





## Concordia Neighborhood Association

### Meetings & Updates

Get the latest news at [ConcordiaPdx.org](http://ConcordiaPdx.org)

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

**Board Meeting**  
Second Tuesday of the Month  
February 10th @ 7:00 PM - 8:30 PM  
McMenamin's Kennedy School  
Community Room

**General Membership Meeting**  
First Tuesday Bi-Monthly  
March 3rd @ 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](mailto:ContactCNABoard@yahoo.com)

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

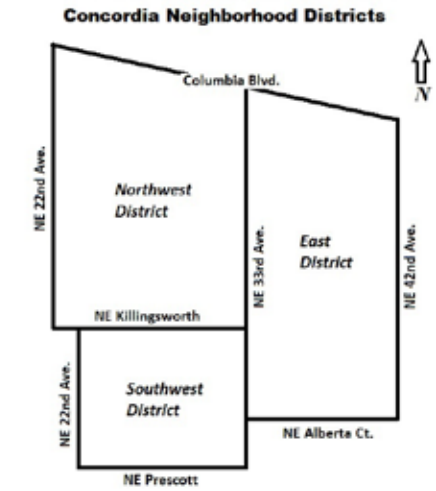
**Media Team**  
Newspaper and Website  
Volunteer and join the media team as  
"Beat Reporter" or manage the CNA  
Wordpress website.  
Email: [ConcordiaNews@yahoo.com](mailto:ConcordiaNews@yahoo.com)

**Social Committee**  
If you are interested in volunteering for  
the Spring Egg Hunt or helping to fund  
raise for the 2015 Fernhill Concerts in the  
Park, please contact Katie Ugolini (Chair)  
503-449-9690 for details.

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

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

**Tree Team Meeting**  
First Thursday of Every Month  
February 5th at 6 pm  
Dining Area at New Seasons  
[www.concordiatreeteam.wordpress.com](http://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](http://www.concordiapdx.org)  
PO Box 11194  
Portland, OR 97211

Contact the CNA Board  
[ContactCNABoard@yahoo.com](mailto: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:  
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**Editor**  
Please send article submissions to:  
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Concordia News is printed on 40% post-consumer or better paper, manufactured at a local mill.

[www.ConcordiaPdx.org](http://www.ConcordiaPdx.org)  
Visit the website of the Concordia Neighborhood Association for:  
Community Events &  
News Neighborhood Information & Blog  
[www.ConcordiaPdx.org](http://www.ConcordiaPdx.org)

Elected Board (Jan 1, 2015)	Title
Isaac Quintero	Chair
Steve Elder	E 1
Mark Charlesworth	E 2
Isham "Ike" Harris	NW 1
Ashley McKinney	NW 2
Luke Griffin	SW 1
Bill Leissner	SW 2
Robert Bowles	At-Large #1
Craig Voigt	At-Large #2
VACANT	At-Large #3
Ali Novak	At-Large #4
Tracy Braden	At-Large #5
Truls Neal	At-Large #6

## Chair's Corner

By Isaac Quintero, Chair, Concordia Neighborhood Association

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

Lately, the conversations have been primarily around the issues of home construction, demolition and design topics that have become very emotional and disturbing for many. Discussion of solutions to these issues centered on how to stop demolition or generic changes in City building codes. I expect this issue will continue into the future with all sides doing their best to win the day. Many consider the housing issue as a wolf at our doors trying to blow away the character and integrity of architecture. Much of our activity has been reactive in attempting to solve problems after the fact, not unusual for any neighborhood association. However, we are also at the point where we must focus on how to prevent demolition as the simple solution. In many cases, by the time a protest has been mounted to object to demolition of a house in order to replace another or to make room for 2 or more skinny houses, the house to be demolished is long past its useful life.

I have to be careful here so as not to be thought of as being in favor or against these developments as each situation is unique and should not be generalized. What I would like to point out is that if we want to keep demolition of old houses as last resort, then we really need to be much more proactive in coming up with strategies for prevention. Homeowners of houses "at risk" as well as their neighbors should be provided as much information about low interest home improvement loans, determining if the homeowner is a candidate for a community volunteer organization to help with deferred maintenance or identifying other options available. That house next door or on the street from you looking in need of major repair is often thought of a being owned by someone who does not care but more often than not, it is just a simple lack of funds to continue regular maintenance. Finally that little leak in the corner of the roof resulted in ruining the entire foundation of the house thus, putting it on the next chopping block. So where are these resources and what can they do? Unfortunately, not enough room in this section to provide detail but look for feature articles in upcoming publications of the Concordia News for information on programs available to assist with preventative measures and deferred maintenance. If you know of a program, please let us know.

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

**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](mailto:CNAroomKennedy@gmail.com)

**Beat Reporters Needed**

Do you have an interest in writing? Maybe you are a journalist at heart. The Concordia Newspaper is looking for Volunteer "Beat Reporters" to gather interesting content to share with our community. Articles would be due each month on the 15th for the following month. Articles should be 300-500 words in length.

Contact: Mary Wiley, Concordia News Editor,  
[ConcordiaNews@yahoo.com](mailto:ConcordiaNews@yahoo.com)



## Is Concordia Against Density? Not Hardly.

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

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

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

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

Here is the text of items 2 (the header) and 2(a) (full resolution text at: <http://tinyurl.com/mkaql>):

2) Establishment of a task force composed of 50% neighborhood organizations and 50% city staff and concerned citizens to determine the distance required for notifications above, as well as:

a) Revision of code to limit the mass, footprint, setbacks, and height of construction to that of the average of existing homes within a specified distance.

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

Concordia residents interested in discussing this or any other issue related to land use and transportation, are invited to attend the next Concordia Neighborhood Association Land Use and Transportation (CNA LU&T) Committee meeting, the third Tuesday of the month, 7pm, in the Community Room in the SE corner of Kennedy School. To join the mailing list, send an email to: [pdx\\_cna\\_lu\\_and\\_t\\_committee@googlegroups.com](mailto:pdx_cna_lu_and_t_committee@googlegroups.com)

## Hey Skinny, get off my yard

Guest Opinion, Ken Forcier

All of Concordia has an "a" overlay zone. This designation is "ADD" and it allows residents to build ADU's (Accessory Dwelling Units) on their properties. Your ADU must have matching roof pitch, siding, color, and windows. Basically, you can spawn a "Mini Me" of your house that is less than 800 square feet of living space. ADU's add another humble, residential unit to the neighborhood while insuring that the character is protected. Since your developing it yourself you can build around the tree, you will own it and profit from it, and it remains a part of your property. It could become an Airbnb, a rental income, a place to house a family member, or your own downsized residence so you can rent out your house.

I'm not opposed to "infill housing" along transit corridors where it is called out for, and we should understand that the City has repeatedly denied considering skinny houses to fall under that designation. Instead, they are single family homes designed for 25 foot wide lots and are promoted with the arguable designation of "smart living." I advocate that any additional residential capacity be added compatibly with the existing architecture and the neighborhood as a whole. If everyone who had a situation favoring the addition of an ADU did so,



# HONORING OUR PAST PLANNING OUR FUTURE

## Alberta Main Street Community Check In

TUESDAY, FEBRUARY 24, 2015, 6:30 – 9 PM

St. Andrew Catholic Church Community Center  
806 NE Alberta Street, Oscar Romero Room

RSVP online: [albertamainst.org](http://albertamainst.org)

## We want your ideas, insights and imagination!

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

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

**A** Alberta  
Main Street

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



we could virtually double the number of dwellings in our neighborhood, each in our own personalized way. What a practical idea this is. With proper incentives from the city this ideal will gradually be achieved while never having modified our zoning and while retaining the neighborhoods character.

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

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

## Get Ready for L.E.S.T.

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

You can find general information taken from Concordia University's website about the tournament or you can also go directly to their site for much more information go to: <http://www.cu-portland.edu/admission/lutheran-elementary-school-tournament>.

**Come support all of the Lutheran School students by attending the choir performance, basketball games and individual performances. It's going to be a great tournament!**

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

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



~Kids & Schools~

Faubion, Be Mine

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



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

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

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

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

Faubion School Supports include:

**UMPQUA Bank | Adidas | Aspire Project | Beanstalk | Bridgeport Brewing | Calley Doderer Fine Paper | Concordia Wellness | Ethos | Ex Novo Brewing Co. | Extracto Coffee | Frock | Gracie’s Wrench | Homegrown Fit | Kurumi Conley Glass Art | Legacy Apiaries | Merry Kitchen | McMenamins | OMSI | Paper Jam | Point Blank Distributing | Portland Children’s Museum | Porcelli’s | Portland Trail Blazers | Royale Brewing | Sky High Sports | Spank | Tin Shed | Trifecta | Voodoo Donuts | Winco | Wine from Valley View | Sky High Sports | YMCA | New Seasons and many more!**

25th Cascade Festival of African Films

**Celebrating 25 years of bringing African cinema to Portland!**

Feb 6, 2015 → Mar 8, 2015

Event location:

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

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

<https://www.africanfilmfestival.org/>

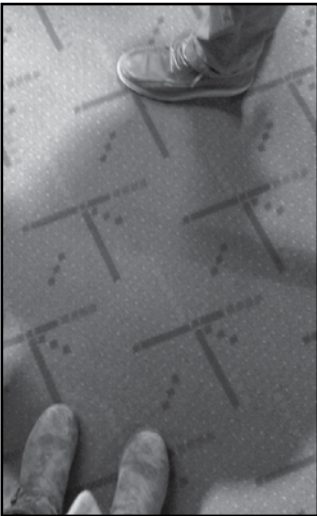
~ Community ~

Get your Footsie at PDX

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

Designed by SRG Architects in 1987, the iconic carpet reflected the northwest with blues and greens. The original design was based on the view of PDX airfield from the tower—the intersection of north and south runways. Acres of carpet was installed in the early 1990 and became a the first sign to Oregonians that they were home. A few years ago, ZGF developed an initial conceptual while Henneberry Eddy Architects finalized the design. The new design is based on organic and man-made shapes found within the surrounding areas of PDX, including airplane wings, runways, leaves, trails, and waterways, and the roadway canopy structure at PDX. Mood-enhancing colors were carefully selected, as well as colors found in green spaces, natural landscapes and flight paths.

When walking through the airport, it’s not unusual to run into people taking a picture of their feet with the now famous flooring. Get your "footsie" before it is gone.



OLCC & Marijuana

OLCC announces statewide schedule of marijuana listening sessions

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

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

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

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

Learn more at <http://marijuana.oregon.gov>

Salem: Monday, February 2, 7-9 p.m.  
Beaverton: Thursday, February 26, 4-6 p.m  
Clackamas: Friday, February 27, 4-6 p.m

Please join us for a  
PARENT/CHILDREN  
**Valentines Tea Party**  
Saturday, February 14, 2015 - 1:30pm to 3:30pm  
Jody Thurston NW Center for Children’s Literature  
Concordia University - 2800 NE Liberty Street, Portland

**Guest authors:**  
**Eric Kimmel and Heather Vogel Frederick**  
**Barbara Swanson,**  
Children’s Literature Specialist  
will tell attendees about  
the newest and best  
children’s books

For information:  
Linda Church  
503-493-6370 or  
[lcchurch@cu-portland.edu](mailto:lcchurch@cu-portland.edu)

Adults \$10  
Children \$5  
Seating is Limited

2015 Portland Jazz Festival

**Inspire, educate and develop future jazz audiences for generations to come!**

Feb 17, 2015 → Mar 1, 2015

An annual affair for more than a decade now, the Portland Jazz Festival coincides with Black History Month—taking place in late February at various venues across town—and is always accompanied by a theme, which unites the musical and programming selections at each year’s fest. Catch performances, films, Jazz Conversations with artists, and jam sessions with internationally acclaimed jazz masters as well as local talent, all “dedicated to preserving America’s indigenous art.” Produced by the nonprofit PDX Jazz, the cultural arts organization aims “to inspire, educate and develop future jazz audiences for generations to come” and does so through “a series of jazz education and outreach programs that extend into Portland’s schools and neighborhoods” during the event each year. <http://portlandjazzfestival.org/>

Chinese New Year

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

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

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

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

<http://www.lansugarden.org/>



~ Community ~

Portland New Tree Program

By Mark Ross, Portland Parks & Recreation

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

The Tree Project provides:

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

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

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

For more information, including specific tree regulations, please visit: <http://www.portlandoregon.gov/trees>

Smoke & Tobacco Free Parks

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

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

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

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

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

More Info: <http://www.portlandoregon.gov/parks/>

~ Nature & Pets ~

Free Spay/Neuter for Cats

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

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

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

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

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

WHEN: February (Weekday clinics held typically Wednesday - Friday. Sunday clinic held on Feb. 15)

WHERE: FCCO’s North Portland clinic, located near the Legacy Emanuel Hospital

CONTACT: 503-797-2606 or [www.feralcats.com](http://www.feralcats.com)

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

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

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

The surgeries are funded by donations from the community.



OpenHouse

Thursday • February 26  
6:30 pm - 8:00 pm

Trinity Lutheran  
Church & School

Pre-school-8<sup>th</sup> Grade  
Small Class Size • Family Centered • Challenging Curriculum  
Diverse Student Body • Computer Lab • Spanish • Sports • Music  
Drama • Art • Licensed Extended Care & Day Care: 7am-6pm  
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Thursday Tours  
Every Week!  
10 am - 2 pm

Little  
Tigers  
Extended Care  
& Day Care

Summer Camp & Year  
Around Care • Open to  
students not currently  
enrolled at TLS • 3-12 yrs.

503.288.6403 • [TrinityPortland.org](http://TrinityPortland.org) • 5520 NE Killingsworth  
Michael Allen Harrison! • Sat. • 3/14 • 6:30 pm • See site for details

HANDYMAN SERVICES  
Taking care of your Honey Do List

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[www.JobsByRob.com](http://www.JobsByRob.com)  
503-789-8069  
[Rob@JobsByRob.com](mailto:Rob@JobsByRob.com)  
CCM 177552 Licensed, Bonded, Insured

SOME PEOPLE WANT  
IT TO HAPPEN,  
SOME WISH  
IT WOULD HAPPEN,  
OTHERS MAKE  
IT HAPPEN.  
- MICHAEL JORDAN

FreEbert  
Studio LLC

Introducing to your neighborhood Ashtanga Yoga and Massage  
Therapy Studio. *FreEbert Studio* combines the positive benefits  
of Yoga and Massage for your well being.

Two Locations

5905 NE 15th Ave  
Portland OR, 97211

4904 NE 16th Ave  
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Visit our website at [FreEbertStudio.com](http://FreEbertStudio.com) to learn more about us.

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

Saturday, February 21, 2015, 9:30 AM – 3 PM  
David Douglas High School, 1001 SE 135th Ave  
[www.portlandoregon.gov/bps/fif](http://www.portlandoregon.gov/bps/fif)

### DIY Workshops

**New! DIY Insulation Workshop**

This free limited time workshop teaches participants how to weatherize a flat attic. Topics covered include safety, air sealing, baffling, blown-in insulation, and incentives to help cover the cost of your project.

Sun, Feb 1, 1pm-4pm  
Bridgeport UCC 7550 NE Irving Street, Portland  
Wed, Feb 11, 6-9pm  
740 Southeast 106th Avenue, Portland

**Lead Poisoning Prevention Workshop**

Free workshop where participants learn how to prevent lead exposure in their home. Great for households with children or pregnant women in housing older than 1978, or those concerned about lead exposure. Qualified participants receive a free kit of safety and testing supplies!

Tues, Feb 9, 6-7:30pm  
Community Energy Project 422 NE Alberta  
Register for the workshop at [www.communityenergyproject.org](http://www.communityenergyproject.org) or call 503.284.6827

## ~ Home & Garden ~

### Planting Paper White Bulbs

By Jolie Ann Donohue, The Gardening Goddess

As the gloom of Portland winter sets in why not brighten up your home with paperwhite bulbs?

Narcissus papyraceous or paperwhite is a perennial plant native to the Mediterranean. Paperwhites are related to daffodils. It is grown from a bulb and is often grown as a houseplant during Christmas time for its very fragrant beautiful white flowers.

You can pick up paperwhite bulbs at your local nursery or garden center. They are quite easy to grow indoors. To force a paperwhite into bloom, plant it root side down in just enough moist potting soil to cover the bulb up to its neck, leaving the tip exposed. Lightly water the soil. Or rest the bulb on a bed of decorative rocks or glass chunks 2-4 inches deep in a vase. Set the bulbs on top of the rocks/glass and water to fill the vase up to the base of the bulbs. You do not want your paperwhites sitting in water or they will mildew and rot. Place your potted paperwhites in a cool place inside your home out of direct sunlight. In a few weeks they should be rooted in and sprouted. At this point you can place them in a bright spot in your home.

You will enjoy your paperwhites fragrant boom for several weeks. You should dispose of paperwhites after they bloom, they can't be used again.



### Garden Dreams

By Jolie Ann Donohue, The Gardening Goddess

A funny drawing by Joseph Tychonievich of green sparrow gardens is floating around the internet. He says “the short dark winter days cause me to suffer from S.A.D. Seed Acquisition Disorder.” Gardening friends, I’m sure you can all relate to this! During the busyness of the holiday season we are happy to have a rest from our gardens.

At the beginning of every year the new seed catalogs arrive in my mailbox. I spend hours excitedly pouring over each catalog, wrapped in a blanket and drinking pots of my favorite tea. I devour every detail of the new and old favorite varieties of vegetables, herbs and flowers. I find myself in pajamas and boots, clipboard in hand patrolling my puddle-filled, mostly dormant garden. I gaze at the lush fall-sown cover crops and I ponder what worked and didn’t work last year. I make list after list of garden plans. I mark up my seed catalogs and make online wish lists. I dream and fantasize about peonies, dahlias, sunflowers and lilies. I eat, drink, breath all the endless potential and promise my garden holds in the coming year. My unchecked gardening enthusiasm for heirlooms can also promise the emptying of my bank account if I do not practice some restraint.

Heirloom seeds offer a diversity of old-fashioned quality, and are rich in taste, colors and history! Heirlooms are commonly defined as open-pollinated varieties that have resulted from natural selection rather than a controlled hybridization process and were grown prior to 1950. Some excellent sources for heirloom seeds are Seed Savers Exchange, Baker Creek Heirloom, Botanical Interest and Renee’s Garden.

When purchasing seeds you will see many terms like heirloom, cultivar, GE, GMO, open pollinated, hybrid, organic and treated. All of these can be confusing and are often misinterpreted by the gardener consumer. I found a handy online resource from Renee’s Garden called Seed Buying 101: A Seed Gardener’s Glossary.

If you are concerned about GMOs, signers of the safe seed pledge do not knowingly buy or sell genetically engineered seeds. A list of companies that have signed the pledge is maintained by the Council for Responsible Genetics, a non-profit

*Continued on next page.*

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~ Health & Wellness ~

Mindful New Year Tune Up

By Mike Mihalas, LCSW, Rose City Psychotherapy

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

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


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

A mind, body, and spirit in balance will offer you a greater sense of fulfillment and wellness. Maybe you will decide to start a meditation practice, engage in physical activity, commit to a scheduled grounding ritual (yoga, morning coffee, time in nature, etc.), choose eating habits that are better for you and the environment, or be of service to others.

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

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

If you have questions, contact [mike@rcpcenter.com](mailto:mike@rcpcenter.com)



*Continued from page 6 - Garden Dreams*

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

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

For more information: [www.missjolieannkitchengarden.blogspot.com](http://www.missjolieannkitchengarden.blogspot.com)

La Saison des Amours

By Aimee Brown

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

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

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

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


I have had my share of lonely Valentine's Day and feeling like I was missing out on all the love everyone else was a part of. I believed what the commercials and advertisements were telling me, if you have that someone you are complete, you are accepted, you are fulfilled. I had been sucked into believing something about myself some stranger was telling me I had succumbed to the view of what lifestyle they thought I should be living. I had become lethargic in my thinking.

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

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

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

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



**Join PPR Aquatics Team**

More than 700 positions, including lifeguards, swim instructors and water fitness instructors are available this next summer at Portland Parks & Recreation swim facilities throughout the city. Portland Parks & Recreation's Aquatics division offers competitive wages, a positive working environment, flexible hours, opportunity for advancement and an employee recognition program. With six indoor and seven outdoor pools throughout the city, our staff has the opportunity to provide a service to their community while earning wages ranging from \$9.75-13.25 per hour.

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

Information on Aquatics training programs (and all pool and program info) can be found at:

<http://www.portlandoregon.gov/parks/51172>

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