



CONCORDIA NEIGHBORHOOD ASSOCIATION
PO BOX 11194 / PORTLAND, OR 97211

CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association | concordiapdx.org April 2014

SPRING EGG HUNT SATURDAY, APRIL 19th



Fernhill Park

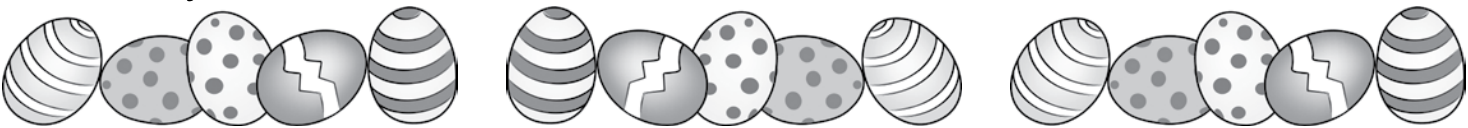
Near the Playground along ~ NE 37th Avenue

The Hunt begins
at 10 am Sharp!

Rain or Shine

Sponsored by:

Concordia Neighborhood Association &
American Legion Post 134



**Volunteers
Needed To:**

Stuff 4000 plastic eggs with candy

Friday, April 18 at 6:00 pm at
American Legion Post 134
2104 NE Alberta St

Hide 4000 candy-filled eggs

April 19 at 8:00 A.M. at Fernhill Park
(NE 37th & Ainsworth)

Contact: Katie Ugolini at ktugolini@gmail.com or 503-449-9690



This Issue

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Dine Out for Life
2. Concordia Neighborhood
Association Board News
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Bigger Issue of Oil
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Community Cooking
Meditating
Bikeway Recommendations
Sunday Parkways
6. Arbor Month
Parks in Portland
7. Summer Camps
Spring Recharge
8. Local Events

CNA SPRING CLEAN-UP Saturday, May 17th 8:00 am - 12:30 pm

PCC Workforce Training Center; NE
42nd Ave. & Killingsworth

This is the biggest fundraising
event for the Concordia Neighborhood
Association (CNA) and a great excuse to
get rid of the junk and recyclables that
you have been accumulating in your
closets and garage!

**We are always in need of
VOLUNTEERS** to plan event & help
unload vehicles and direct traffic the
day-of. If interested, please email Katie
at ktugolini@gmail.com or call 503-449-
9690!



Dine Out, Fight AIDS



PARTNERSHIP PROJECT

Dine Out, Fight AIDS

Thursday, April 24, 2014 at Participating Restaurants... A simply
delicious way to support a worthy cause!

On Thursday, April 24, 2014, more than 250,000 people across
North America are expected to help raise crucially needed funds for
their local HIV/AIDS service organizations by eating in one of the
more than 3,500 restaurants in 56 cities that will donate a generous
percentage of revenue from meals served that day.

In Portland, approximately 30 participating restaurants will
donate between 20 to 30 percent of that day's profits to the OHSU
Partnership Project and the Ecumenical Ministries of Oregon (EMO)
HIV Day Center, right here in the Concordia Neighborhood!

OHSU Partnership Project was founded in 1995 to provide
services to people living with HIV/AIDS, their families and those
at high-risk. They provide HIV case management and prevention
counseling to those living with HIV/AIDS. The HIV Day Center is
a drop-in center for low income people living with HIV and AIDS.
In addition to providing hot meals, they provide counseling, peer
support, clothing, phones, internet access, showers and laundry
facilities.

Please save the date, grab your family and friends, and make
plans to Dine Out and Fight AIDS for breakfast, coffee, lunch,
cocktails, dinner and more! Dine out at one of the participating
restaurants and a substantial percentage of your bill will go directly
to the above programs serving people with HIV/AIDS locally!

On April 24th, walk on over to Concordia Neighborhood's
McMenamin's Kennedy School Courtyard Restaurant who will be
one of the restaurants donating 20% of their dinner proceeds to this
great cause!

Or find other participating restaurants in Portland at www.diningoutforlife.com/portland/restaurants. Join the conversation at
[Facebook.com/DiningOutforLifePortland](https://www.facebook.com/DiningOutforLifePortland).

Concordia Neighborhood Association

Meetings & Updates

Get the latest news at ConcordiaPdx.org

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

Board Meeting
Second Tuesday of the Month
April 8th @ 7:00 PM - 8:30 PM
McMenamin's Kennedy School
Community Room

General Membership Meeting
First Tuesday Bi-Monthly
May 6th @ 7:00 PM - 9:00 PM
McMenamin's Kennedy School
Community Room

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

Policies/Procedures
Contact Katie Ugolini (Chair)
503-449-9690 for meeting time & place

Media Team
Newspaper and Website
Email: ConcordiaNews@yahoo.com

Social Committee
Contact Katie Ugolini (Chair)
503-449-9690 for meeting time and location.

Help plan Spring Egg Hunt (April 19th) and help fundraise for Fernhill Summer Concerts

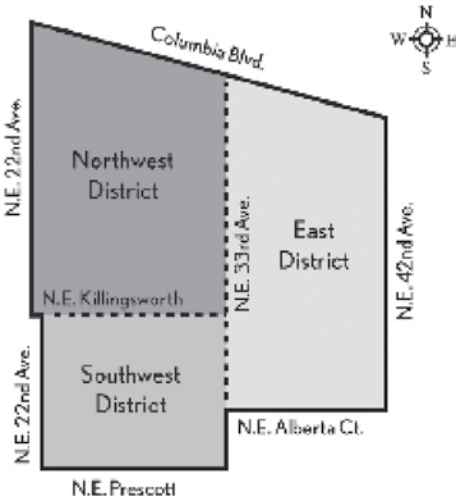
Spring Clean-Up Committee (Ad Hoc)
Contact Katie Ugolini (Chair) at 503-449-9690 for meeting time and location

Help Plan CNA Clean-Up. Volunteers needed to plan event and unload vehicles & direct traffic the day-of. Exploring more re-use options this year.

Land Use, Livability and Transportation Committee
Third Tuesday of the Month
April 22nd 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
April 3rd at 6 pm
Dining Area at New Seasons
www.concordiatreeteam.wordpress.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.

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

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

Contact the CNA Board
contactcnaboard@yahoo.com

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

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

Editors
Please send article submissions to:
Signe Todd (website)
Mary Wiley (newspaper)
concordianews@yahoo.com

Concordia News is printed on 40% post-consumer or better paper, manufactured at a local mill.

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

2014 CNA BOARD OF DIRECTORS

Current Board	Title
Daniel Greenstadt	Chair
Steve Elder	E 1
Mark Charlesworth	E 2
Isham “Ike” Harris	NW 1
Katie Ugolini	NW 2
Luke Griffin	SW 1
Bill Leissner	SW 2
Robert Bowles	At-Large #1
Esther Lerman Freeman	At-Large #2
Bob Martinek	At-Large #3
Isaac Quintero	At-Large #4
VACANT	At-Large #5
Truls Neal	At-Large #6
Tracy Braden	At-Large #7

Chair’s Corner

CNA is hiring

Wanted: Community Room Manager

The community room at the McMenamin’s Kennedy School is a very important asset to CNA and to our neighborhood. In addition to being the meeting place for many CNA events, it’s also available to other nonprofit and private users who are looking to rent local meeting space.

The community room manager takes and manages reservations, maintains the reservations calendar and monitors the room to make sure policies and procedures are being followed. CNA recognizes that the level of effort goes a bit beyond the usual volunteer commitment so there is a \$200 stipend associated with the position.

If you think you have the flexible time and the administrative skills to do this job, please send a brief cover letter and resume of relevant skills and experience to contactCNABoard@yahoo.com.

But wait, there’s more! CNA also has a variety of volunteer opportunities to serve on a range of important committees that serve your community. The following committees have openings that need to be filled. If you have a bit of time to devote to supporting your neighbors, please get in touch and we’ll point you in the right direction.

Media Team - Interested in web, social media, Concordia News or other communications? Help CNA get the word out!

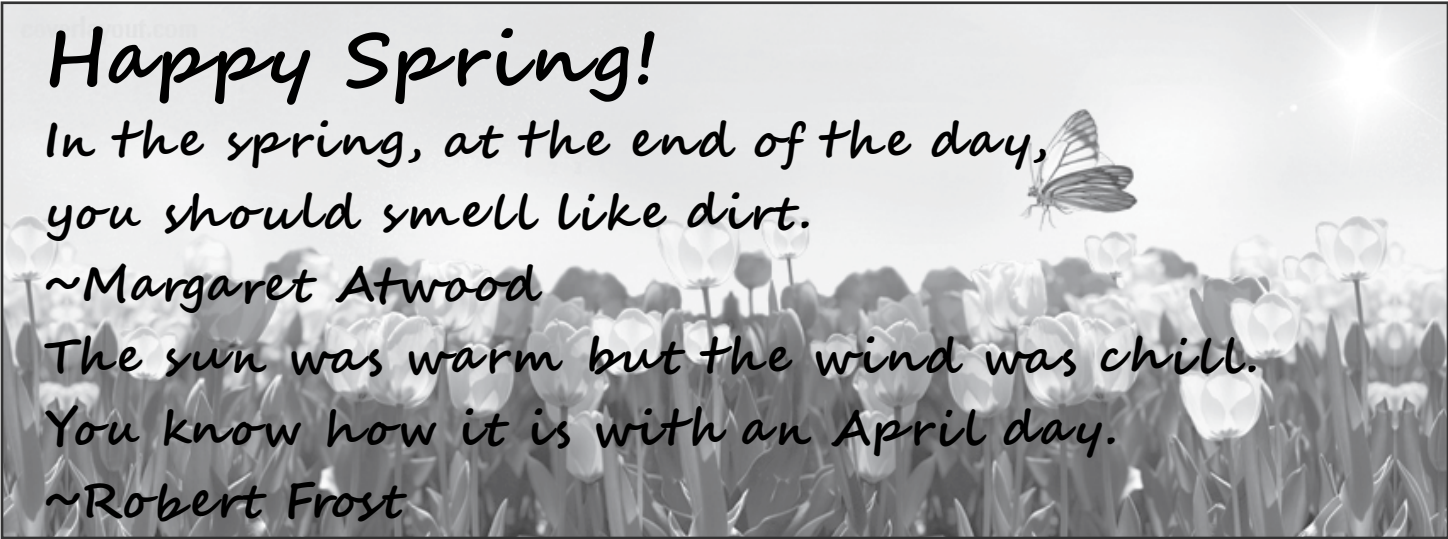
Finance - If you’ve got a head for numbers, you can help keep CNA on an even financial keel.

Safety & Livability - Who cut down that tree? What if one of those oil trains explodes? Are Concordia children being vaccinated against disease? If those are compelling topics, let us know.

Policies & Procedures - If you’re interested in the nitty gritty of nonprofit management, CNA is always looking for smart help.

Contact us for more information on how you can get involved. Contact the CNA Board, contactcnaboard@yahoo.com

Daniel Greenstadt, Chair, Concordia Neighborhood Association



Summer Concerts in Fernhill Park

Warm weather has made an early return to Concordia this year. That is a good thing since it puts us in mind of Summer and summertime in Concordia chiefly means one thing; Summer Concerts in Fernhill Park! For the last nine summers, the Fernhill Concert Series has been a smashing success- offering the finest musical talents that Portland has to offer to Concordia neighbors free of charge! This year it all happens on four Friday nights starting July 11th through August 1st and ends with a blowout concert on Tuesday August 5th for our Concordia Neighborhood National Night Out!

Your Fernhill Summer Concert Committee is already hard at work putting together this summer's shows; choosing the bands, raising the dough-remi and jumping through all the necessary hoops to bring this fantastic series of shows to Concordia. It's a daunting task of Herculean scope that is accomplished each year by an increasingly small group of dedicated volunteers. Needless to say (but I'm saying' it!) they could really use some help. It takes \$20,000 and hundreds of volunteer hours to put on the 5 shows and right now the task at hand is securing funding for this year's series. If you would like to help the CNA Fernhill Concert Committee fundraise for this year's fabulous season, please contact Katie Ugolini at ktugolini@gmail.com or 503-449-9690.

We are also asking local businesses and individuals to donate anything they can to help make these concerts happen! Whether you are a business owner, a neighborhood family, or an individual, **WE NEED YOU to help raise funds to produce another memorable concert season in Fernhill Park.** If you would like to contribute to this Spectacular Summer Series, please visit:

- www.give2parks.org/concerts to donate!
- Choose FERNHILL PARK from the Pull Down Menu
- Click 'Donate Now' & Get an Immediate Tax Receipt
- Any contribution (e.g. \$5 or \$10) is greatly appreciated!!

- Furthermore, if you are a business, institution, or individual and want to be a Fernhill Concert Series Sponsor; by contributing \$250 or more, you will receive these awesome benefits of sponsorship!
- Opportunity to have promotional table at all 5 concerts to display, give, or sell items.
 - A chance to give to your neighborhood
 - A tax deductible contribution staying "close to home"
 - Your Business Name Recognized:
 - In the PP&R Summer Free For All Brochure distributed throughout the city to over 300,000 people
 - On the PP&R Summer Free For All Website
 - Thanked over the "P.A." at concerts
 - In the Concordia News, reaching 6000 households
 - On the Concordia Neighborhood website

Here are the options:

Champion Sponsor: \$2,500 Presenting sponsor status for one night of a concert series Opportunity to MC and welcome audience to the concert Logo or name on the concert banner, select Summer Free for All movie screens, season brochure and Concordia neighborhood flyer Listed as presenting sponsor in the season brochure and the neighborhood flyer Listed on the PP&R Summer Free for All website Recognized from the stage at all concerts Featured in community newspaper promotion

Champion Combo Sponsor: \$2,500 + \$2,000 Presenting sponsor status at one park for the standard rate; \$500 off the same sponsorship level at a second park All benefits of Champion sponsorship apply at both parks

Major Sponsor: \$1,000 and up Logo or name on concert banner, one Summer Free for All movie screen, season brochure and Concordia neighborhood flyer Listed on the PP&R Summer Free for All website Recognized from the stage at all concerts Featured in community newspaper promotion

Contributing Sponsor: \$500 and up Name in bold on the concert banner Name in bold in the season brochure and on Concordia neighborhood flyer Recognized from the stage at all concerts Listed on the PP&R Summer Free for All website



Good Neighbor Sponsor: \$250 and up Name in the season brochure and on neighborhood flyer Recognized from the stage at all concerts Listed on the PP&R Summer Free for All website Any sponsor may have a promotional table at the concerts they are supporting.

Sponsorship reservations are needed ASAP; payments are due June 1, 2014 to be included in promotional material. If you are a business, please contact Judith Yeckel, Concert Production Manager at 503-503-249-8159 or judith.yeckel@gmail.com. If paying by check, make checks payable to Portland Parks & Recreation/ Fernhill Concerts and mail to Summer Concerts ATTN: Judith Yeckel, PPR: Mt. Tabor Yard, 6437 SE Division St., Portland, OR 97206. CREDIT CARDS ALSO ACCEPTED.

Oil Trains: Beyond the Blast

By Luke Griffin (Guest Columnist)

On March 4th, Concordia Neighborhood Association held a community meeting centered on the question of safety & oil trains, trains which lumber through the north side of Concordia on a daily basis. The biggest concern discussed was the potential for these trains, filled with highly flammable and volatile shale oil from North Dakota, to explode in a hellish fireball of destruction flattening a good chunk of the neighborhood. After all, just such a thing happened to a town in Quebec last year. A car derailed and the resulting blast destroyed everything within a one kilometer radius killing 47 people. To put that into perspective, the Kennedy School, which hosted the meeting, would be reduced to rubble if a similar accident was to happen on NE 33rd and Columbia.

A diverse panel was there to discuss what a Spokane councilman has described as a "bomb on wheels". They all had predictable tidbits to add: Fire & Safety basically said that there was only so much they could do, emergency management encouraged community training, the train company said that there wasn't much to worry about, the politician told the crowd about the jobs this oil boom was producing, and the environmentalist said the oil trains were a bad idea. But the truth is, the community is being unnecessarily endangered, it profits very little from the posed risk, and it really has no say in whether or not the transportation of this oil continues. But the bigger issue of safety was not at all discussed, a risk that is measurable and real, that effects not just the people of this neighborhood but the people of all neighborhoods in the city, the state, the country, and the world. This issue, the most pressing of our times, did not even factor into the analysis. No, there was not even a hint of the catastrophic human induced climate change directly connected to these lumbering tanks of crude.

The oil trains and the new oil boom they represent are indicative of a much larger problem of unfettered energy consumption. The exponentially growing addiction of fossil fuels, the burning of which creates energy and greenhouse gases, is

slowly killing humanity. And instead of pushing hard for renewables that put off little to no emissions, the country continues to invest heavily on "dirty" energy and paying mere lip service to the concept of cutting back on energy use. The mantra in the country's capital is "energy independence" which inevitably glosses over the need for our species to completely ween ourselves from fossil fuels. "Fracking" is not safe as documented by spoiled water tables, earthquakes, and sink holes. Oil trains are not safe, accidents waiting to go boom. Pipelines are not safe, breaking and gushing gallons of crude into neighborhoods and wetlands in Arkansas. Deep sea drills are not safe, capable of destroying entire oceanic ecosystems. Yet, at the heart of it is the biggest safety concern of all: global climate disruption.

Accelerated climate change is almost entirely the product of post-industrial human civilizations extracting carbon, which had been safely buried beneath the earth, and then releasing it into the atmosphere. The rise of CO2 and other gases is the cause of a biblical drought in California, the loss of sea ice for polar bears in the Arctic, a Polar Vortex strangely camped over the Midwest, the disappearance of glaciers on Mt. Hood, the thawing of permafrost in Alaska, and beach erosion in the South Pacific. The warming of the ocean is causing acidification which in turn is decimating marine life. Over the last decade extreme weather in Oregon has killed crops, cause forest fires in winter, Arctic blasts, and entire rainy months with no precipitation.

But these indicators of life out of balance are not just sad events unconnected to the people in this community. Climate change is a dire risk to life itself. After forest fires have contaminated Bull Run, diminished snow pack has killed off the remaining salmon and made it near impossible to farm, and triple digit days have fried our children and elderly, will we finally see that oil trains and their dangerous cargo are a risk that none of us can afford? By then, this discussion will no longer matter as we will already have committed to planetary "petrolcide". No, oil trains are decidedly not safe.

FREE!

RAIN GARDEN WORKSHOP

A rain garden is a sunken garden bed that captures stormwater and allows it to soak back into the ground naturally. This workshop provides step-by-step details on how to plan, design and build your own rain garden.

Building a rain garden benefits the fish, wildlife, and people that are connected to local streams and rivers.

RAIN GARDENS 101
Sunday, May 18
1:00 – 5:00pm
Kennedy School
5736 NE 33rd Ave

Hosted by:
Concordia Neighborhood Association

Advanced registration is required and space is limited.
Register: www.emswcd.org
Information: 503-222-7645

Neighborhood Community Room

Rent it for your next gathering, book club, celebrate a special occasion, birthday, baby or wedding shower? CNA manages the rental space & benefits from the proceeds.

Non-Profit Organization for \$15 an hour
All others for \$25 an hour
CNAroomKennedy@gmail.com



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May 3, 2014
8am-5pm

Tickets on sale
January 30, 2014

TEDxConcordiaUPortland.com

TEDxConcordiaUPortland
x = independently organized TED event

Riverside Golf & Country Club



**SPRING 2014
MEMBERSHIP
PROMOTION**

RIVERSIDE GOLF & COUNTRY CLUB
8165 NE 43RD DRIVE | PORTLAND, OREGON 97211

*** Limited to the first 40 new members ***

1 new member joins for \$1,500 ♦ 2 new members join for \$2,000
3 new members join for \$2,400 ♦ 4 new members join for \$3,000

*** New Member Incentives (\$1,200 value!) ***
Each new member may have access to our Golf Cart Rental Plan for 12 months
AND 4 free guest passes, plus **FREE DUES** until April 1st!

*** Current Riverside Member Incentives (\$1,200 value!) ***
Each current Riverside member who refers a new member under this promotion
will receive access to our Golf Cart Rental Plan for 12 months
AND 4 free guest passes.


Contact Amy Kerle for more information:
503-288-6468 ext. 305 | akerle@riversidegcc.com
www.riversidegcc.com

Heart in Hand

Preschool

A Certified Waldorf Program

In the neighborhood since 2002



*Monthly: Open Houses, Parent Child Classes,
Puppet plays at Green Bean Books*

msyvonne@heartinhandpreschool.com

Alberta Street Fair

The 17th Annual Alberta Street Fair is Saturday, August 9, 2014 and the planning committee is already hard at work.

Sponsor Street Fair: The eclectic mix of entertainment and craft at The Alberta Street Fair epitomizes the Portland draw and is a fantastic opportunity for exposure for your business. Download the sponsor packet or reserve your sponsorship online.

Perform at Street Fair: If you or someone you know is interested in performing, the application is available online now.

Vend at Street Fair: Online vendor registration is now open.

Unpaid Internship Opportunity: Looking to gain experience planning a large festival, working with volunteers and coordinating a lot of moving parts? Alberta Main Street is looking for an intern to assist in making The 17th Annual Alberta Street Fair the best ever! Ideally, we are looking for someone who is able to work ~8 hours/week March - May and ~20 hours/week June - August. If you or someone you know might be interested, info@albertamainst.org 503-683-3252 albertamainst.org

**OPERATION
CLEANSWEEP**

2014 ALBERTA STREET EARTH DAY CLEANUP
APRIL 26 10 AM-2 PM, RAIN OR SHINE
CHECK-IN STARTS AT 9:30 AT 16TH AND ALBERTA
BRING GLOVES, TOOLS AND FRIENDS
PRIZES FOOD COMMUNITY FUN

MORE INFO AT ALBERTAMAINST.ORG



CLEAN UP ALBERTA STREET **CELEBRATE EARTH DAY** **CONTRIBUTE TO YOUR COMMUNITY**

HOSTED BY  **Alberta Main Street**
A Portland Main Street Program

PRESENTED BY  **UMPQUA**
B • A • N • K

WITH SPONSORS  **Shift**  **Neil Kelly**  **CBA**  **PacifiCorp**  **Salt & Straw**  **Screambox**

Ovation - Ethos' 15 year Anniversary Gala

The Governor Hotel, Thursday, April 17th, 2014, 6:00 pm

Ethos hope you will join them to celebrate 15 years of bringing music to kids across Oregon. This event will feature inspiring and unforgettable performances by Ethos students and very special guests. All proceeds raised will benefit Ethos' outreach programs that bring the benefits of music education to more than 7,000 youth each year.

A seated dinner and libations will be provided by Jake's Catering. Featuring both silent and live auction at the event. The auctioneer for the evening will be provided by Kelly Russell Auctions and beloved Portland entertainer, Tony Starlight, will emcee the show!

Go to the Ethos website to purchase individual tickets or sponsor a table for ten. If you are unable to join them at the event but would still like to support Ethos' mission, you can make a tax-deductible donation on their website. <http://ethos.org> Ethos Music Center, 2 N. Killingsworth St, 503-AT-ETHOS (503-283-8467) info@ethos.org

Annual CNA Clean-Up: May 17th

Saturday, May 17th from 8:00 AM to 12:30 PM
PCC Workforce Training Center on NE 42nd Ave & Killingsworth!

This is the BIGGEST FUNDRAISING EVENT for the Concordia Neighborhood Association (CNA) and a great excuse to get rid of the junk, recyclables and reusable goods that you have been accumulating in your closets and garage!

Remember, WE WILL TAKE household waste, metal, furniture, electronics, lamps, light bulbs, batteries, mattresses, clothes, plastics that CAN'T be recycled curbside, and other household stuff.

WE WON'T TAKE: food waste, yard debris, tires, rocks, concrete, paint, oil, and other hazardous waste!

As was the case the past 2 years, we will be FEATURING a, "You Price It" Yard Sale for reusable household goods! You see something you like, tell us what it's worth to you, and it's yours!

We also will be collecting bicycles to reuse/recycle that are in decent condition.

Additionally, we will be collecting household items for Community Warehouse, a nonprofit organization that provides essential household furnishings to low-income people. Currently, their high-priority items, in order of importance, are as follows:

1. Pots and Pans
2. Silverware
3. Dishes/Bowls/Drinking Glasses (not mugs)
4. Blankets
5. Toasters
6. Alarm Clocks

NEW THIS YEAR: Bring in your Knives and Garden Tools and have them professionally sharpened by 1 SharpTool Edge Service. Prices start at \$6.25 for garden tools & \$7.50 for kitchen knives. Cash/check/card (first come first served). 25% of the tool-sharpening profits go to the CNA!

SUGGESTED DONATION FOR CLEAN-UP VEHICLE LOADS:

\$10/car	\$15/truck, van, & SUV
\$20/large truck	\$30/oversized load

Extra \$5 Donation for Electronics & Batteries

ALL PROCEEDS HELP YOUR CONCORDIA NEIGHBORHOOD ASSOCIATION

VOLUNTEERS NEEDED to help organize event, & unload vehicles and direct traffic the day of the event. If interested, please email

CONTACT: Katie Ugolini at ktugolini@gmail.com or call 503-449-9690!

THANKS TO OUR GENEROUS SPONSORS:

Metro Metals

Sharp Tool Edge Service

Community Warehouse



NORTHEAST COALITION OF NEIGHBORHOODS



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TOTAL RECLAIM
REUSE
REDUCE



Bureau of Planning and Sustainability
Innovation. Collaboration. Practical Solutions.

City of Portland, Oregon
Charlie Hales, Mayor • Susan Anderson, Director



Bikeway Recommendations

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

The 20s bikeway project was discussed in detail at last month's Concordia Neighborhood Association Land Use & Transportation Committee meeting. Following previous discussions, as well as field investigation of route alternatives, the group voted to recommend to the City of Portland's Bureau of Transportation a preferred alignment through the Concordia neighborhood. This alignment would consist of a "couplet" on both 29th and 32nd Avenues.

29th Avenue is currently the main designated north/south bikeway from the top of Alameda Ridge at Regents to points north, including Concordia University. It is popular with bicyclists as a direct north/south route through the neighborhood. It serves bicyclists on local trips to and from the New Seasons grocery store, commuters on their way to and from work, folks coming to and from Alberta Street, and families with children on their way to and from school.

The committee also recommended the inclusion of 32nd Avenue as a part of the 20s bikeway project, as it serves as a smooth continuation of the curvilinear Regents Drive route to provide a safe and quiet alternative to NE 33rd Avenue. This route provides connections to Wilshire Park, New Seasons Market, McMenamin's Kennedy School, and Faubion Elementary School.

Both the 29th avenue and the 32nd avenue routes are identified in the 2030 Portland Bicycle Plan as neighborhood greenways for most of their length. The committee felt that including both alignments in the project would offer greater value to the neighborhood than choosing one over another.

Concordia residents interested in discussing issues related to land use and transportation are invited to attend the Concordia Neighborhood Association Land Use and Transportation (CNA LU&T) Committee meetings, the third Tuesday of the month, 7pm, in the Community Room in the SE corner of Kennedy School. To join the mailing list, send an email to: pdx_cna_lu_and_t_committee@googlegroups.com



Community Cooking Group

WHEN: Thursday, April 3rd from 6 pm to 8:30 pm
WHERE: St. Michael's Kitchen, NE 29th & Dekum (through the glass doors next to parking lot)
COST: Sliding Scale: \$0-15. Suggested \$5 (Cash Only Please)

Learn how to make sweet and savory variations of rhubarb! Tart and tangy rhubarb thrives in cool weather and is one of the first food plants of the Spring to mature and be harvested! We will be making the traditional strawberry rhubarb pie as well as experimenting with some savory recipes using rhubarb as part of the main dish! We'd love to have you join us!

RSVP to Rachel at st.mikes@kitchencommons.net

Mama's little baby loves rhubarb, rhubarb... Bee-bop-aree-bop Rhubarb Pie.

—Garrison Keillor, *A Prairie Home Companion*

Sunday Parkways



Sunday Parkway is a series of free community events opening the city's largest public space - its streets - for people to walk, bike, roll and discover active transportation. Estimates put total attendance at the events at more than 100,000 annually. Residents and visitors say they come to enjoy the traffic-free streets connecting parks and schools filled with activities, music and vendors. It's safe, family-friendly and a chance to meet neighbors. To find routes please go to www.PortlandSundayParkways.org.

May 11 -East Portland

June 22 -North Portland

July 27 -Northeast Portland

Learn to Meditate

By Kristin Bowen, Manager of Sun Gate Studio

Meditative movement practices compliment activities such as walking or running, or even doing the dishes. The meditative qualities naturally merge with daily activity, and bring strength and peace to the body, mind and spirit. Remember that where attention goes, energy flows. What we place our attention on blooms and blossoms, grows and thrives; all else will wither and diminish, ultimately fading into the ether. Tai chi is a type of low-impact, weight-bearing, and aerobic -- yet relaxing -- exercise. Practiced in a variety of styles, tai chi involves slow, gentle movements, deep breathing, and meditation. The meditation is sometimes called "moving meditation."

You are invited to enter the Sun Gate and shine to learn about their offerings of Yoga, Qigong, Taiji (Tai Chi), Raga Singing, Mantra and Kirtan Events, Sound Healing, Meditation and more. Visit sungatestudio.com for their weekly schedule.

GROW Portland, grow

Get organic seeds, great for the Pacific Northwest climate

The Seed Club offers 120 varieties of seeds organically grown, open-pollinated seeds available to home, school or non-profit gardeners. Seed Club memberships are available now through early May. With a home gardener membership, you can select 18 packets of high-quality seeds from our available varieties for \$33. School and non-profit gardeners can get one or more memberships, which includes 30 seed packets for \$40. Once you buy your seed club membership, you will receive information on how to pick up your seeds.

Community Garden plots available in East Portland

Want to try your hand at gardening this year? You can now register for community garden plots at several of our eastside gardens. Plots are available at the East County Garden (SE 242nd/Stark) and at the Neighborhoods Community Garden (835 SE 162nd), an Outgrowing Hunger project in partnership with Grow Portland.

You can also sign up for the garden we are developing at SE 139th/Burnside Street, which will have single, double and larger growing plots available. Learn more at Grow Portland, 4706 NE 10th Avenue, <http://www.growportland.org/> 503-477-2333



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Bark it Down: Gear Up for Arbor Month

By Mark Ross, Portland Parks & Recreation

Portland Parks & Recreation (PP&R), stewards of nearly 1.5 million trees across the Rose City, is proud to partner with amazing volunteers in presenting Arbor Month 2014. Not content with simply celebrating Arbor Day, we and our partners will bring Portland a month of FREE city-wide activities for all ages. It kicks off at 11am on Wednesday, April 2 with FREE bucket truck rides for the public at Chapman Square (SW 4th Ave. & Madison). Urban Forestry Crews will offer a squirrel’s-eye view of downtown Portland in the same equipment they use to keep our trees healthy and beautiful.

Enjoy celebrations of Arbor Month throughout the month of April, including the showcase Arbor Day Festival held on Saturday, April 26 at the Portland Farmers Market at Portland State University. Portland will be named a Tree City USA for the 37th consecutive year. Arbor Month 2014 also features guided tree walks, environmental education, tree plantings, tree care, history and identification workshops, tree tour bike rides, and more opportunities to care for the trees that care for us.

“The theme of Arbor Month for 2014 is ‘stewardship’; how we care for trees and trees care for us,” says Portland Parks Commissioner Amanda Fritz. “We have a unique city, with nature and our urban life intertwined like few other places. Arbor Month is a wonderful chance for people to connect with nature through a wonderful variety of fun and educational activities.”

Check out a few local events:

Sunday, April 13 @ 10 am -12 pm - Cully Arbor Month Bike Ride

Take a ride to visit Rigler School’s Learning Landscape, Cully-Concordia International Tree Grove, and the future site of PP&R’s Thomas Cully Park. Meeting Location: NE 42nd and Holman

Wednesday, April 30 @ 10 am – 2 pm - Urban Forestry Open House, 10910 N Denver Ave.

What does PP&R’s Urban Forestry Operations team DO? Learn how to use a chainsaw, ride high above the ground in a bucket truck, and see a demonstration on how and why we prune trees! Join Urban Forestry for a grill and open house at Urban Forestry’s headquarters. Visit with staff, take a tour, have some lunch and enjoy a ride in the bucket truck!

About Portland’s Trees Portland Parks & Recreation cares for 1.2 million trees in PP&R parks and natural areas, and oversees an additional 240,000 street trees across the city! The amount of Portland’s land covered by trees, known as the urban canopy, has increased by nearly 3% during the past nine years. The success is due to efforts undertaken by successful public-private partnerships including the Tree Stewardship Coalition, Portland Parks & Recreation, Friends of Trees and the Bureau of Environmental Services. Currently, 30% of Portland’s surface area is covered in urban forest, with a goal of 33% (per the Urban Forest Management Plan, completed in 2004). For more information, call 503-823-5300 or visit portlandparks.org.

Upgraded Playgrounds Will Benefit Children

By Mark Ross, Portland Parks & Recreation

“These are exciting changes to a park that is widely treasured and has a significant history,” says Portland Parks Commissioner Amanda Fritz. “I am thrilled that Dawson Park is being re-energized, and proud to see our City working with neighbors to make it a vibrant part of the community once again.

“It is important that the playground will accommodate children and adults of all abilities,” she adds, noting that Dawson Park is located directly across from the Randall Children’s Hospital at Legacy Emanuel. Several other organizations that serve and mentor children are also located near the park.”

The new type of play surfacing is a sustainable and permeable system that utilizes shredded vehicle tires (one recycled tire for each square foot of play surface). This type of surfacing allows greater accessibility for people with disabilities, as compared to the typical “engineered wood fiber” play surfacing found in most of Portland’s playgrounds.

The enhanced turf and playground equipment are part of the larger Portland Development Commission (PDC)/PP&R construction effort to restore the park as a key community gathering space while honoring its rich African-American history. The \$2.7 million renovation project will make the

park more welcoming and attractive, with a central lawn, an improved playground, interactive water play feature, barbeques, flowering plants, bike racks, picnic tables and benches, and lighted pathways and better accessibility. Construction began in October of 2013 and is expected to be completed in June of 2014. PDC’s Interstate Corridor Urban Renewal Area is providing \$2.3 million to fund the park improvements.

The park will also benefit from a \$200,000 Legacy Emanuel Medical Center donation via the non-profit Portland Parks Foundation. The funds are dedicated to a new water feature at the soon-to-be-renovated park, which encompasses just over two acres. Legacy Emanuel Medical Center’s generous contribution provides two-thirds of the needed funding for this exciting park element.

The water feature is one of several opportunities offered in Dawson Park’s upcoming redesign, which was shaped through extensive community input and aims to celebrate the park’s history. The multimillion dollar makeover will encompass numerous improvements, including interpretive panels which tell the history of the neighborhood and the park, important centers of Portland’s African-American community. The interactive water feature is seen as a vital and unique play element for the community. It was originally suggested by



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neighbors during extensive public involvement, and heavily supported.

Historic Dawson Park has served as an integral social, political and economic center for many communities and the new park design will recognize that heritage with double-sided cast-stone medallions designed by artist Isaka Shamsud-Din to be placed in a decorative fence surrounding the playground. One side will be inspired by traditional African Ndebele patterns; the other side will contain historic neighborhood remembrances.

The project is a partnership between the Portland Development Commission (PDC) and Portland Parks & Recreation. The Interstate Corridor Urban Renewal Area will provide \$2.3 million in funding, with remaining support for the water play feature from Legacy Emanuel Medical Center, Portland Parks Foundation and Portland Parks & Recreation. Support for the public artwork comes from the Regional Arts & Culture Council. R&R General Contractors has been selected to construct the park improvements; 87% of the construction work will be performed by MWDESB-certified contractors. Construction began in October of 2013 and is expected to be completed in June of 2014. For more information, call 503-823-5300 or visit portlandparks.org.

Summer Camps

Sunny days for kids at Trinity Lutheran Summer Camp will be full of acting, science, music, sports, zoo trips, swimming, and more!

The Trinity Lutheran Church & School's Little Tigers Extend Care & Day Care program and Trinity Lutheran Summer Camp is perfect for creative, active kids with busy parents that need five full days of care. This year our extend offerings will consist of eleven weeks starting June 16th until August 29th with fun themes for each week. It is open to children and kids 3 to 12 years old with extend care in the morning and late afternoon—perfect for working parents.

The fully licensed Little Tigers Extended Care and Day Care program is an important part of Trinity Lutheran Church and School (TLC/S) and helps busy and working parents feel confident that their children are learning and having fun.

Little Tigers prepares youngsters for kindergarten and inspires them early to love learning. At Little Tigers they are able to experiment, explore and discover through different types of play. The program offers Bible lessons, music, group play, science, art, math, and a chance to perform at the Christmas program. The dedicated Christian and qualified staff have provided a safe and nurturing environment for the past three years for children to learn diverse age appropriate activities and grow in faith.

TLC/S program provides the following:

New! All Year Preschool Day Care: Preschool: 3-5 years old • Monday-Friday 7 am-6 pm

New! Summer Camp All Summer Long: session starts Monday, June 16th until Friday, August 29th with the 2014-2015 school year starting Tuesday, September 2nd.

Trinity Lutheran Summer Camps New Five Day Program All Summer Long:

Camps for 3 to 12 year olds • Monday-Friday Starting June 16th Until August 29th • Eleven Fun Themes, Yoga, Chess, Sports & More!

Get the details from Trinity Lutheran Church & School, 5520 NE Killingsworth, Portland, OR 97218 • 503-288-6403 • office@trinityportland.com

“Gangway to Galilee” at St. Michael’s Lutheran Church

Join in the fun at St. Mike’s for Vacation Bible School. Save the dates of August 4-7, 2014 from 9-11am for children age 3-6 years (no diapers). This event is free and enrollment will be limited.

Please call the church office at 503-493-6333 or visit their website at www.st.mikeslutheran.org.



Spring Recharge

By Anne Koski, Owner, Homegrown Fit , www.homegrownfitpdx.weebly.com

At this point in our year, our bodies could really use some love! Here is a short list of ways to help to bring us into spring with lots of energy, compiled by myself and a few of our community members.

Hibernate (sleep more). Back in the old days, people rose and laid down with the sun. Since the advent of artificial light, we’ve been bucking that system, which is especially impacting in the winter. Staying up past your bedtime is for the summer. This time of year, your body will benefit from the extra sleep, up to 30 to 120 minutes more per night.



Get moving. The message is clear: physical activity and exercise can improve your sleep and energy levels. As far as your health goes, the effects of taking a walk, “working out” at the playground, or doing another moderate activity with your friends is immediate: improved mood, increased cold/flu immunity, and reduced blood pressure.



Eat Lots of Green Things! No, I’m not referring to Apple flavored Jolly Ranchers or Mountain Dew. Kale is the vegetable with the most micronutrients per cup, including Vitamin A,C,K, and Calcium. This climate accommodates a productive spring Kale crop, so get to planting! There are many other green and orange cool-weather veggies that also can help you power up: spinach, winter squash, sweet potatoes, brussels sprouts, carrots, and cabbage.


Date day, soaking, tea, game playing. Stress effects our sense of well-being, quality of sleep, and even our body weight. Find an activity that relaxes you, and attempt to add it into your weekly or daily routine. Regularly participating in any activity that brings your stress levels down will make you more prepared for the next inevitable stressor in your life.

Spend more time outside. The sun is starting to appear in the spring, and with many potential destinations (grocery store, school, library, friends’ house, or your garden), you can do it! How can this help? Indoor air has been shown to carry pollutants, and In our region, we also battle a Vitamin D deficiency. Experts say that an hour’s dose of winter sunshine may be sufficient for our Vitamin D needs.

Whatever methods you choose, remember that everybody can benefit from including some of these activities in their lives. Recruit a buddy next time you venture out for a walk, or share your Kale salad with an office-mate, or hold a neighborhood game night at your house. And hang in there, we gain 21 minutes of daylight and about one degree of warmth per week right now!

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Homestay Homes needed for Korean and Japanese University Students

During the summer, international students will be learning about American culture and the English Language at Concordia University. We are seeking quality homestay families to house the students. Students can be housed alone or in twos. Students will be in class from 9-4pm Monday through Friday. There are some excursions planned on the weekend and during the week, but mostly the students will have evenings and weekends to be with their host families and do whatever the family does – church, hikes, shopping, etc. Concordia can provide a bus pass for students to travel to campus or pick them up by van.

Tentative Dates: June 29-July 27 (4 weeks) and/or Aug. 2-Sept. 7 (5 weeks)

Who: Students from Baewha Women’s University in Seoul, Korea or Bunkyo University in Japan studying English at Concordia University

Host Responsibilities: breakfast and dinner; make student feel welcome and treat them as a member of your family.

This is a paid opportunity and a chance to make your staycation over the summer one that is memorable!

Thank you for considering this opportunity to share your home and life with an international student. If you are interested and/or would like more information please contact Erika Wiescher, Assistant Director of International Studies, at ewiescher@cu-portland.edu or 503-280-8152.



The Back Page - Neighborhood Events



ALBERTA ROSE THEATRE

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APRIL 2014

1

TOMMY CASTRO AND THE PAINKILLERS

2

TYRONE WELLS
CLOSER THAN EVER TOUR

3

UMBRELLA FESTIVAL
CIRCUS & SWING
WITH WANDERLUST CIRCUS

4

CLOWNS & COMEDY
HILARY CHAPLAIN • AL SIMMONS
LEAPIN' LOUIE LICHTENSTEIN & MORE

5

MATINEE THE NEW GENERATION
AL SIMMONS • JAN DAMM
A-WOL AEROS YOUTH AERIAL CO & MORE

5

ADULT CABARET
TANA THE TATTOOED LADY • BLAZE
RUSSELL BRUNER • ISAIAH ESQUIRE & MANY MORE!

6

GRAND FINALE
WITH VAGABOND OPERA
+ EL RADIO FANTASTIQUE + MORE

8

JOANNE RAND & JIM PAGE

10

CELTIC FIDDLE FESTIVAL

11

KZME PRESENTS
LADIES RISE UP & ROCK
WITH MICHELE VAN KLEEF

12

LIVE WIRE RADIO

13

ELLIS PAUL • CATIE CURTIS

18

FEARNOMUSIC PRESENTS
TO BROOKLYN & BACK
A 20-YEAR RETROSPECTIVE OF
KENJI BUNCH

19

SIREN NATION + SOUL'D OUT
MUSIC FESTIVAL
LADY SINGS THE BLUES
BILLIE HOLIDAY TRIBUTE

20

HUNN HUUR TU

23

TIGRAN HAMASYAN

24

SIMON TOWNSHEND

25

7PM TRACY GRAMMER

25

MISSISSIPPI STUDIOS PRESENTS
JOSE JAMES + MOONCHILD

26

LIVE WIRE RADIO

27

CHUCK ROY
COMEDY FILMING & SHOW

29

JUNTAS 2.0 WITH
EDNA VAZQUEZ & LUZELENA MENDOZA

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Guardino Gallery

March 27-April 22

Main Gallery: Brad R Nelson's sculptural work consists of ceramic figures using realistic imagery with surrealist and modernist tendencies. Richard & Jennifer Gillia Cutshall have created a body of work made up of collaborative pieces on paper. Feature Area: Stacey Thalden presents remarkably realistic 2D and 3D paintings of beetles.

2939 Alberta Street | 503 281-9048
www.guardinogallery.com

Six Days Art Gallery

March 27 through April

Twice as Nice Featuring the art of Laura Dufala - Using the same image for print and as sculpture in clay, Dufala plays with opposing processes with exciting results.

2724 NE Alberta Street | 503-280-6329
www.sixdaysartgallery.net

Knitting & Cocktails

Mondays at 8pm

With Close Knit at Cruz Room

Knitters get a discount on food and drinks.

2338 NE Alberta St.
503-208-3483 info@cruzroom.com

Bingo

Every 1st & 3rd Friday of the month. Bingo starts at 8pm SHARP so show up early. \$1 a game for 3 cards (4 with a can of food for the Oregon Food Bank!

American Legion Hall , NE 21 & NE Alberta

Taiko

Taiko 101 Workshop

Tuesday, April 1st 7:00 pm – 9:30 pm

7 - 9:30 pm / \$40

Kihon I: Beginning

Mondays, April 7th – May 19th (No Class May 5th)

7:00 pm – 8:30 pm / \$100

Kihon II & Issho Ni: Intermediate & Advanced

Wednesdays, April 2nd – June 4th (No Class April 23rd & April 30th)

7:00 p - 8:30 p / \$120

Portland Taiko 3230 NE Columbia Blvd
www.portlandtaiko.org 503-288-2456

Fact Oregon: Parent's Toolbox

Disability Advocacy – A Parent's Tool Box

Thursday, April 17 @ 6:30 – 8:00 pm

Rockwood Multiservice Cnt 124 NE Couch

We will discuss:

The importance of having a vision for the future. How to share your child's strengths through a one-page profile. Tips and tools for advocating within all the different systems and supports for our kids who experience disability.

If you have questions: registration@factoregon.org, 1-888-988-3228.

Portland Storytellers Guild

Friday, April 4, 2014 - 6:30 - 8:30 pm

Story Swap and Potluck, 6:30 pm in the Community Room, McMenamin's Kennedy School, 5736 NE 33rd Ave. For anyone who loves stories. Sit back and listen to others tell their story or share your own 5 minute story in a safe, supportive environment.

Room, 5736 NE 33rd Ave

Details for upcoming events are available through www.portlandstorytellers.org.

Concordia Univ Events

Free Tax Assistance

Every Saturday 9 a.m. – 12 p.m.

Feb. 1-April 12 in the George R. White Library & Learning Center,

Concordia university accounting students are volunteering to provide free tax assistance to the Concordia community. To make an appointment, call Jeff Christianson at 503-493-6250.

The Future of Stuff, Portland's First Breaker Project

May 4-19

Registration is now open. Breaker Project comes to Portland with The Future of Stuff, a manufacturing design challenge, hosted and sponsored by Concordia University, The Construct Foundation and PIE. Seats for Breaker participants of all ages are open. Students 17-24 will join businesses from across Portland to research local manufacturing, then design and test the viability and social impact of business opportunities they identify. For more information visit <http://www.projectbreaker.org/breaker-pdx/>.

Explore CU: Visit Day for Juniors & Seniors in High School

Apr. 5, 10 a.m-2:30 p.m.

A fun-filled exploration of what makes Concordia exceptional. Contact the Office of Admission RSVP at <http://www.cu-portland.edu/admission/admission-events>

Create your own Masterpiece

Apr. 12, 2-5:30 p.m.

Paint along with a professional art instructor in Concordia University's George R. White Library and Learning Center lobby. Reservations required and cost is \$42/ person for ages 12 and up. For more information visit www.cu-portland.edu/academics/library/library-events

"Meet the Artists" Exhibit Reception

Apr. 13, 2-4 p.m.

The current exhibit is the Fourth Annual Student Group Art Show and will run from April 9 – May 17.

Concordia University Spring Concert - FREE

Apr. 13, 3 p.m.

Come and hear the Concordia University choral and instrumental ensembles in their spring concert. The event will be held at St. Michael's Lutheran Church, For more information, visit www.cu-portland.edu/music

NE Broadway Earth Day

April 19th from 9am to Noon

NEBBA is sponsoring a Styrofoam recycling and secure document shredding event in honor of Earth Day. Clean, white Styrofoam blocks and bags or boxes of documents for shredding will be accepted in the rear parking lot of Zeller Chapel of the Roses at 2107 NE Broadway. The \$5.00 charge per box (or equivalent) for shredding and Styrofoam recycling will benefit NEBBA's marketing fund to help promote the Northeast Broadway district's great variety of local businesses. Bagged Styrofoam packing peanuts will also be accepted.

Concordia Sports

Apr. 5, 11 a.m. & 5 p.m. – CU Women's Soccer Team double-header vs St. Martin's and Portland State at Hilken Stadium

Apr. 11, 1 p.m. – CU Women's Softball vs. Corban University at Delta Park

Apr. 12, 11 a.m. – CU Women's Softball vs. NW Christian Univ. at Delta Park

Apr. 12, 2 p.m. & 5 p.m. – CU Men's Baseball Team double-header vs College of Idaho at Hilken Community Stadium

Apr. 13, 11 a.m. & 2 p.m. – Concordia Men's Baseball double-header vs Porter Park in Hilken Community Stadium

Apr. 25, 1 p.m. – CU Women's Softball vs University at Delta Park

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Thursday, April 3

Freak Mountain Ramblers

7 p.m. • Free • All ages welcome

Tuesday, April 8

RACE TALKS: An Opportunity for Dialogue

PLAYING THE RACE CARD:
An Interactive Game

Teaching about Racial Biases

6 p.m. doors; 7 p.m. • Free • All ages

Thursday, April 10

The Resoelectrics

7 p.m. • Free • All ages welcome

Thursday, April 17

GREAT NORTHWEST MUSIC TOUR

WHEELER BROTHERS

with **Graham Wilkinson**

7 p.m. • Free • All ages welcome

Thursday, April 17

SPECIAL WOOD-AGED BEER

RELEASE & TASTING

5 p.m. 'til the beer is gone

In the Boiler Room • 21 & over

Sunday, April 20

EASTER BRUNCH BUFFET

9 a.m. 'til 3 p.m.

\$28 adults, \$17 kids 5-12,
Kids 4 and younger free

Reservations Required

Thursday, April 24

LEE KOCH TRIO

7 p.m. • Free • All ages welcome

Sunday, April 27

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CHILDREN'S ROCK VARIETY SHOW

featuring Ural Thomas & the Pain Live DJ and crafting

12 noon doors, 1 p.m. show

Adults: \$9.99, 12 & under \$4.99 (non-walkers free)

Monday, April 28

HISTORY PUB

HISTORY OF PCUN:

Pineros y Campesinos Unidos del Noroeste (Northwest Treeplanters and Farmworkers United)

6 p.m. doors; 7 p.m. • Free • All ages

Wednesday, April 30

Science Fiction & Fantasy Writers of America presents...

SFWA Pacific Northwest Reading Series

featuring Mike Moscoe, Leah Cutter and Ray Vukceвич

Gather, network and enjoy readings.

7 p.m. 'til 8:30 p.m.

Minor with parent or guardian

Thursday, May 1

MAY DAY CELEBRATION

It's a century-old Kennedy School tradition – and now you can have a beer while you participate!

All ages welcome