.

Meanwhile we don’t have any official capacity to govern, we do have a major influence in directing the conversation at City Hall. A city like Portland is small enough to get your arms around but too large for City staff and elected officials to communicate on a one-to-one basis. However, City staffers do pay attention to what neighborhood associations consider top agenda items. Board members are elected by you and are expected to act in the best interests of the community. All are volunteers who sometimes serve for a year or two, and then there are those who have been on the Board for longer than most can remember. If you want to know more about what your Association does and where there may be opportunities to use your unique talents for the betterment of your community, please come to the next meeting of the CNA.

The Board deals with everything from working with local police to improve safety and enhance community relationships to putting on concerts in the Park. We continue to grapple with such timely and critical issues as the Pembina pipeline, oil trains and influencing Portland’s Comprehensive Plan. Although your issues may not seem like the overwhelming ones that other neighborhoods face, they are still an important part of our planning process and can influence the future of your neighborhood.

While there are many issues facing every neighborhood, the impact of gun violence to neighborhood beautification. One of our neighbors in the Woodlawn area, Mr. Paul Herner, asked for our assistance in getting the word out about the group he formed called “Friends of Ainsworth.” The purpose of Friends of Ainsworth is to organize volunteers from Piedmont, Woodlawn, King and Concordia to adopt the landscaping of Ainsworth Elementary School. The Board wants to support and a forum to communicate your ideas. The Concordia News is a great resource. At our last meeting in June we addressed a whole array of topics, from gun violence to neighborhood beautification. One of our neighbors in the Woodlawn area, Mr. Paul Herner, asked for our assistance in getting the word out about the group he formed called “Friends of Ainsworth.” The purpose of Friends of Ainsworth is to organize volunteers from Piedmont, Woodlawn, King and Concordia to adopt the landscaping of Ainsworth Elementary School. The Board wants to support.

We hope to see all of you soon. This is our home; glad you are in it.
Thank you to our Sponsors!
Fernhill Park Concerts 2015 was a huge success!

This year’s Fernhill Concert Series was made possible by the generous donations of neighborhood businesses and organizations. Thanks to our generous Fernhill Park Concert Sponsors. We couldn’t do it without them!

CHAMPION SPONSORS:
• Concordia Neighborhood Association

MAJOR SPONSORS:
• Collage
• Concordia University
• Inventif Solutions
• Kanarytek
• The Kristan Knapp Fund

CONTRIBUTING SPONSORS:
• Legacy Emanuel Medical Center & Randall Children’s Hospital
• McMenamins Kennedy School
• Mike & Emily Watson

GOOD NEIGHBOR SPONSORS:
• Concordia Massage Pros.Com
• Cully Association of Neighbors
• Gazelle Natural Fibre Clothing
• Grasshopper Boutique
• Lombard Animal Hospital
• New Seasons Market
• Organics To You
• Our 42nd Avenue
• Root Mortgage
• Smiles on Sandy
• St. Michaels Lutheran Church
• Tutor Doctor

FOOD VENDORS:
• Aladdin Café: Fresh & Tasty Mediterranean Food
• Whole Bowl: Rice & Bean Bowls with Trimmings & Special Sauce
• Island Daydream Shave Ice: Natural Shave Ice, Fresh Juices
• Village Crepery: Crepes with Savory & Sweet Fillings
• Tortilleria Y Tienda De Leon’s: Authentic Mexican Fare

REMEMBER TO SUPPORT THE FOLKS WHO SUPPORT OUR NEIGHBORHOOD!
Northeast Portland Sunday Parkways on July 26 was another HUGE sucess. The community really got out and took advantage of the cooler day. City of Portland Sunday Parkways presented by Kaiser Permanente promotes healthy active living through a series of free events opening the city's largest public space - its streets - to walk, bike, roll, and discover active transportation while fostering civic pride, stimulating economic development, and represents the community, business, and government investments in Portland's vitality, livability, and diversity.

Area streets are closed to traffic so participants can ride their bikes, jog, or walk between parks where events are scheduled, and vendors provide food, refreshments, and community information. Last year, the Transportation Bureau said attendance nearly 110,000 at all of the monthly events running from May through September. The Northeast neighborhood offered a route from Rigler with the new addition of Khunamokwst Park to Woodlawn with a collection of fun activities, festive music, and delicious food were enjoyed by all.

Southeast Portland Sunday Parkways August 23, 2015 – 11am-4pm. Explore Laurelhurst, Colonel Summers, Sowellcrest and Ivory Parks to grab a bite to eat, listen to tunes, and jump into a dance or activity or two.

Tilikum Crossing / Sellwood Portland Sunday Parkways September 27, 2015 – 11am-4pm. Exploring the new Tilikum Crossing Bridge of the People and the Sellwood area. This new route will include the Tilikum Crossing and circle the Sellwood area.
The SAC will meet throughout the 18-month long project, starting in September with twice monthly meetings through the end of the year. After that it will meet less frequently as the project transitions to drafting and adopting regulations through a public legislative process. SAC members will be asked to help share discussions and updates with their respective networks as well as assist at public events.

How to get involved
In addition to an inclusive public outreach and engagement process, the project will be guided by a Stakeholder Advisory Committee (SAC) comprised of neighborhood representatives along with other individuals and organization representatives having interests, skills, knowledge and expertise in the areas of residential construction, affordable housing, architecture, urban design, historic preservation, real estate and financing, alternative forms of housing, social and housing services, and sustainable development.

The City is looking for Portlanders to serve on the Residential Infill Project Stakeholder Advisory Committee.

If you are interested, please visit the SAC webpage for more information about committee member roles, responsibilities, selection process and timeline. A Statement of Interest must be submitted no later than August 7, 2015 to:

Email: Morgan.Tracy@portlandoregon.gov
U.S. Mail: Bureau of Planning and Sustainability
c/o Residential Infill SAC
1900 SW 4th Avenue, Suite 7100
Portland, OR 97201

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~ Keeping Busy this Summer ~

Free Lunch in Parks

Portland Parks & Recreation (PP&R) joins forces with Partners for a Hunger-free Oregon (PHFO), Bank of America, local school districts and other partners and local businesses to present the Summer Free For All Summer Playgrounds and Free Lunches program. The goal is to reduce what's known as food insecurity. The partners have distributed half a million free meals over the last five summers. For the summer of 2015, PP&R and its partners expect to serve around 111,000 free lunches, and to also provide supervised games and playground activities.

The City of Portland offers organized sports, games, and crafts – plus a free healthy lunch for kids at sites and times marked below. Offered Monday-Friday, June 18-August 21, unless otherwise noted.

ALBERTA PARK, NE 22nd & Killingsworth
11 AM-4 PM          Lunch: Noon
ARBOR LODGE PARK, N. Bryant & Delaware
2 PM-5 PM, Wednesday only.        No lunch served.
FERNHILL PARK, NE 37th & Ainsworth
2 PM-5 PM, Monday only.         No lunch served.
GRANT PARK, NE 33rd & US Grant Place
11 AM-3 PM, Monday & Wednesday      No lunch served.
KHUNAMOKWST PARK, NE 52nd & Alberta
10 AM-1 PM, Wednesday & Friday        No lunch served.

Movies in the Park

Wed, Aug 5
Parkrose High School, NE 115th & Skidmore
The Incredibles (2004) PG (in English with Spanish subtitles) Band: Echoes of Yasgurs & Portland Teen Idols
Fri, Aug 7
Parkrose High School, NE 115th & Skidmore
Sun, Aug 9
Colwood Golf Course, 7313 NE Columbia Blvd
Thu,Aug 13
Oregon Park, NE 29th & Oregon
Pee-wee’s Big Adventure (1985) PG Band: The Sale
Fri,Aug 14
Irving Park, NE 10th & Fremont
Sat,Aug 15
Concordia University, 2811 NE Holman
Paddington (2014) PG Band: The Sale
Sun,Aug 16
Arbor Lodge Park, NE Delaware & Bryant Mary Poppins (1964) G Band: Michele D’Amour and the Love Dealers
Wed,Aug 19
Wellington Park, NE 66th & Skidmore
Fri,Aug 21
Dawson Park,N. Williams & Stanton
Labyrinth (1986) PG Band: The Terry Robb Trio
Fri,Aug 21
Montavilla Pool, NE 82nd & Glisan
Home (2015) PG Band: The Knotty Pinos
Sun,Sept 6
Overlook Park, N Interstate & Fremont

FREE SUMMER EVENTS at CONCORDIA UNIVERSITY

All events are free, family-friendly and open to the public - join us!

Movies in the Park – “Paddington”
Saturday, August 15, 6:30 p.m. (movie begins at dusk)
Join us for this free, annual event held at Concordia’s campus Green, in partnership with Portland Parks & Recreation. Pre-entertainment by local musicians and free popcorn! www.portlandoregon.gov/parks/article/499142

SECOND ANNUAL
Campus Blues Fest: A Tribute to Janice Scroggins
Curtis Selgado, LaRhonda Steele, Norman Sylvester & more!
Saturday, August 29, 12:00-8:00 p.m.
Join us for an unforgettable experience on Concordia’s campus Green featuring a series of local & national blues artists, as well as local food vendors. This FREE event is sponsored by Concordia University in partnership with The Original Halibut.

PRE-MOVIE ENTERTAINMENT BEGINS AT 6:30 PM: PERFORMANCES BY LOCAL MUSICIANS AND FREE POPCORN! MOVIES BEGIN AT DUSK.

Bring jackets and extra blankets - it can get chilly after dark. Bring a flashlight or headlamp - to make your way around the crowd.

Free Open Swim

FREE OPEN PLAY SWIM • June 16 – August 28,
Columbia Pool, 7701 N. Chautauqua Wed, 2:10-3:50 PM
Grant Pool, 2300 NE 33rd Wed, 1:15-3:15 PM
Montavilla Pool, 8219 NE Glisan Tue, 1:00-2:30 PM
Peninsula Pool, 700 N. Rosa Parks Thu, 1:00-2:55 PM

Eat & Drink = Fundraiser

The Portland Backpack Program, parent program of NECN fiscally sponsored King School Backpack Lunch Program, has been chosen as a donation recipient at the non-profit Dekum Street philanthro-pub, the Oregon Public House, for six months! What this means: Anyone who eats or drinks there at any time between July 1, 2015 and December 31, 2015, can designate a portion of their bill to go to the Backpack program.

Every week during the school year, the Backpack Lunch Program puts a weekend lunch sack in the backpacks of schoolchildren who need food on Saturday and Sunday when school lunches aren't available. Each weekend sack contains food items for two lunches. During the 2014-2015 school year, the program served about 225 children, with about 2/3rd of those served located in King or Woodlawn.

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Planting for Harvest

Planning and Planting for a Fall/Winter Harvest
By Jolie Donohue, The Gardening Goddess

Summer is upon us and by now our gardens are bursting with cucumbers, squash, beans and early tomatoes. It is hard to imagine now is the time to begin thinking about a fall and winter garden. My mind is full of gazpacho, watermelon and barbecues, not on frosty weather. Portland’s warm fall and mild winter temperatures make an ideal climate for food growing into winter.

According to the farmer’s almanac our average first frost date has now shifted to November 15th. And you know that you are already wondering what to plant in order to get that last bit of harvest right? Well, there are some crops and vegetables that do well in the cooler weather of fall and winter that you did not know you could grow.

Here are some of the most colorful and delicious vegetables and herbs that you can plant in the fall and winter as long as you remember to plant them in the fall and they mature for harvest the following spring or summer.

• Carrots
• Cauliflower
• Collards
• Spinach
• Swiss chard
• Turnips
• Kohlrabi
• Peas
• Lettuce
• Mesclun mix
• Mustard greens

Some crops that do well in the cooler weather of fall and winter are:

• Arugula, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, endive, kale, kohlrabi, lettuces, mache, mustard greens, parsnips, radishes, rutabagas, salad greens, scallions, spinach, Swiss chard and turnips. You can also plant seed potatoes in the summer for a late fall harvest.

Many crops are intended to overwinter. You plant them in the fall and they mature for harvest:

• Fava beans, garlic, onions and shallots are all overwintering crops.
• There are also many overwintering varieties of broccoli, cabbage, carrots and cauliflower.

A great resource for timing your fall/winter garden planting is the Territorial Seed Company. Check out their very informative planting chart: http://www.territorialseed.com/product/14053

To extend your growing season by providing some frost protection you can purchase a frost blanket from your local nursery. Cover rows of vegetables with a frost blanket— blankets are placed directly on plants and freely pass air and water. Frost blankets typically can protect plants down to 26 degrees. You can also construct a simple hoop house or cold frame over your raised bed. Directions for these DIY projects abound on the Internet.

For now enjoy the hot weather and reap the abundant harvest of the summer garden. Grab a glass of iced tea and kick back with your fall and winter seed catalog and planting calendar. Then it is time to start thinking about getting a new garden for next spring.

Pain in the Neck? Look Up

Over the 25 years I have been a professional massage therapist some interesting changes have occurred. One of those things is that the kinds of pain people are showing up with has changed, and the causes of those pains has changed even more. When I started out, forearm pain was unusual and now it is a major part of almost every session, due to the hours of computer work most people engage in. Then along came “blackberry thumb” or “webpage hand” as people engaged small muscles in the forearm and hand to text. Now, you may have heard of a new term recently about “text neck” caused by the extreme angle of the neck while people stare for long periods of time at phones and other handheld devices.

Imagine your head is a bowling ball on top of a flexible popsicle stick. When your head is upright, the ball balances easily on the stick. Now picture that stick bending forward. What’s keeping that big head up? The tendons and muscles of the neck. Upright, the head weighs about 12 pounds. But move your head forward just an inch and the perceived weight is now up to 20 lbs. or every additional inch. Multiply slumped posture at the computer over the course of eight or more hours a day and you can see why neck and shoulder issues are so prevalent. Think of the angle that most people keep their head in while staring down at a cell phone, or a computer over the course of eight or more hours a day and you can see why neck and shoulder issues are so prevalent. Think of the angle that most people keep their head in while staring down at a cell phone, or a computer over the course of eight or more hours a day.

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Neighborhood Events

Guardino Gallery
July 30 - August 29
MAIN GALLERY
Michelle Gallagher’s clay sculptures reveal her attraction to Asia and the Pacific Islands. Her figures often represent people from those parts of the world. Diane Archer works with paper (maps in particular) and mixed media. Her interest is about place (physical, emotional and spiritual).

FEATURE AREA
Amy Ruedinger hammers copper on to change a hard flat material into an inviting, touchable 3D form. Margaret Van Patten is a printmaker who combines various intaglio techniques to create uniquely personal prints. For this show she introduces drawing in her work.

ABE NE Alberta St | 503-281-9048
www.guardino-gallery.com

Alberta Street Gallery
July 30 - August 29
Metally Ill And Steel at IT! Featuring the art of S. Asuten Libed From functional to high art, abstract to representational, indoor or outdoor sculptures, Libed has it created in steel and found objects. Her work is uniquely bold and brazen. I came to Portland, learned to weld, told my friends I would be an artist, and “give it a year...” They looked at each other, very skeptically. But after two years, I am still at it–steel at it!

2724 NE Alberta St | 503-280-6329
albertastreetgallery.com

Lead Poisoning Prevention
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! Register for the workshop at www.communityenergyproject.org or call 503.284.6827 x 109

Tuesday, August 4, 6-7:30pm - Community Energy Project - 2900 SE Stark St, Suite A, Portland

Urban Forestry Commission
The Urban Forestry Commission is convening a public hearing for the purpose of taking testimony about the Interim Mitigation Rule for tree removal. You can read the Interim Rule at www.portlandoregon.gov/trees/mitigation. The meeting will begin at 5:45 pm with a presentation from the City Forester that gives an overview of the Tree Code and Interim Rule. The meeting will adjourn at 8 pm. Public hearing for tree removal August 4, 2015 from 5:45 PM - 8 PM 1960 SW 4th Ave. Room 2500A Portland, OR 97201

If you cannot make the hearing but would like to submit testimony, please send your written testimony to Mieke Keenan at mieke.keenan@portlandoregon.gov or 503-823-5779. If you cannot make the hearing but would like to submit testimony, please send your written testimony to Mieke Keenan at mieke.keenan@portlandoregon.gov.

POISON WATERS AND FRIENDS DRAG QUEEN BRUNCH & A MOVIE
Saturday, August 15
10:30am doors, 11am brunch buffet and show, following 321 & 7 over
Advance tickets at www.albertastreet.com

St. Patrick’s Day
Halfway to St. Patrick’s Day
Come celebrate with us!
Get the many 2015 your passport. All day - Free - All ages welcome

Submit events to ChnewsEditor@ConcordiaPDX.org