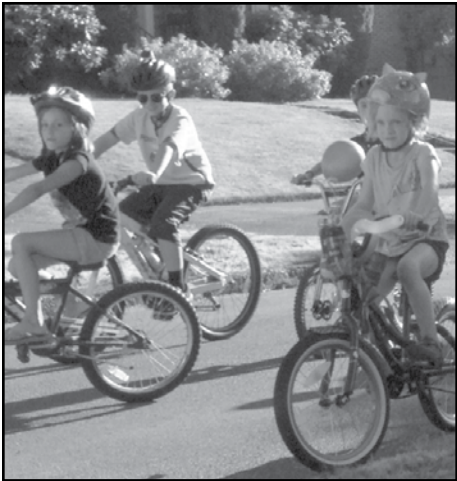




CONCORDIA NEIGHBORHOOD ASSOCIATION
PO BOX 11194 / PORTLAND, OR 97211

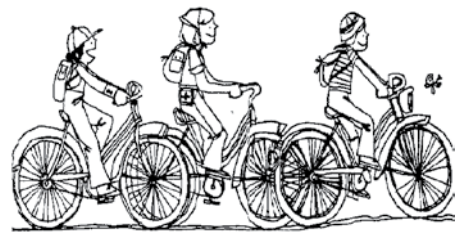
CONCORDIA NEWS

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



Join the NNO Parade!
Begins at 6 PM at
Faubion School
Ends at Fernhill Park

Teams, schools, friends, church groups, businesses, child care, YOU! The Concordia Neighborhood Association invites you to participate in our annual parade. Each year our parade grows and we would like your organization, business or family to be part of it. The parade starts at 6:00 pm and we will work our way from Faubion Elementary School to Fernhill Park for music, food, activities and more fun! A kazoo band? A wagon train? A hula-hoop troupe? Get creative and join the parade! For information or to register your group contact: Anne 503-381-7370 arothert@gmail.com



CONCORDIA NEIGHBORHOOD ASSOCIATION
PRESENTS
Concordia National Night Out
Tuesday, August 4, 2015
6:00 PM to 8:30 Pm
Parade and Fernhill Park Concert



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

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

The celebration will continue at Fernhill Park with the last concert of our free Summer Concert Series - Chata Addy (Funky Reggae & Afro Highlife) at 6:30 pm. Additionally, there will be a myriad of children's and educational activities to participate in at the park beginning at 6:00 pm as well as food vendors - Aladdin Café, Village Crepery, Whole Bowl, Island Daydream Shave Ice, & Tortileria Y Tienda De Leon's. Come meet your neighbors, city officials, fire and police officers, and local business owners, and celebrate our community spirit!

Concordia Neighborhood Association Presents: CHATA ADDY Funky Reggae & Afro Highlife



with young people and pass on the gift of music. In this capacity he is working as part of the Young Audiences of Oregon and SW Washington programming for schools. Concordia Neighborhood Assn. is proud to present Chata Addy to our neighbors on National Night Out!

Chata Addy was born and raised outside the city of Accra, in Ghana, West Africa. Chata has been drumming and dancing since he was 3 years old. Music has always been part of his life. Chata's special gift of music is a family tradition and strongly influenced by his rich background in both traditional and contemporary music. A professional drummer, dancer, choreographer, songwriter and teacher, Chata has been sharing his knowledge and love of music for over 40 years.

In 1985 Chata arrived in Washington DC, joining his renowned uncle Yakubu Addy, to perform and tour in the US, Canada and Japan. Two years later Chata joined his other famous uncle Obo Addy's traditional and contemporary groups to tour the West Coast and Canada. In 1989 Chata Addy moved to Ashland, Oregon and formed his own band, Susuma. He has been delighting Northwest audiences ever since with his groovy mix of Afro Reggae and Funky Highlife bringing plenty of energy to the stage. Chata has performed and recorded with the likes of Jimmy Cliff, Obo Addy, King Sunny Ade and many others. Chata enjoys having the opportunity to connect

This Issue

1. National Night Out
2. CNA Board News
3. Fernhill Concerts in the Park
4. Sunday Parkways
5. Community
6. Keeping Busy this Summer in Portland
7. Garden & Health
8. Local Events

Friends of Ainsworth

Are you tired of looking at the unkempt parkway of Ainsworth Boulevard? The City of Portland lacks the funds and time to do the adequate maintenance.
So let's do it ourselves!
All we have to do is some mowing and some weed control. Is there a section near your home that could use some extra care? Some neighbors are already making a difference and have been maintaining their section of Ainsworth for years. You can help out too! Let's keep our neighborhood looking beautiful.
Thank you from the Woodlawn Neighborhood Association



Concordia Neighborhood Association

Meetings & Updates

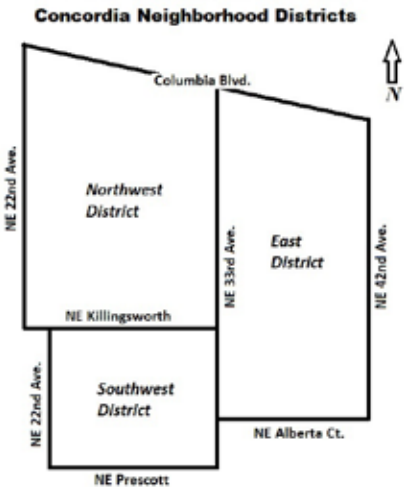
Get the latest news at ConcordiaPdx.org

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

- Board Meeting
- Second Tuesday of the Month
August 11th at 6:30pm
McMenamin’s Kennedy School
Community Room
- General Membership Meeting
- First Tuesday Bi-Monthly
September 8th at 7:00pm
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
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: CNewsEditor@ConcordiaPDX.org
- Social Committee
- If you’d like to volunteer for CNA’s
National Night Out Celebration, please
contact Katie Ugolini at ktugolini@
gmail.com or 503-449-9690

- Land Use, Livability and
Transportation Committee
- Third Tuesday of the Month
August 20th 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
August 6th 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 US at our new email addresses!

- CNA Chair
- Isaac Quintero
chair@concordiapdx.org
503-351-4585
- CNA Vice Chair
- Luke Griffin
vicechair@concordiapdx.org
503 545 2313
- CNA Secretary
- VACANT
secretary@concordiapdx.org
- CNA Treasurer
- Robert Bowles
treasurer@concordiapdx.org
503-490-5153
- Crime Prevention Officer
- Mary Tompkins
503-823-4764
mary.tompkins@portlandoregon.gov
- Neighborhood Response Team Officer
- Anthony Zoeller
503-823-0743
Anthony.Zoeller@portlandoregon.gov

~~~ 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:
Mary Wiley (advertising)
CnewsBusiness@concordiapdx.org

~~~ Editor ~~~  
Please send article submissions to:  
Mary Wiley (newspaper)  
CnewsEditor@concordiapdx.org

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

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

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

| 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        |
| VACANT                      | SW 2        |
| Robert Bowles               | At-Large #1 |
| Craig Voigt                 | At-Large #2 |
| Daniel Greenstadt           | At-Large #3 |
| Ali Novak                   | At-Large #4 |
| VACANT                      | At-Large #5 |
| Truls Neal                  | At-Large #6 |

Chair’s Corner

by Issac Quintero, Concordia Neighborhood Association, Chair

Welcome back! Hope your summer is going well, full of picnics and long awaited vacation. The Board took a break in July and will resume business at our next meeting on August 11th from 7 to 8:30pm at the Kennedy School Community Room. (Thank you Kennedy School for being our host). And let me also say welcome to those of you who have recently moved to our neighborhood. If you are a newcomer, let me provide a little background about your membership in this fantastic neighborhood organization. As you might have guessed, you are already a member of CNA by establishing residency or locating your business here. (And for you recent 14 year olds... you get to exercise the power of voting in this organization.) So what do you get with membership? You get to empower your Concordia Neighborhood Association that is recognized by City Hall as your representative in all matters concerning governance.

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

The Board deals with everything from working with local police to improve safety and enhance community relations to putting on concerts in the Park. We continue to grapple with such timely and critical issues as the Pembina pipeline, oil trains and influencing Portland’s Comprehensive Plan. Although your issues may not seem like they are of the same importance as an oil train, you may be surprised to know that your neighbors have the same concerns as you do (as well as the same reluctance to bring them to the attention of the Board). Please know that CNA is here to serve the entire community.

If you are looking to start a garden club, book club, parent support group or want to improve the image of the community; utilize your neighborhood association to provide support and a forum to communicate your ideas. The Concordia News is a great resource. At our last meeting in June we addressed a whole array of topics, from gun violence to neighborhood beautification. One of our neighbors in the Woodlawn area, Mr. Paul Herner, asked for our assistance in getting the word out about the group he formed called “Friends of Ainsworth.” The purpose of Friends of Ainsworth is to organize volunteers from Piedmont, Woodlawn, King and Concordia to adopt the landscaping medium on Ainsworth Street and ensure that the jewel in the crown that represents all of us remains a symbol of pride and cooperation. If you would like to participate in this great project, please let me know and I will put you in touch with Paul.

Hope to see all of you soon. This is our home; glad you are in it.



Contemplating selling your home?

Would you like to:

... protect your home from being demolished?

... preserve our neighborhood integrity?

... pass your home on to a family that will truly enjoy it?

Please consider selling your home to a buyer who will recognize its unique characteristics and **won’t demolish it!**

Looking for help?

Contact CNA LUTC Chair Garlynn Woodsong at [landuse@concordiapdx.org](mailto:landuse@concordiapdx.org) or (503)936-9873

(Concordia Neighborhood Association, Land Use & Transportation Committee)

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 f or \$15 an hour

All others for \$25 an hour

CNAroomKennedy@gmail.com



*Thank you to our Sponsors!*  
*Fernhill Park Concerts 2015 was a huge success!*



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

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- Mike & Emily Watson

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- New Seasons Market
- Organics To You
- Our 42nd Avenue
- Root Mortgage
- Smiles on Sandy
- St. Michaels Lutheran Church
- Tutor Doctor

FOOD VENDORS:

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

REMEMBER TO SUPPORT  
THE FOLKS WHO SUPPORT OUR  
NEIGHBORHOOD!





~ Sunday Parkways in Northeast ~

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

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

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

*Tilikum Crossing / Sellwood Portland Sunday Parkways September 27, 2015 ~ 11am-4pm* Exploring the new Tilikum Crossing Bridge of the People and the Sellwood area. This new route will include the Tilikum Crossing and circle the Sellwood area.





~ Community ~

Concordia Alley Update

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

Here is a sample of the submissions received thus far for the Alley Naming Contest:

**21st/22nd Ave Alley: “Tin Pan Alley”** - We have gardened back there, plan to paint our fence, and we have art back there too. Tin/metal objects that can withstand the rain will likely be featured.

**25th/26th Ave Alley: “Blackberry Alley”** - “I see the alleys as corridors for humans and wildlife. They could be community gardens which provide food and habitat for the neighborhood. We could utilize the permaculture technique and plant a food forest with small trees and shrubs such as huckleberries, blueberries, rhubarb, and fig. Vining plants such as grapes and hardy kiwi would be great since they could be used as arbors to cover pedestrians as they walk through.”

**27th/28th Ave Alley: “Chicken Alley”** - Three homes almost next to each other have backyard chickens and coops.

Have your own ideas about what to name the alleys? Enter an alley name in the Concordia Alley Naming Contest! Use the online web link here:

<https://www.surveymonkey.com/s/8XP858F>

Please include any history or background information about your alley name suggestion in the space provided on the website.

We will extend the deadline to collect alley name suggestions through August, and then transition to voting on our favorite alley names after that.

Winners of the Alley Naming contest will be announced online and in the Newspaper, and the tentative date for Alley Signs installation is fall 2015.

Keep up to date on all of the Concordia alley-related activities going on, including upcoming Goat Walks! If you’re interested in activating your own alley, check out the website to discover steps anyone can take to breath life into these community spaces. Start by filling out the online survey:

<http://bitly.com/ConcordiaAlleyways>

**Upcoming events include an alley cleanup on August 29th.**

Feel free to contact Neighborhood Sustainability Coordinator Cheryl Leontina by email [cheryleontina@gmail.com](mailto:cheryleontina@gmail.com) or by phone 503-586-4709 if you would like to meet and discuss your alley ideas, and/or if you are unable to take the survey online!

Concordia residents interested in discussing this or any other issue related to land use & transportation, are invited to attend the next CNA Land Use and Transportation (CNA LU&T) Committee meeting, the third Tuesday of the month, 7pm, in the Community Room at McMenamins 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)

Residential Infill Project

In just about every neighborhood in Portland, residents are seeing older homes going down and new — often larger — homes going up in their place.

While not a new phenomenon, demolition and infill have been on the upswing in Portland as the economy improves and builders try to meet the increased demand for all types of housing. In 2013, approximately 300 demolition permits were submitted, or roughly one a day. That’s about a 0.2 percent annual replacement rate, which is comparable to other cities nationwide. While fewer than half the homes are replaced by two or more houses, the average size of replacement homes is about 2,000 square feet, or nearly twice the size of its predecessor.

What is being done?

In response to community concerns, Mayor Charlie Hales initiated the Residential Infill Project to ensure that new or remodeled houses are well integrated and complement the fabric of neighborhoods. The project will evaluate the city’s single-dwelling development standards and focus on three main topics: scale of houses, narrow lot development and alternative housing options.

How to get involved

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

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


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

Email: [Morgan.Tracy@portlandoregon.gov](mailto:Morgan.Tracy@portlandoregon.gov)

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

The SAC will meet throughout the 18-month long project, starting in September with twice monthly meetings through the end of the year. After that it will meet less frequently as the project transitions to drafting and adopting regulations through a public legislative process. SAC members will be asked to help to share discussions and updates with their respective networks as well as assist at public events.

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CONCORDIA



~ Keeping Busy this Summer ~

Free Open Swim

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

Concerts in the Park

KENTON PARK • N. Kilpatrick & Delaware •  
Aug 4 at 6:30 PM National Night Out  
Norman Sylvester Band - Portland’s Original Boogie Cat  
Aug 11 at 6:30 PM  
The Little Sue Band - Powerful Acoustic Folk-Rock  
MCCOY PARK • N. Fiske & Trenton  
6:30 PM Aug 18  
Pa’Lante - Fiery Salsa & Afro-Cuban Rhythms  
6:30 PM Aug 25  
Andy Stokes - Traditional Rhythm & Blues  
PENINSULA PARK  
Sun, Aug 2 at 6:00 PM - PORTLAND FESTIVAL SYMPHONY  
GRANT PARK  
Sat, Aug 8 at 6:00 PM - PORTLAND FESTIVAL SYMPHONY

Movies in the Park

Wed, Aug 5  
Parkrose High School, NE 115th & Skidmore  
The Incredibles (2004) PG (in English with Spanish subtitles) Band: Echoes of Yasgurs & Portland Teen Idols  
Fri, Aug 7  
Alberta Park,, NE 19th & Ainsworth  
101 Dalmatians (1996, Live-action) G Band: Michele D’Amour and the Love Dealers  
Sun, Aug 9  
Colwood Golf Course,, 7313 NE Columbia Blvd  
Happy Gilmore (1996) PG-13 Band: POPgoji  
Thu,Aug 13  
Oregon Park,, NE 29th & Oregon  
Pee-wee’s Big Adventure (1985) PG Band: The Sale  
Fri,Aug 14  
Irving Park, NE 10th & Fremont  
Captain America: The Winter Soldier (2014) PG-13 Baned: Echoes of Yasgurs  
Sat,Aug 15  
Concordia University, 2811 NE Holman  
Paddington (2014) PG Band: The Sale  
Sun,Aug 16  
Arbor Lodge Park, NE Delaware & Bryant Mary Poppins (1964) G Band: Michele D’Amour and the Love Dealers  
Wed,Aug 19  
Wellington Park, NE 66th & Skidmore  
E.T. the Extra-Terrestrial (1982) PG Band: Echoes of Yasgurs  
FriAug 28  
Dawson Park,N. Williams & Stanton  
Labyrinth (1986) PG Band: The Terry Robb Trio  
Fri,Aug 28  
Montavilla Park, NE 82nd & Glisan  
Home (2015) PG Band: The Knotty Pines  
Sun,Sept 6  
Overlook Park,, N Interstate & Fremont  
Toy Story (1995) G Band: Danny Black  
*Pre-movie entertainment begins at 6:30 PM: performances by local musicians and free popcorn!*  
*Movies begin at dusk.*  
*Bring jackets and extra blankets - it can get chilly after dark. Bring a flashlight or headlamp - to make your way around the crowd.*

Free Lunch in Parks

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

The City of Portland offers organized sports, games, and crafts – plus a free healthy lunch for kids at sites and times marked below.

Offered Monday-Friday, June 18-August 21, unless otherwise noted.

ALBERTA PARK, NE 22nd & Killingsworth  
11 AM-4 PM Lunch: Noon  
ARBOR LODGE PARK, N. Bryant & Delaware  
2 PM-5 PM, Wednesday only. No lunch served.  
FERNHILL PARK, NE 37th & Ainsworth  
2 PM-5 PM, Monday only. No lunch served.  
GRANT PARK, NE 33rd & US Grant Place  
11 AM-3 PM, Monday & Wednesday No lunch served.  
KENTON PARK, 8417 N. Brandon Ave  
11 AM-4 PM Lunch: Noon  
KHUNAMOKWST PARK, NE 52nd & Alberta  
10 AM-1 PM, Wednesday & Friday No lunch served.

Eat & Drink = Fundraiser

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

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



PENINSULA PARK, N. Albina & Rosa Parks Way  
10 AM-6 PM Lunch: Noon June 18-Aug 21  
11 AM-1 PM Lunch: Noon Aug 24-26 only  
WOODLAWN PARK, NE 13th & Dekum  
10 AM-2 PM Lunch: 11:30 AM

FREE SUMMER EVENTS

at

CONCORDIA UNIVERSITY

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

Movies in the Park – “Paddington”

Saturday, August 15, 6:30 p.m. (movie begins at dusk)

Join us for this free, annual event held at Concordia’s campus Green, in partnership with Portland Parks & Recreation. Pre-entertainment by local musicians and free popcorn!

www.portlandoregon.gov/parks/article/489142

SECOND ANNUAL

Campus Blues Fest: A Tribute to Janice Scroggins

Curtis Selgado, LaRhonda Steele, Norman Sylvester & more!

Saturday, August 29, 12:00-8:00 p.m.

Join us for an unforgettable experience on Concordia’s campus Green featuring a series of local & national blues artists, as well as local food vendors. This **FREE** event is sponsored by Concordia University in partnership with The Original Halibut’s.

CONCORDIA  
UNIVERSITY

-PORTLAND, OREGON-



# ~Garden & Health~

## Planting for Harvest

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

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

According to the farmer's almanac our average first frost date has now shifted to November 15th. When thinking about planting fall and winter edibles, in general you want them to be at harvestable maturity by this average first frost date. So if you are interested in planting broccoli and the variety you select says 90 days to maturity you need to count back 90 days from November 15th and plant on August 15th. Other factors that effect plant growth to consider are the shorter day lengths and farther position of the sun during fall and winter.

Some crops that do well in the cooler weather of fall and winter are: arugula, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, endive, kale, kohlrabi, peas, lettuce, mesclun mix, mustard greens, parsnips, radishes, rutabagas, salad greens, scallions, spinach, swiss chard and turnips. You can also planting seed potatoes in the summer for a late fall harvest.

Many crops are intended to overwinter. You plant them in the fall and they mature for harvest the following spring or summer. Fava beans, garlic, onions and shallots are all overwintering crops. There are also many overwintering varieties of broccoli, cabbage, carrots and cauliflower.

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

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

For now enjoy the hot weather and reap the abundant harvest of the summer garden. Grab a glass of iced tea and kick back with your fall and winter seed catalog and planting calendar. Then it is time to get planting. When the winter weather sets in you will be grateful you planned and planted early. Summer planting means winter harvest!


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

## Pain in the Neck? Look Up

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

Imagine your head is a bowling ball on top of a flexible popsicle stick. When your head is upright, the ball balances easily on the stick. Now picture that stick bending forward. What's keeping that big weight attached now? The tendons and muscles of the neck. Upright, the head weighs about 12 pounds. But move your head forward just an inch and the perceived weight goes up to 22 lbs, and you can add 10 lbs for every additional inch. Multiply slumped posture at the computer over the course of eight or more hours a day and you can see why neck and shoulder issues are so prevalent. Think of the angle that most people keep their head in while staring down at a cell phone, or a

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## Adopt a Gnome

As the summer heats up, it is staying cool in Portland's favorite "paint your own pottery" studio, Mimosa Studios.

### Supporting Pet Adoption by Adopting a Gnome

Mimosa Studios, a 14 year family owned business on Alberta Street, is hosting its 3rd Annual Gnome Adoption — a fun summer event and fundraiser for the Oregon Humane Society. With over 8 gnomes to choose from, painters can find the gnome that fits their needs — whether traveling with their new companion, or having a new piece of garden art. New gnome owners receive a gnome adoption certificate to commemorate their special figurine and are encouraged to send photographs of their gnomes participating in fun summer events. Prizes are awarded in four categories:

- farthest from Portland
  - highest above sea level
  - favorite summer activity
  - at a famous landmark
- 10% of all gnome proceeds go directly to the Oregon Humane Society at summer's end.



### Winning Portland Thorn Soccer Tickets

This is the summer to celebrate women's soccer and Mimosa Studios is a proud supporter of the Portland Thorns women's soccer team. This summer it is offering all customers the opportunity to enter a free drawing for 4 Portland Thorns tickets to the August 30th game against the Washington Spirit. This is a great family

*Continued; Pain in the Neck?*

keyboard. It's pretty extreme. Your neck muscles may be actually exerting around 50 lbs. of force. Owie.

The big problem here is that your brain will re-map itself to make that NORMAL! So here's my advice folks, and it has always been good, your mom probably told you too: HEADS UP and bring those devices up to eye level. I know that no one (me included) wants to be mindful of all the postural habits that were so diligently drilled into us by moms and teachers: heads up, shoulders back, stomach in. But in the long run, with that mind-LESS-ness we end up with humped backs, rotator cuff dysfunction, neck, shoulder and back pain and permanent postural distortions. It's up to each one of us to make that good choice. Every day. Every positive choice keeps our brain from codifying the bad habits into a new (ab)normal shape. The best (current) advice is to get up and MOVE for ten minutes out of each hour. The research is showing that one big lump of movement does not counter balance the effects of hours of sitting. Maybe it seems too hard, but do your best to get as much movement into each day, hour by hour, as you can. You can do it, and it will change your body for the better, and who doesn't want that?

Penny Hill, LMT. Owner, Rising Sun Massage, can be reached through [ConcordiaMassagePros.com](http://ConcordiaMassagePros.com)

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event and a chance to see some of the United States Women's National Team World Cup Champions play in our own home town.

### Rewarding Summer Readers

Throughout the summer, Mimosa Studios is partnering with the Multnomah County Library to offer prizes to Summer Readers. Summer Readers are school age children all over Portland participating in the library's reading challenge, encouraging kids to read or listen to books all summer long. These Summer Readers are rewarded with bookmark coupons to Mimosa Studios for some free ceramic painting.

Mimosa Studios is located at 1718 NE Alberta Street and open every day: Monday-Friday 11-6, Saturday 10-6, and Sunday 11-5 and supports schools and children's programs throughout the year with auction support and donations

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