



CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

October 2007



Come find out what is going on in the neighborhood.

Meetings held in the Community Room* at McMenamins Kennedy School

General Membership OCTOBER 2
1st Tuesday of each Month at 7 p.m.

Land Use & Livability Meeting OCTOBER 4
1st Thursday of each Month at 7:15-8:15 p.m.

Board Meeting OCTOBER 9
2nd Tuesday of each Month at 7 p.m.

Green Team October 23
4th Tuesday of each Month at 7 p.m.

Attention Cyclists

Join us to discuss Portland's goal of becoming a world-class bicycling city

On Tuesday, October 2nd at 7:00 P.M. at the Kennedy School Community Room, please join us to discuss Portland's goal of becoming a world-class bicycling city and how to make Concordia a great place to travel for all road users. The community policing officer for Concordia will also be on hand to address any crime and safety concerns.

The October General Meeting will address a number of issues relating to bicycling in Concordia: the plan to install new "bicycle boulevards;" the safety of all road users; and the results of last year's SmartTrips NE project, where the Portland Office of Transportation held numerous bicycling and walking events over the spring and summer to encourage people to use their full range of transportation options.

The City of Portland is updating its Bicycle Master Plan. Since the top barrier expressed by non-cyclists is the fear of riding among cars, city planners' main tool to increase bicycling will likely be building more "bicycle boulevards" – low traffic and low speed residential streets with amenities for bicyclists.

Two new east-west bicycle boulevards are under consideration for Concordia

– one on NE Going and the other on NE Holman.

Since 1996, Bicycling Magazine each year has named the City of Roses as the best bicycling city in the United States. Portland also has the highest rate of commuters bicycling to work in the nation (4.4%). Last year, Portland's number of drive-alone auto commuters dropped 5% from the previous year, while the bike commuter rate increased by 25%. In the last 10 years, commuting by bike has risen by 134%.

It's also safer to ride your bike in Portland than before. Since the early 1990s, the number of bicyclists crossing the city's four bike-friendly bridges each day rose over 300%, while the number of cycling deaths has remained constant.

Combine this with one of the best transit systems in the country and the highest number of green buildings in the nation, and you begin to explain how Portland became the first U.S. city to meet the Kyoto Protocol for climate change

by reducing its carbon dioxide emissions below 1990 levels.

More cyclists on the road benefit everyone. Cyclists take up less road space than cars and emit zero air pollution. According to the U.S. Census Bureau, last year 12,164 Portlanders rode their bikes to work each day. Imagine rush hour traffic with 12,000 more cars and if you drive, imagine trying to find a parking spot. Health researchers note that active people take half the number of sick days of their sedentary counterparts.

This explosion in bicycle trips is not without its growing pains. Conflicts sometimes arise between cyclists and motorists. Some motorists complain that some cyclists don't follow traffic laws and don't pay their fair share (although 90% of cyclists also own a car).

What are your views? If you have an interest, question, or concern please join us.



BOEING PDX PAINTING FACILITY PROPOSES RAISING THE EMISSION RATE OF VOLATILE ORGANIC COMPOUNDS FROM 39 TO 99 TONS PER YEAR

by Katie Ugolini

By the time this paper goes to press, the Oregon Department of Environmental Quality (DEQ) will have held an informational meeting at their Portland Office on September 20th about the Boeing Company's plan to increase the number of planes that they paint at their facility near PDX airport. Because of the proposed increase in the number of planes that they paint, they are asking DEQ for a modification of their current air quality permit to include an increase in air emissions. The modification that Boeing PDX is requesting would increase their Volatile Organic Compound (VOC) emission limit from 39 tons per year to 99 tons per year and needs a federally required New Source Review analysis. Oregon Law requires that a request to emit a pollutant above the Significant Emission Rate (39 for VOCs) is subject to analysis for best available control technology.

Boeing PDX, located at 4635 NE Cornfoot Road, paints aircraft manufactured at facilities in other areas. The use of coatings and cleaning solvents emits Volatile Organic Compounds (VOC). The natural gas fired heating system releases Particulate Matter (PM), Carbon Monoxide (CO), Nitrogen Oxide (NOx), Sulfur Dioxide (SO₂), and VOCs in small amounts. Boeing's application states that Emissions of Hazardous Air Pollutants (HAPs) will remain below levels of concern if an increase in VOC emissions is approved with the control technology proposed.

How can you get involved now that the Informational Meeting has been held?

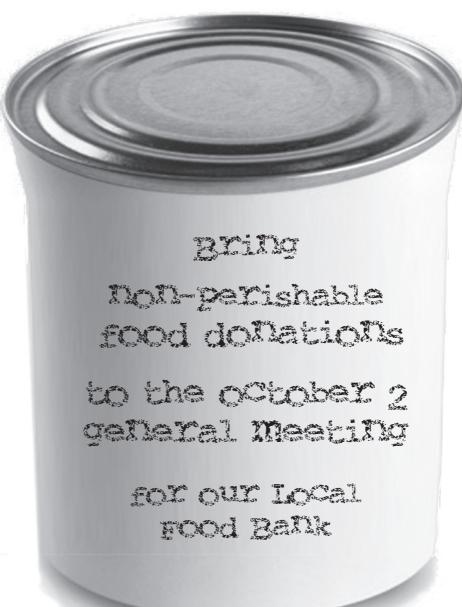
Following the informational meeting, DEQ Air Quality Permit Writer, Kathy Amidon, will perform the analysis of the proposal, and the permit for Boeing PDX will be drafted and revised in accordance with the findings. DEQ will then make the draft permit available for public comment

and a public hearing will be held. DEQ will send out a notice of the hearing at least 30 days prior to the hearing. Additionally, the draft permit and related documents will be available on the DEQ Web site (<http://www.deq.state.or.us/news/publicnotices>). People can formally comment on the draft permit and can send comments by fax, email, and regular mail.

For more information about the technical aspects of this permit action, contact Kathy Amidon at (503)667-8414, ext. 55010; or

amidon.kathy@deq.state.or.us

For information about DEQ's permit public involvement process contact Marcia Danab, DEQ Communications & Outreach, at (503)229-6488 or danab.marcia@deq.state.or.us.



Visit the Concordia Neighborhood Association on the web

www.concordiapdx.org

Chair's Corner

by Katie Ugolini

As mentioned on page 1 of this month's edition of the Concordia News, Boeing PDX, located near the airport, is proposing an increase in the number of planes that they paint at their facility and, as a result, are asking DEQ for a modification of their current air quality permit. They would like their permit to be modified to include an increase in air emissions from 39 tons of VOCs per year to 99 tons per year. By the time that this paper is printed, DEQ staff will be analyzing the proposal and drafting a revised permit in accordance with their findings. DEQ will then make the draft permit available for public comment and a public hearing will be held (please see related article). I urge Concordia residents to voice their opinions regarding this important matter.

Volatile Organic Compounds (VOCs) are emitted as gases from certain solids or liquids. VOCs include a variety of chemicals, some of which may have short- and long-term adverse health effects. As with other pollutants, the extent and nature of the health effect will depend on many factors including level of exposure and length of time exposed. According to the EPA, eye and respiratory tract irritation, headaches, dizziness, visual disorders, and memory impairment are among the immediate symptoms that some people have experienced soon after exposure to some organics. Many organic compounds are known to cause cancer in animals; some are suspected of causing, or are known to cause, cancer in humans.

VOCs also play a key role in the formation of ground-level ozone, commonly referred to as smog. Smog is formed when volatile organic compounds react with sunlight and nitrogen oxide, primarily produced by diesel engine emissions, to become a colorless, odorless gas. Diesel engine emissions and, thus, nitrogen oxide tend to be quite high around airports and industrial corridors, such as the Columbia/Lombard corridor. According to the Sierra Club, it is estimated that more than 100 million Americans continue to breathe air that doesn't meet health-based smog standards. When inhaled, smog causes a burning of the cell wall of the lungs and air passages. This eventually decreases the elasticity of the lungs, making them more susceptible to infections and injury and causing asthma attacks and other respiratory illnesses. Although this danger is present for anyone who inhales smog, children, elderly, and those with respiratory problems and compromised immune systems are at a higher risk of developing health problems associated with this pollution.

In conclusion, Boeing PDX's proposed increase in VOC emissions could potentially have a negative impact on the livability of the Concordia Neighborhood by increasing the health risks of its residents, particularly its most vulnerable. The CNA will be addressing the modified permit at its October Board Meeting and will update neighbors on how to become involved in this important issue through our blog www.concordiapdx.org and this newspaper. Please see the related article regarding how to publicly comment on Boeing PDX's revised permit. Let's work together to foster a vibrant, healthy Concordia community with clean air that is free from toxic chemical threats.

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CONCORDIA NEWS

Concordia News is a free monthly publication of the Concordia Neighborhood Association (CNA). 4,899 newspapers are mailed to its members and surrounding neighbors. 1,000 are delivered to community locations.

MISSION STATEMENT
TO CONNECT CONCORDIA RESIDENTS AND BUSINESSES
- INFORM, EDUCATE AND REPORT ON ACTIVITIES, ISSUES AND OPPORTUNITIES OF THE NEIGHBORHOOD.

Deadlines for articles & advertisements:

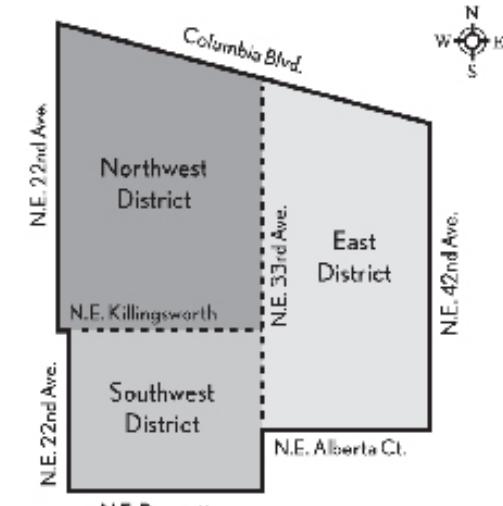
October 10th

for the November 2007 Issue

Submit articles, letters to the editor, calendar events and advertisements to:
concordianews@yahoo.com

Please note, Concordia News may reject or edit for form and length any material, including letters to the editor, submitted for publication.

If you would like to participate in the Concordia News, please contact Peggy concordianews@yahoo.com



**Questions?
Comments?**
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CNA, Concordia News or
how to get involved?**

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The Iraq Names Project

One woman's journey to honor sacrifice and interdependence.

By Carolyn Campbell

I first discovered the Iraq names project on Memorial Day weekend. I was walking along the riverfront with my nephew. As we followed the trail of names, we began to walk in silence. I was struck by the impermanence, the care of each letter, and wondered who would have knelt for hours on end, writing name after name.

A few weeks later, driving down MLK, I saw a woman and a man bent over the sidewalk writing names in chalk. I stopped and walked back to ask them about their project. That was my first introduction to Nancy Hiss. An interior designer by day, she has spent the last three and a half months weaving through NE Portland writing the names of all soldiers from the coalition forces who have died during the Iraq war.

Since then, I have walked along the names with friends. I've spoken about the project with colleagues. I caught up with Nancy as she was writing names in the Concordia neighborhood. Below is a bit of her story. To read more go to the Web site listed at the end of the interview.

Nancy, what inspired you to begin this project?

I was taking an art class with students doing politically charged work. They really inspired me to question how I use my art to express my beliefs in hopes of making a difference.

On Memorial Day of this year, I knelt down in front of the Federal Building and wrote March 21, 2003 in chalk. As I was writing, two guards walked out and watched. When I finished they asked, "March 21? What is that?" I responded,



"That was the first day that a soldier died in the Iraq war." Then I wrote; Aubin, Beaupre, Cecil, Childers, Evans, Gutierrez.

To date, I have written 2,445 names covering over six miles. When it rains, the names and dates are washed away, symbolic that these people are gone.

What responses do you get as people walk by?

The first response is always, "Thank you." Then, "I hope it doesn't rain."

What I've heard from many is that it crystallizes the loss; it has tangibility to it.

People are drawn to the aesthetic of the beautifully drawn names. Many are amazed that it spans six miles and I am only on March 2006. Many say that it is powerful. Some are moved to tears. Some stop to tell stories.

How did you choose what names to write?

I chose soldiers from the coalition forces. It was daunting enough to take on coalition soldiers. I had to draw the line somewhere and I felt this was a cohesive group that made sense for the time and distance it would take to write all the names. Oregonians are written in white, all other names are written in colors. It is a way to share in sacrifice. It is an act of peacemaking.

If there is one thing you want people

to think about, what would you like it to be?

So many people feel helpless. A lot of people ask me if I am part of a group, or who is sponsoring it. I'm hoping people will say, "I'm a person, too; I can do something." In my own way this is a call to activism. Perhaps if each person spoke out, their way, we could make our voices heard.

How are you holding up?

When I'm out on the street, it feels exactly the right place. I'm glad I'm doing it, but it has been difficult. My life is out of balance, much like our world. I couldn't have done it without Dan, my husband, or the volunteers. In the blog, Dan tells the stories behind the names. One of the blogs is about women and their role in the military today.



How people so far have participated?

About 120 have helped with the names. Some people come back week to week and stay for hours. Sometimes families come and they just color in a name.

I would like to write all the names up to the current loss of lives before it gets colder. As the death rate continues, I will just return to memorialize each name.

If you would like to help you can contact Nancy through www.iraqnamesproject.com

Letters to the Editor

Who will lead and speak for Portland's Black Community?

Rosa Parks, Martin Luther King, memorialized as streets in N/NE Portland, may soon be joined by Cesar Chavez Ave, all within the Northeast Coalition of Neighborhoods, a historically multiracial community organization with powerful multiracial Black-White leadership. It is a symbol of change and racial diversity within the community.

Racism and predominately White gentrification over the last 20 years, has displaced the Black community across Portland, and today neighborhood coalitions beyond N/NE like Southeast Uplift have developed an anti-racist, multicultural vision and a new generation of Black leadership. N/NE Portland may appropriately remain significant for the Black community, however it is increasingly clear that Black leadership will be representative of a wider geography and a broader diversity of Black experiences.

Within the power of neighborhood coalitions and associations such as NECN and SEUL, we seek to identify, nurture and promote leadership among both Blacks, growing immigrant communities, and other established People of Color such as the Asian, Latino and Native communities into strategic, effective, meaningful and anti-racist partnerships that unite with the predominately White community of Portland.

Who will speak for Blacks? My vision is to see Black leadership develop within Neighborhood Associations who have the power to address their community concerns, as well as be grounded in multiculturalism. Other people and people of color need to also advocate for justice and equity in the Black community. We need leaders who see issues with an anti-racist analysis, and an ability to make positive change block by block. Portland's efforts at being an authentic multiracial city needs to be both conscious of the extraordinary Black, history, leadership, and the reality of the growing diversity of People of Color.

Joseph Santos-Lyons
Executive Director
Northeast Coalition of Neighborhoods

Angelo Farms – 33rd Drive north of Riverside Golf Club House

Every year at this time we recall going out to his farm to pick frsh garden produce, particularly the tomatoes. The west field has been cleared as if in preparation for some development. If anyone knows what happened to Angelo or where he is, I would appreciate knowing.

It was such an enjoyable part of our summers. We were so grateful he was always there for us. I would greatly appreciate it if anyone can solve this question for those of us "old timers" who remember fondly our trek out to 33rd Drive for fresh tomatoes.

Lee Allen
6116 NE 26th Ave

Out & About

by Belinda Clark

Recently opened: Lolo, the newest addition to the Alberta Arts District cuisine August 16th at 2940 NE Alberta. A Spanish tapas restaurant and bar from restaurateur Giorgio Kawas and Chef Peter Schuh of Giorgio's in the Pearl District, lolo will focus on tapas (finger foods) designed to complement Spanish cocktails and wines. Lolo's setting is contemporary and displays the work of neighborhood artists. For additional

information, call 503.288.3400, or visit www.lolopdx.com.

Sadly gone: When it opened in 2005 on a street full of funky food shacks, Alberta Street Oyster Bar & Grill was setting a trend. Owner Peter Hochman closed the doors and laid off his staff this month.

How did one of Portland's most exciting restaurants tank?

"The major cause was my debt service,"

Hochman says, who adds that it cost around \$250,000 to open the restaurant. "I did this on credit cards and notes, so my debt was pretty high. I hoped it would even out -- and it didn't."

We have some interesting rumors on the street but will let you know of actual changes in this location and others around the neighborhood.

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Keep Our Neighborhood Healthy

Project Linkage

helps older adults remain independent in their own homes by linking them with volunteers who provide in-home support and transportation services.

Through Metropolitan Family Service, Project Linkage coordinates more than 300 volunteers throughout the year who provide assistance to older adults and people with disabilities. Services provided are transportation to medical appointments, grocery store or social outings, plus friendly visits, home repair and telephone reassurance.

Volunteers are screened and interviewed before beginning service to ensure safe, friendly service to clients. We assist more than 1,000 older adults and people with disabilities each year.



Background Information About Metropolitan Family Service (MFS): For more than half a century, Metropolitan Family Service has played a vital role in the lives of children, families, and older adults. We provide services at more than 100 sites, including more than 80 schools. Metropolitan Family Service makes connections that strengthen the lives of 32,500 individuals and families each year.

For more information visit www.metfamily.org. To schedule a ride, call 503.249.0471.

Call for vendors, volunteers, and more for "Portland Grows a Cure"

Milagros is organizing a street/craft fair on November 17 that will raise money for finding a cure for a rare and deadly disease: Langerhans Cell Histiocytosis (LCH). LCH afflicts only five in one million people, 75 percent of whom are children. Our friend Laurel Ackerman, the owner of Bella Stella children's shop, has a daughter suffering from this potentially deadly disease.

Unfortunately, because of its uniqueness, LCH is considered an "orphan disease." Orphan diseases are those that are not "sponsored" by pharmaceutical companies since anticipated profits don't warrant a research investment. Also, LCH does not currently qualify for government research dollars. Because of this, parents like Laurel are the primary advocates for

curing this disease; the money raised to research this disease mostly comes directly from family and friends of victims.

The craft fair we are planning for November 17 will be part of a special fund raising event called "Portland Grows A Cure." On that day Milagros will be donating a portion of our sales to LCH research; all the craft vendors are being asked to donate at least 10 percent of their sales to the cause.

If you are a crafter, want to provide a kid activity, food, or anything to help make this an even bigger event, please let us know. For more information, please contact Tony Fuentes at (971)570-6930 or send an email to Milagros@milagrosboutique.com.

Cavaliers Tops Three Preseason Conference Polls

Concordia University, which last season captured the inaugural Cascade Collegiate Conference all-sports trophy, has claimed the top spot in three of five pre-season CCC coaches' polls, earning the nod in the sports of women's soccer, men's soccer, and men's cross country, the league office announced. Albertson College of Idaho is the pre-season favorite in volleyball, and Corban College captured the pre-season nod to win the women's cross country crown.

The 2007-08 season marks the 15th for the Cascade Collegiate Conference as an affiliated conference of the National Association of Intercollegiate Athletics.

Receiving all 11 first-place votes, Concordia ran away with top spot in this year's CCC pre-season women's soccer coaches' poll. The Cavs claimed a perfect 121 points, outpolling Evergreen (100 points) and Eastern Oregon (87) in the poll.

Concordia head coach Grant Landy

(172-43-17) will look to lead his team through the ten-game CCC schedule to claim an eighth-straight CCC title (ninth overall) in his 11 years at the Portland campus. Last season the Cavaliers swept through conference play without allowing a goal on their way to a semifinal finish at the NAIA national tournament.

The men's coaching rank and file predicts the Cavaliers will claim their sixth consecutive CCC crown as they voted Dan Birkey's soccer club to six first-place votes and the top spot in this year's pre-season poll. The Cavs scored 62 of a possible 64 points.

In 2006, Concordia was the lone CCC representative at the NAIA national tournament. The team's impressive seasonal run came to an end with a 1-0 loss to Milligan College (Tennessee) in first round play.

With eight of 11 first-place votes, Concordia captured the top spot in the 2007 men's cross country coaches' poll. CU head coach Randy Dalzell will lead the reigning CCC champion in its quest to retain its title in late October when it travels to the outskirts of Boise, Idaho for the 2007 CCC Championships on October 20. The women Cavaliers were selected seventh among the group.

Men's Soccer Home Schedule

Thursday	10/11	*Northwest Christian College	4:00 P.M.
Saturday	10/13	*Corban College	4:00 P.M.
Saturday	10/20	*Evergreen State College	1:00 P.M.
Monday	10/22	*Cascade College	3:00 P.M.

*Cascade Collegiate Conference Match

Women's Soccer Home Schedule

Friday	10/12	*Albertson College of Idaho	3:00 P.M.
Saturday	10/13	*Eastern Oregon University	1:00 P.M.
Wednesday	10/17	*Cascade College	3:00 P.M.

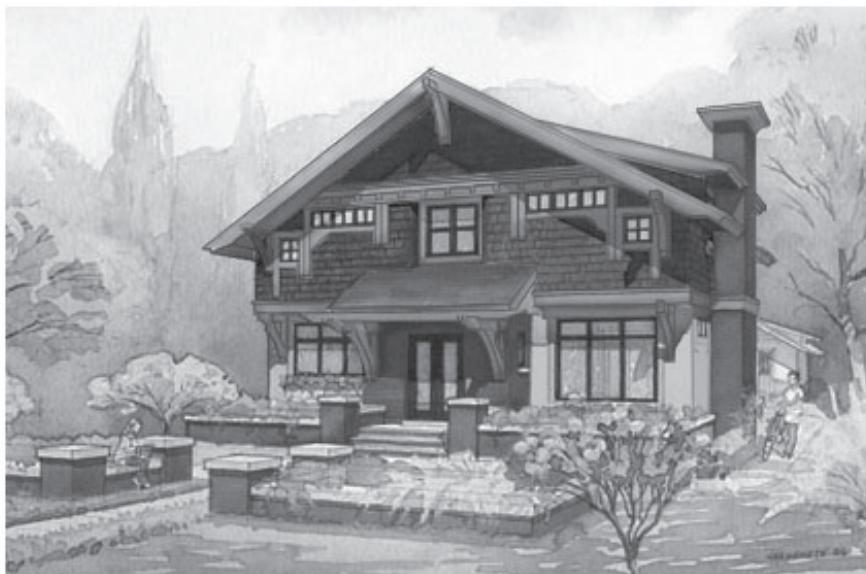
*Cascade Collegiate Conference Match

Volleyball Home Schedule

Friday	10/5	*Albertson College of Idaho	7:00 P.M.
Saturday	10/6	*Eastern Oregon University	7:00 P.M.
Tuesday	10/9	*Corban College	7:00 P.M.
Thursday	10/11	Whitworth College	7:00 P.M.
Friday	10/19	*Evergreen State College	7:00 P.M.
Saturday	10/20	*Northwest University	7:00 P.M.
Friday	11/2	*Cascade College	7:00 P.M.
Saturday	11/3	*Warren Pacific College	7:00 P.M.

*Cascade Collegiate Conference Match

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Have INFO about an underappreciated or little known piece of Concordia?

Send neighborhood news and calendar events to

concordianews@yahoo.com

The Power of Community: How Cuba Survived Peak Oil

Northwest Earth Institute to host this inspiring movie at The Core Source

When the Soviet Union collapsed in 1990, Cuba's economy went into a tailspin. With imports of oil cut by more than half – and food by 80 percent – people were desperate. This film tells of the hardships and struggles as well as the community and creativity of the Cuban people during this difficult time. Cubans share how they transitioned from a highly mechanized, industrial agricultural system to one using organic methods of farming and local, urban gardens. The film opens with a short history of Peak Oil, a term for the time in our history when world oil production will reach its all-time peak and begin to decline forever. Cuba, the only country that has faced such a crisis – the massive reduction of fossil fuels – is an example of options and hope.

When: 7 P.M. October 18th
Where: The Core Source, 5509 NE 30th Avenue

What: The evening will begin with a brief overview of the impact of the oil crisis throughout small communities. The movie will start promptly at 7:15

Please bring: Your own sit upon & 47 cents-- a donation to cover the cost of the film

NWEI is a recognized national leader in the development of innovative programs that empower individuals and organizations to protect the Earth. Since 1993, over 80,000 participants in all 50 states and Canada have participated in NWEI courses, creating a network of dedicated volunteers taking action on behalf of the Earth.

NWEI offers seven study guides for small groups that can be implemented in workplaces, homes, libraries, faith centers, neighborhoods, and community centers throughout the nation. Course topics include Voluntary Simplicity, Choices for Sustainable Living, Global Warming: Changing CO2urse, Exploring

Deep Ecology, Discovering a Sense of Place, Healthy Children-Healthy Planet, and Globalization and Its Critics.

These programs are organized around three key principles:

1. An Earth-centered ethic promoting individual responsibility for the Earth.
2. The practice of engaged simplicity to enrich life and reduce personal impact on the Earth.
3. A dedication to living fully in place and protecting the unique bioregion in which you live.

Please contact National Outreach Coordinator Deb McNamara for more information at Deborah@nwei.org or (503) 227 2807. Visit www.nwei.org to learn more about NWEI.

Leave No Plastic Behind



Artists display works made from plastic shopping bags at the Alberta Street Fair on September 15th. The street closure gave them space for a workshop where people made arts and crafts from bags.

Learn more at www.lnpb.org.

Lead Safe Portland

As the recent toy recalls highlights, lead exposure remains a big problem for our children. The problem with unsafe toys on the market is a reminder that we need to be our own best advocates as consumers and consider the country of origin and the materials used in products we purchase.

However the biggest risk to children's health remains exposure to lead through old house paint. Although banned more than 30 years ago, many older homes and buildings still have lead based paint. And this risk is significant, in Multnomah County one out of every fifty children will suffer from lead poison and the majority of these cases will be due to exposure from lead-based paint.

Lead is a serious risk for children. Even low levels of lead can cause permanent IQ loss, behavioral problems and learning disabilities. Fortunately lead poisoning is 100 percent preventable and the Lead-Safe Families Coalition is ready to show you how.

Come to the Lead Safe Portland event on Sunday, October 28 from 12 noon – 2 p.m. at the Matt Dishman Community Center, 77 NE Knott Street. The event will include free lead screening for toys, free blood lead testing, free food, crafts, and much more!

For more information, please call 503-823-3400 or go online to www.pdc.us/leadhazrd

OCTOBER IS LEAD-AWARENESS MONTH.

LEARN MORE AT LEAD SAFE PORTLAND

Sunday, October 28, 2007.

Matt Dishman Community Center, 77 NE Knott St.

12:00 pm to 2:00 pm

- Free lead screening for toys
 - Free blood lead testing
 - Free food, crafts and more!
- Call the Leadline, 503-988-4000.



Can you be a convincing disaster victim? The Police Need Y-O-U!

In October, the City of Portland will be taking part in a series of disaster drills known as T4, which is short for TOPOFF 4 — which is probably short for something else. Regardless, now is your chance to put your drama chops to the test!

The City needs 600 volunteers to participate in a large-scale disaster scenario at Portland International Raceway (PIR) on Tuesday, October 16. There are a number of different roles as disaster victims to fill but viewing the "Towering Inferno" or any other film by Irwin Allen should put you in the right place motivation-wise. The FBI will be conducting background

checks on volunteers who are positioned at the large-scale event. But if your past is checkered, no need to panic; according to the news release, "There are opportunities to volunteer at other sites that do not require a background check." In any case, if you are interested in participating in this large-scale disaster play, please contact June Vining at (503)823-3937 or jvining@fire.ci.portland.or.us.

If you prefer more intimate productions, there is good news as well! On October 17, the Police East Precinct will host a T4 shelter-in-place exercise from 9:30 A.M. to 11:30 A.M. There is a need for about five to seven volunteers who are interested in participating in this exercise; these parts are harder to come by and are clearly more prestigious. Have your agent — or someone pretending to be your agent — contact Marsha Palmer at (503)823-0264 or marsha.palmer@portlandpolice.org.

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Common Ground Wellness Cooperative Finds New Ground

by Rebecca Wetherby

Common Ground Wellness Cooperative is now open for massage and other bodywork. They hope to complete all of the planned changes at 5010 NE 33rd Avenue at Alberta by the end of November.

A dry cedar sauna and salt-chlorinated communal hot tubs will soon be available. The hot tub will have quiet time hours and alternating men's and women's days.

This commercial street is an improvement from its past location on NE Flanders which was completely residential. NE 33rd Ave is on frequent bus lines, has pedestrian traffic, and off-street parking.

The Cooperative now has a lease with the building's owner who shares their vision of wellness and community. This is a big relief after operating without a lease on NE Flanders for the last ten years. That situation eventually led to disruptive conflicts and litigation.

The name was recently changed from Common Ground Wellness Center to Common Ground Wellness Cooperative. The change reflects their new 501(c) status and different direction in organization. On the www.cgwc.org site, the mission statement reads: "To create/ provide an urban cooperative community

wellness center committed to integrative healing and ecological responsibility."



Richelle Corbo is at the lead of the transition. She became the Executive Director two years ago after working at the center since 1996. When she took on the role she knew that big changes were afoot. Serendipitously, she found the perfect new spot close to her home.

Corbo has lived in the Concordia and Vernon neighborhoods for the past eleven years and is excited to bring the Cooperative to her neighborhood.

Common Ground has already collaborated on building a fence that ensures privacy for both residents and customers. She also hopes to have open house events once the dust settles on the construction.

The first phase of opening comprises a remodel of the existing low-rise early sixties office building. The period skylights, courtyard, and glass brick windows are all incorporated into the new design. The single story allows the Cooperative to be disability accessible for the first time. The 6550 square foot building also flows much better than the old location.

The second phase spans new construction on the adjacent lot. The

vision for the second building is to create an exemplary green wellness center. Plans incorporate knowledge acquired through the years, along with the guidelines of the Cascadia Regional Green Building Council's Living Building Challenge.

The new building construction will take at least two years. Along with expanding the hydrotherapy options, it will include storefronts and green garden space along NE 33rd that will be open to everyone.

Common Ground Wellness Cooperative has 350 active members. To find out more about how you can become a member, or for more information, call (503) 238-1065.

INTERESTED IN JOINING THE CONCORDIA FOOT PATROL?

The Concordia Foot Patrol will be up and walking again in October! Five new members joined in September. The Concordia Foot Patrol is a great way to meet neighbors, contribute to the community, and get some exercise too! If you are interested in joining or reinstating your membership in the Concordia Foot Patrol, please call Katie Ugolini at (503) 617-6810 or (503) 449-9690.

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WELLNESS COMMITTEE UPDATE

Amy Watson
Carolyn Campbell
Jason Lindekugel

Ah, the crisp autumn air. The final chance to escape the city with shorts and hoodie. The end to the lazy days of summer and when many Portlanders do their final sweep of the garden and get back to focusing on the business at hand.

The people at the Wellness Corner have taken this time to review our last year and look ahead to see what we can offer the community. We would love your ideas and input, too!

Over the last year we have had the pleasure of working with Concordia residents on a number of great events.

Last summer, we raised over \$1,000 for the Relay for Life of NE Portland, a benefit for the American Cancer Association, and organized a relay team walking continuously for 24 hours — through the heat, through the night, and into the wee hours of the morning. As part of that event, The Wellness Committee partnered with Kennedy School to sponsor a film on the marketing antics of the pharmaceutical industry. We were thrilled to see such a wonderful turnout!

That movie event inspired us to launch a monthly movie night at The Core Source, offering free movies that are inspirational, artistic, and address current topics of interest. Ranging from "The Secret" to Andrew Goldsworthy's "River's and Tides," we have had a wonderful array of folks attending. One movie, "Doing Time, Doing Vipassana," was so crowded people tried to watch the movie through the window. We now have a movie committee to select and plan each film. Many thanks to Ansula Press, Karen Beal, Chrissie Ott, and Suzanne Sanchez.

Last September, Amy teamed up with Peggy Alter to put on the General Meeting, and they discussed sending kids off to school with both healthy and tasty lunches.

Later in the fall, we featured a day of community wellness called "The Art of Living" with workshops, music and children's events with the generous sponsorship of CNA, New Seasons, and Umpqua Bank. Over 300 people attended the day-long event.

The number of people who go through personal hardship and need additional support came to our attention in the spring. We created the Concordia Care Network, to connect our neighbors who are going through health or other crises with other neighbors who are willing to offer support. We have received a wonderful response from people wanting to reach out and help. We now seek ideas on ways to reach the people needing assistance. If you know of a Concordia resident who could benefit from the Care Network, please have them call Amy Watson at (503)282-0664, or email: amywatson@mac.com.

This August, Carolyn had a blast at Neighbors Night Out, running the wheel of prizes. She helped coordinate contributors and sponsors and got to interact with many of the beautiful people in our community.

And finally, we received wonderful feedback on the articles submitted from experts in the arena of garden care, health, personal development, and community connections. Thanks to all who have offered

to share your wisdom. If you have a topic, please send your idea to Jason Lindekugel at pdxchiroguy@hotmail.com.

So what's on the horizon for the Wellness Committee? We are currently planning our next event and we'd love your input. We would like to hold a community event that addresses the health needs of our neighbors. If you have any suggestions or would like to be a part of the event, please contact Carolyn Campbell at (503)493-9497.

We look forward to offering you tips, tools, and ways to enrich your health, your life, and our neighborhood.

In wellness,

Carolyn Campbell
Amy Watson
Jason Lindekugel
CNA Wellness Committee



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concordia CULTURE

September 27

Riding the Tenth Wave.

WHAT: A group show with ten artists who have shown their works at Onda in the last ten years. These artists have helped define the style of art at the Onda Arte Latina/Cross Currents Gallery. Celebrate a decade of Latin American and Latin American inspired art on Alberta.

WHEN: Until October 22nd

WHERE: 2215 NE Alberta

September 29

FREE Master Recycler Plastic Roundup

WHEN: 9am to 2pm at two eastside locations:

WHERE: Floyd Light Middle School 10800 SE Washington

Kaiser Permanente West Interstate 3325 N Interstate (off Fremont & Overlook Park)

October 6th

Cat in an Apron Trunk Show.

WHAT: Goods made by Northwest designers and artists, including neighbors. This year's show benefits the Oregon Food Bank. Bring non-perishable and canned goods. The first 50 people in the door get a free swag bag. Go to www.catinanapron.com for more information.

WHEN: 10 am - 4 pm

WHERE: The Oregon Stamp Society Building at 33rd and Alberta Ct.

October 9

First Meeting for Airport Futures Planning.

WHAT: Airport Futures is a collaborative effort between the City of Portland, Port of Portland, and Portland-Vancouver metropolitan community to update the PDX Airport 2000 Master Plan. For more information go to www.PDXAirportFutures.com.

WHEN: 4:30 - 9 pm

WHERE: Port of Portland, Commission Room 121 NW Everett

October 14

Englewood Christian Church spaghetti dinner.

WHAT: Englewood Christian Church youth are hosting a spaghetti dinner. Tickets are \$7.50 at the door. Proceeds go to the youth activity fund. All are welcome.

WHEN: 12:30 - 3 pm

WHERE: 3515 NE Killingsworth St.

October 16

Town Hall on Central Northeast Neighbors Transportation Issues.

WHAT: The Safe and Sound Streets Town Hall on CNN Transportation Issues is hosted by Sam Adams. The community is invited to give their input. Projects include: intersection and bicycle safety improvements, safe routes to schools, adding sidewalk etc.

WHEN: 7 - 9 pm

WHERE: Madison High School, 2735 NE 82nd Avenue

October 18

Free Weatherization Workshops.

WHAT: Find out how to implement simple measures to lower home energy use and learn how to install effective weatherization materials in their homes using only basic tools such as scissors and screwdriver. Income-qualified participants receive a free kit of materials worth \$150. Call 503.284.6827 to register.

WHEN: 6 - 8 pm

WHERE: Community Energy Project, 422 NE Alberta

Movie: The Power of Community: How Cuba Survived Peak Oil

WHAT: The evening will begin with a brief overview of the impact of the oil crisis throughout small communities. The movie will start promptly at 7:15 Please bring: Your own sit upon & 47 cents-- a donation to cover the cost of the film

WHEN: 7 PM.

WHERE: The Core Source, 5509 NE 30th Avenue

October 21

Babywearing Gathering.

WHAT: Portland Babywearing group meets to exchange stories and tips about babywearing.

WHEN: 11 am - 1 pm

WHERE: Milagros Boutique, 5433 NE 30th Avenue

October 23

Portland Business 2.0.

WHAT: How to do Business in the 21st Century. The Annual APBNA conference will include sessions such as, Spiffin Up Martin Luther King Jr. Blvd. - Collaboration at Work, Web 2.0 Marketing Strategies for Small Business, and more. Get more details at www.apnba.com

WHEN: 8 - 4 pm

WHERE: The Oregon Convention Center

October 25

Amy Ruppel Art Opening.

WHAT: Critically acclaimed illustrator/product designer/artist Amy Ruppel joins OFFICE for a show of new works. Go to www.amyruppel.com to check out her distinctive style.

WHEN: 7 - 9 pm

WHERE: OFFICE, 2204 Alberta St.

October 31

Trick-or-treating.

WHAT: Concordia University students celebrate the Halloween tradition by giving treats to children in costumes.

WHEN: 6 - 9 pm

WHERE: The dorms at NE 29th and Holman



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**FIRST THURSDAY
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with BILL MARTIN**
Old-time American fiddle
7 p.m. · Free · All ages welcome

Thursday, October 11
**THURSDAY NIGHT MUSIC
THE OLD YELLERS**
Americana
7 p.m. · Free · All ages welcome

Tuesday, October 16
**CD RELEASE
JASON WEBLEY QUARTET**
Seattle's favorite accordion troubadour returns with the release of *The Cost of Living*.
7 p.m. · Free · All ages welcome

Thursday, October 18
**BACK TO SCHOOL:
10th ANNIVERSARY
CELEBRATION**
Celebrating a decade in the Concordia neighborhood with a Tribute to Kennedy School vets, food & drink specials, free movies and more!
3 p.m. 'til late · Free
All ages welcome

Live music by
dr. theopolis
Funky dance grooves
as part of the
Great Northwest Music Tour
7 p.m. · Free · All ages welcome

Thursday, October 25
**THURSDAY NIGHT MUSIC
THE TALL BOYS
with BILL MARTIN**
Authentic old time string band
7 p.m. · Free · All ages welcome

Friday, October 26
**FOGHORN STRINGBAND
with PHIL JAMISON**
Old-time fiddle tunes
7 p.m. · Free · All ages welcome

Sunday, October 28
**FAMILY
HALLOWEEN PARTY
WITH VAGABOND OPERA!**
Check out a costume contest, musical Halloween skit and more.
5 p.m. · \$10; kids 10 and under free
All ages welcome; kids with adults only

Wednesday, October 31
**HALLOWEEN
TRICK OR TREATING**
Bring your costumed kiddies to the Kennedy School for a little All Hallow's Eve fun.
4:30 p.m. 'til 6:30 p.m. · Free
All ages welcome; kids with adults only

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