



CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

July 2008



Be a part of what's happening
in the neighborhood.

Meetings
held in the
Community Room
at McMenamins
Kennedy School

- General Membership**
JULY 1
1st Tuesday of each month at 7 P.M.
- Land Use & Livability Meeting**
JULY 3
1st Thursday of each month at 7 P.M.
- Board Meeting**
JULY 8
2nd Tuesday of each month at 7 P.M.
- Green Team**
JULY 22
4th Tuesday of each month at 7 P.M.



Summer Concerts in Fernhill Park 2008

By Matt Steadman

Your Concordia Neighborhood Association, in conjunction with Portland Parks and Recreation, is very excited to bring you another year of FREE concerts this summer. The community sponsorship and neighborhood attendance has been greater than we could have ever imagined.

Concerts are on Fridays, starting July 11th through August 1st from 6:30 P.M. to 8:00 P.M., and conclude with a special Neighbors Night Out on Tuesday, August 5th. Concerts are free to attend and you are welcome to bring your food and drink, but note there will also be food vendors, Aladdin's Café and Hot Dog Ernie's, at the events. We will pass the "watering can" during intermission for you to donate any amount to ensure we can continue this event in the future.

The amazing musical lineups that we have this year are:

July 11th Friday
The LaRhonda Steele Band
(soulful R & B)



The LaRhonda Steele Band are a local favorite and have played in Portland's biggest festivals and are looking forward to playing for their first time at our Fernhill Park. LaRhonda Steele is the fabulous former vocalist for Ocean 503 and for 'Boogie Cat' Norman Sylvester. Her

strong vocals and stage presence will be perfect for a Friday night at the park. You won't want to miss their rendition of blues and jazz. For more information please see www.larhondasteel.com

July 18th Friday
Vagabond Opera



(bohemian cabaret) A European style cabaret band, this six-piece ensemble is part music, part performer, and part theater. In Vagabond Opera's own words, "The ensemble delivers an eclectic mix of original and traditional compositions, unified by an old-world mood. Gut-bucket swing, tangos, Paris hot jazz, Ukrainian folk-punk ballads, Arabic bell dance, Klezmer, operatic aria, and vigorous originals mingle with Absurdist Bohemian cabaret style, all played with skill, exuberance, and a gritty vagabond edge. See their website at www.vagabondopera.com

July 25th Friday
Casey Neill and the Norway Rats
(American Rock)

Casey Neill and the Norway Rats take time away from their studio recording to play an exciting night for us. A combination of folk-punk, Americana rock, and Celtic styles, there's a little

bit of something for everybody. Casey Neill, who has roots in the Pacific Northwest, is backed by an amazing band or should I say Rats. Check out the website at www.caseyneill.org



August 1st Friday
Grupo Antifaz
(regional Mexican)

Bienvenidos from Hood River, Oregon, Grupo Antifaz is going to bring an authentic Mexican performance to this year's concert series. They have played to large crowds at Tom McCall Waterfront Park for Cinco de Mayo and have toured throughout Oregon and released several CDs.

See their website at www.grupoantifaz.com

August 5th Tuesday
Trashcan Joe
(old-timey strings)

From their website www.TrashcanJoe.com, they play original old-timey jazz, ragtime, and blues on home-made instruments. If you have ever seen these guys play live you know how much fun it is. Just realizing that their homemade instruments are behind their unique sound makes them different from anything else you have ever listened to. This is for Portland's biggest National Night Out celebration.

Major Sponsors for the Fernhill Concert Series

The Fernhill Concert Series is 100% funded by generous donations and sponsorships from local businesses and people. We would not be able to have these great concerts without their support. Please support the businesses that support the neighborhood. If you would like to become a sponsor for next year please contact Matt Steadman via email at: mattsteadman@comcast.net We would like to thank our Contributing and Major Sponsors for 2008.

THE SECURITY TRADERS ASSOCIATION of PORTLAND

The Security Traders Association of Portland (STAP) is proud to be a presenting sponsor again this year. STAP is a professional organization made up of local members of the stock trading and money management community. A few of the companies that its members work for include Wells Capital Management, Pacific Crest

Securities, DA Davidson, Columbia Management, The Robins Group, Becker Capital, Ferguson Wellman Capital Management, McAdams Wright Ragen, Mazama Capital Management, and several others.

STAP is an organization that provides ongoing education and training for its members and also enjoys giving back to the community. STAP holds an annual charity event in which all the net proceeds are donated to several charities including Doernbecher Children's Hospital, Make a Wish Foundation, OregonStockMarketGame, scholarships for Portland State University, Portland Community College, and several other organizations including the Portland Parks and Recreation concert series.

CONCORDIA UNIVERSITY

Concordia is a private, Lutheran liberal arts university in Portland, Oregon that welcomes students of any faith.

Committed to the dual purpose of preparing students for life and for a living, Concordia provides a challenging, yet supportive learning environment where spirited intellectual inquiry strengthens students' commitment to justice, compassion, and moral integrity.

Concordia University (CU), founded in 1905, continues to be a great neighbor and supporter of the Concordia neighborhood. Concordia's students volunteer in the local schools, provide training, and have helped sponsor several neighborhood events. As CU expands they welcome neighbors to tour the campus, and offer free resources to Concordia residents such as use of the library. For more information see www.cu-portland.edu.

McMENAMINS KENNEDY SCHOOL, in the heart of Concordia Neighborhood, is a building full of good times. Enjoy the original creative

artwork throughout as you make your way to a \$3 movie and a slice of pizza, settle in for a great meal, sit by the outdoor fireplace to savor a pint of McMenamins local brew, or catch a Thursday evening concert. Remember, use of the beautiful relaxing soaking pool is free to Concordia residents. McMenamins, a great place for families and friends. See you at school! Check us out online at www.kennedyschool.com.

CIAO VITO

2203 NE Alberta Street
Join Ciao Vito for a fabulous Daily Happy Hour: 4 P.M. to 6 P.M.: Friday, Saturday, and Sunday
4 P.M. to 8 P.M.: Monday thru Thursday
Food items range from \$2 to \$6.50 and include, but are not limited to:
Roasted Beets/Feta Cheese/Spiced Nuts for \$4

continued on Page 2

Chair's Corner*

by Tony Fuentes

There has been a common theme in my conversations with folks lately. Any big summer plans? Not really, we are staying close home, is the typical response.

The cost of getting around is definitely putting a crimp in the vacation plans for a lot of neighbors this year. We count ourselves among the many staying close to home this summer. Luckily, staying close to home can still be a great adventure. I anticipate that this serves as a reminder of why Portland a such a wonderful place to live.



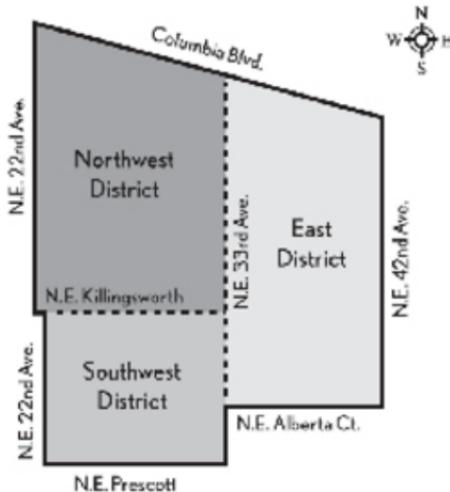
What is on our summer agenda? Plenty. For those times when we are willing to get in the car, we will be hitting some of the countless local, state, and national lands in the area – from Mt. Hood to the Coast. You'll find us picking berries on Sauvie Island, kayaking on local lakes and rivers, bicycling the back roads, and hiking on local trails.

You will also find us leaving the car at home, and hopping on a bus or a bike to some of the great city parks, community centers, and libraries that are outside of the neighborhood. Visiting Forest Park for a picnic and day hike. Heading to Grant Park for a dip in the pool. Running through the fountain at Jamison Park. And so much more.

Our own two feet will take us to plenty of fun right here in the neighborhood. Fernhill Park is open any time for a picnic, playing around, or just relaxing in the sun. The park will also be filled with music and activities in July and August. Local businesses also offer fun diversions. It is hard to beat a bargain movie in the Kennedy School's air conditioned theater when the dog days of summer are upon us. And the patios at local hot spots are already open for business.

There are plenty of summer memories to be made. When it comes down to it, the real challenge with staying in town is choosing from the endless list of options, activities, and events. Enjoy your summer!

*The opinions, beliefs, and viewpoints expressed by the author(s) in this column do not necessarily reflect the opinions, beliefs and viewpoints of the Concordia Neighborhood Association.



Concordia Neighborhood Association Board Members and Elected Officials

Board Members	Chair Katie Ugolini	296-7839	kugolini@earthlink.net
	Vice-Chair Tony Fuentes	971-570-6930	milagros@milagrosboutique.com
	(E1) Anne Rothert	493-1938	arothert@gmail.com
	(E2) Julierae Trunz	730-4636	evajrm@gmail.com
	(SW1) Peggy Alter		pegalter@msn.com
	(SW2) Jennifer Warberg	971-506-9958	jwarberg@comcast.net
	(NW1) Isham "Ike" Harris	282-1543	ishamharris@msn.com
	(NW2- Shared) Mary Schultheisz	282-4640	mschultheisz@cu-portland.edu
	Joel Schultheisz	282-4640	jschultheisz@cu-portland.edu

At Large Board Members		
Rhonda Bergemann	891-0014	Rhondabifani@hotmail.com
Belinda Clark	680-2075	clarkbbe@yahoo.com
Don Francis	421-1861	dfrancis@ecotechllc.com
Ken Dodge	951-8428	artfuldodge@hotmail.com
Steve Hoyt-McBeth	475-8725	smhoyt@yahoo.com
Matthew Light	971-506-5856	milight@firsthoustonnw.com
Matt Steadman	806-5010	mattsteadman@comcast.net

Crime Prevention Specialist	Mary Tompkins	823-4763	mary.tompkins@ci.portland.or.us
NE Precinct Neighborhood Response Officer	Officer Ric Deland	823-5818	rdeland@portlandpolice.org

Land Use Chair	George Bruender	287-4787	gbruender@comcast.net
Land Use Co Chair	Joseph Occi		jocci@comcast.net
Transportation Chair	Harris Hyman		harris@hhpe.com
Community Safety & Livability Chair	Craig Chambers		craig.chambers@meeting.com
	Belinda Clark	680-2075	clarkbbe@yahoo.com
Economic Development Chair	Matt Steadman	806-5010	mattsteadman@comcast.net

CNA Treasurer	Rhonda Bergemann	891-0014	Rhondabifani@hotmail.com
CNA Bookkeeper	Jeanette Eggert	331-1884	jeggert@cu-portland.edu

Social Community/Committee Chair	Katie Ugolini	296-7839	kugolini@earthlink.net
Wellness Committee Chairs	Amy Watson	975-5716	amywatson@mac.com
	Jason Lindekugel, DC		pdxchiroguy@hotmail.com
Green Team	Gayle Booher		Concordiagreenteam@yahoo.com

Co-Chair- Friends of Fernhill Park	Anne Rothert	493-1938	arothert@gmail.com
Co-Chair- Friends of Fernhill Park	Melody Winn	282-6574	OurPlacePreschool@comcast.net

Webmaster	Steve Rowley		srowley@pocketbookvote.com
Recording Secretary	Shawna Zierdt		szierdt@gmail.com
Community Room Scheduler	Anne Rothert	493-1938	Arothert@gmail.com
Neighborhood Clean Up	TJ Millbrooke	460-3506	tj@yolocolorhouse.com
Yard Sale	Donna Carrier (Paul)	288-9826	dmc@teleport.com
Friends of Trees	Jordan McCann		jordan_friendsoftrees@hotmail.com
Chair, Concordia Foot Patrol	VACANT		

Managing Editor	Peggy Alter	concordianews@yahoo.com
CNA Newsletter Business and Advertising Manager	VACANT	
Copy Editor	Eve Connell	
Layout Editor	Lisa Reeve	
Journalists	George Bruender	
	Rebecca Wetherby, Calendar	



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.

Deadlines for articles & advertisements:
July 15th
for the August 2008 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
or PO Box 11194
Portland, OR 97211

MISSION STATEMENT

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

Fernhill Concert Sponsors

continued

Spaghetti Marinara/Parmigiano Reggiano/Fresh Basil for \$4
Sugo of Pork/Penne Rigate for \$6
Grilled Skirt Steak/Potato Salad/Red Wine Demi Glace for \$6.50
And there are many more fabulous food choices as well as drink specials on the Happy Hour Menu! Please visit www.ciaovito.net.

JOHANNA KEITH – WINDERMERE CCRG

Integrity, Knowledge and Experience. Living and working in your neighborhood. Call and find out why clients keep coming back.

Johanna Keith - Broker, CRIS
Windermere Cronin & Caplan Realty Group, Inc.
503.286.5477 (office) 971.207.3058 (cell)
Johanna@windermere.com

NICHOLSON DEVELOPMENT

On behalf of all the retail tenants at NE 33rd and Killingsworth, Nicholson Development would like to thank the Concordia Neighborhood for their continued support.

UMPQUA BANK

When we say "Welcome to the World's Greatest Bank," it's more than an expression, more than a slogan. It's our commitment to our customers and communities, and it's our commitment to ourselves. It's the reason for everything we do.

Visit us at: 4335 NE Fremont Street, Portland, OR 97213

July Land Use and Livability

by George Bruender, Land Use Chair

The three joint committees meet together the first Thursday of each month at 7:15 P.M. in the Kennedy School meeting room. Residents are encouraged to bring up issues of concern in our rapidly changing neighborhood. You can get on the agenda by signing up at the meeting or by contacting us via email.

We are looking for some folks who are interested in being part of the group of decision makers on Portland Streetcars. Right now we have no representatives: some of the suggested streetcar routes could go down Alberta, Killingsworth, or other streets in our neighborhood. Participants could get in on the ground level and become part of the process rather than wait for others to make decisions for our area.

We are also looking for people to fill the various chair positions on our committees. There's usually quite a bit of work to do, so most positions have been filled with co-chairs. We've seen a lot of people take lead positions on particular issues in the past few years and now may be the time for them to take more specific leadership positions.

One of the major issues of the past few months has been the development on the empty skinny (2500 square feet) lot at 6130 NE 32nd Ave. Many concerned neighbors under the leadership of Ken and Gwen Forcier sent objections and petitions to the City about the planned structure, but their concerns were basically turned down. Two steps are now underway.

With the support of the Land Use Committee, an appeal has been filed on the reduction of side setbacks from the required 5 feet to 3 and 2 feet. The property owner wishes to build a wider than usual 15 foot wide skinny home which produces a much better design with more windows, porches, and parking in the back. But at the same time, the reduced set-backs put the house extremely close to neighboring properties. Drawbacks include having a dead zone between close homes, creating wind tunnels between homes and potential fire tunnels. It also sets a precedent for more houses that "over-fill" the very narrow lots. The city will hear the formal appeal on Thursday, August 7th. For more information and/or to come to support the appeal contact, Ken Forcier at 503.922.0386 or ken@gracewooddesign.com.

The second issue has been the 100 year old tree on the same property that will have to come down to build the house as planned. This issue cannot be appealed because the owner of any originally-platted 2500 square foot lot may legally remove any or all trees. After discussions with City Commissioner Dan Saltzman, who heads the Bureau of Environmental Services, it was suggested that one possible avenue to save the tree would be to get a court injunction against the removal of all substantial trees of more than 1 foot in diameter. The basis would be that the trees contribute all types of public benefit (rain water run-off, wildlife habitat, aesthetics and neighborhood character, oxygen production in an area

of high respiratory health problems), and that their elimination would be a public detriment or nuisance. The search is on to find legal help to file the injunction, so if you have suggestions, contact Ken.

The other major issue involves Concordia University (CU) and its plans for a group of adult apartments to be built on NE 27th between Highland and Liberty across from the college gym. Several meetings of neighbors has led to a group of these neighbors, lead by AJ Boots, Lizzy Hildebrand, and Bonnie Nuttleman, to ask the City to reject the development. Most of the objections are based on promises that the college, with City approval, made in 2002 in an Impact Mitigation Plan (IMP) to ease the interfacing of the residential homes with a large institution. Their petitions and written objections make the following points:

The proposed building is too tall for the neighborhood. In some places a three-story "dorm" is 17 feet from residential backyards with one-storey homes. The IMP says that "all development must be designed to smooth the transition..."

There are too many living quarters for the number of parking spaces. There are 43 spaces planned for 104 bedrooms in the units. The City requires 31% parking coverage for the college, but that was based on earlier figures of 1,265 students/faculty that were exceeded in 2003. CU has not given us the precise on-campus enrollment, so it's hard to evaluate whether there is sufficient parking anywhere in the system. Also the college has become more and more a commuter, rather than residential, college which impacts parking in the neighborhood.

The IMP directed that there be an active program that developed alternative measures for students to get to the school, with an incentive program to use those measures. These steps were to be evaluated and reported annually to CAN, among others, evaluated by a professional transportation person. This has apparently not happened as we at the neighborhood association have seen no reports.

And lastly, among promises that CU made to the nearby residents, was the promise of providing child care in some fashion. There has not been follow-through, or an explanation, as to why this didn't happen.

The group of concerned citizens certainly agree that CU has the right and need to develop their property. They note that the college boasts of its good relations with the community. They also realize that it's challenging to mix housing and institutions in the same neighborhood, but they expect better respect for promises made in the IMP.

Boeing Coming Through for Neighborhoods

by George Bruender

NE Neighbors for Clean Air (NENCA), composed of volunteers from Cully and Concordia Neighborhood Associations, met recently with state officials from DEQ and Boeing headquarters to evaluate progress on installing VOC control technology at their airplane painting facility off Cornfoot Road near the two neighborhoods. Concordia was represented by former Board members Robin Denberg and George Bruender, and Concordia University CFO Denny Stoecklin. VOCs are volatile emissions from the painting process that when released in the air stream may cause a variety of respiratory health problems. Agreements were declared by all parties to be both reasonable and fair, and Boeing was praised by chair Bob Grainger for "being open to doing the right thing" for local residents and the environment.

Boeing has voluntarily committed itself to building a natural gas controlled air flow system that collects and absorbs the potentially harmful emissions before they are released from the two huge hangars. Research is underway to locate the best technology for the process. Bids will be taken starting in September, and construction will start next spring. Estimated costs to Boeing will be in the \$7 million range. In the meantime, painting will continue under the current DEQ permit that allows from zero to 39 tons of VOCs, the lowest amount the Clean Air Act of the EPA allows (Boeing had originally asked for 99 tons). The actual emissions on the new collector/absorber won't be known until it is installed and tested.

One problem, identified by both neighbors and Boeing, was that as the efficiency of the system increases, so does the CO₂ (carbon dioxide) emissions from the natural gas used to operate the equipment. Boeing is committed to reducing their carbon footprint at least 25% in the next five years, so there will have to be a delicate balance between the two effects. No one wants to trade one environmental pollutant for another, but Boeing engineers at this point are dedicated to working out the problem and are investing quite a bit of money to do so.

The meeting displayed a lot of civility and cooperation on all sides. Chair Granger emphasized that both companies and state agencies should not take communities for granted. He said that ordinary citizens can get involved and understand highly technical situations and "shouldn't be called out" by those who "have the expertise." This is a good example of that point.

Methane: Pass the Tums, Please

by Gayle & the Green Team

Strange request for an article about methane, but pertinent to herbivores and their impact on global warming. We will confine this article to cover cows which is a term that includes calves, bulls, steers, ox, and the female cow. Being raised on a cattle ranch we always used the proper term for the animal with which we were dealing. Oh, well! They all burp, belch, and eruct. Yes, you guessed right - methane.

The cows' stomachs contain a micro-organism called methagenon that digests their food and creates methane as a by-product. What would Old McDonald think? A burping cow? Not a big deal? Hopefully, if he really existed he would realize the importance of methane in the global warming process. Methane is a much more potent greenhouse gas than carbon dioxide. 25 times more potent, in fact.

The world's billion and a half gassy cows make a significant impact to climate change. A cow burps every 40 seconds and livestock production worldwide is responsible for 18% of greenhouse gas emissions. That's more than is created by every scooter, SUV, and big rig combined. Meat production is expected to double by 2050, as will the methane that the livestock will produce. And we're only talking about one end of the cow.

The University of Hohenheim in Germany is working on a super-sized antacid pill for the cattle, in addition to creating a low burp diet for the animals. Until we are able to utilize the methane from animal burps as we do from landfills, why wait for the super-sized tums?

We, as individuals can start eating less meat, the only solution available to us at this time. We can become vegetarians or go to the best solution, which would be vegan. If either of those solutions don't suit your taste, have one meatless meal a week or even have an entire day without meat. Can you have a whole day as a vegan? Why not give it a try. Help save a cow, help save our planet.

If you want more information on animal methane, Google "cows methane". You'll find a lot of compelling information on this subject.

Free Shopping Bags

Coming soon, some of you will get a free cloth shopping bag, compliments of the Green Team, Northeast Coalition of Neighborhoods, and the Office of Neighborhood Involvement. Les Schwab Tire Center on 122nd and Division is purchasing advertising for some of our bags. They want to work with kids, so the SUN School program at Faubion School will have a contest for an environmental drawing for the outside of the bag. Alberta Cooperative Grocery Store will be sponsoring some bags for the kids contest, too. They're also purchasing advertising for their business on another batch of bags. We are projecting delivery of the bags to start sometime between the first and middle of July. There will also be something special" in the bags for you. We will be knocking on your door to give you a bag, but if you're not home we'll hang it on your doorknob.

Join us at a Green Team meeting, always the fourth Tuesday of the month in the Community Room at the Kennedy School. We always have room for more people committed to our environment.





The Felling of Our Old Growth Canopy

By Ken Forcier, Concordia Neighborhood Resident

In my NE Portland neighborhood of Concordia, the zoning is R-5 which requires a single family residence to have a lot size of 5000 square feet. Lots here were originally platted as 25 feet wide by 100 feet deep (this is true of portions of NE and SE Portland – most of the City has 50 foot platted lots or irregular lot shapes due to terrain). A home builder in the day generally purchased two platted lots side by side. The land was also populated with native trees. In some instances people bought three or four of the 25 foot lots to have some buffer them from their neighbors, or have a garden or a side yard. Now 100 years later, most of these side yards have a mature, significant tree on them. Often there are several and these trees are the tallest and the most established part of the forest canopy that is the character of the neighborhood. To live in and under this remaining old growth forest among the wildlife that it supports was the reason my wife and I and many of my neighbors settled here.

Home builders today are again buying up these house sites with three platted lots as quickly as they come on the market. The Bureau of Development Services (BDS) calls these side yards and gardens “historic lots” or “pre-platted” and with infill incentives (fast track permit approvals, free plans, reduced inspection fees) as well as modifications to the original code they have declared it open season on the most beautiful and now most threatened part of our forest canopy, the “historic lot” old growth trees.

In the name of infill development, BDS has streamlined the residential building process and modified code such that development of the R2.5 caliber, skinny houses, can take place in an R5 zone. The value of these towering, old growth trees to the original property and to the canopy character of the neighborhood is now lost to the developer who only sees the dollar value to himself of separating off the narrow lot and building a skinny house where these trees once grew.

BDS recognizes a separately platted side lot as a distinct property with the stroke of a pen. No surveying costs, no “division of property” definition, no visit from an official, and zero consideration of trees. Were these lot partitions considered Land Divisions, an appropriate level of protection would exist to prevent the removal of significant trees to make way for skinny houses. A building permit for a 25 foot lot provides carte blanche to remove trees without a tree cutting permit from the Urban Forester thereby creating no record of these trees being lost to us. Frequently on a 25 foot wide by 100

If the trees root system is within the footprint of the house, it must go, and it does every time. On a 2500 square foot lot, the developer must plant a total of 3” diameter new planting to replace whatever is cut down.

BDS doesn’t allow themselves to take a tree, or the loss of a tree, into consideration when issuing a building permit -- not even as a consideration to whether a structure replacing a significant tree is “in keeping with the character of the neighborhood” as the tree most definitely is. The forested character of our neighborhoods is under attack through this negligent construction infill policy of BDS. The developers are getting richer at the expense of our neighborhoods beauty, livability, and our very health.

Trees are essential to the public welfare. The Bureau of Development Services’ planning and zoning code 33.630 Tree Preservation, states:

33.630.010 Purpose

The regulations of this chapter preserve trees and mitigate for the loss of trees to:

- Protect public health through the absorption of air pollutants and contamination;
- Provide buffering from noise, wind, and storms;
- Provide visual screening and summer cooling;
- Reduce urban heat island impacts;
- Maintain property values;
- Maintain wildlife habitat; and
- Maintain the beauty of the City and its natural heritage.

The preservation of trees on a land division site also will:

- Preserve trees when it is feasible to preserve trees and still meet the other regulations of this Title;
- Reduce erosion, siltation, and flooding;
- Filter stormwater and reduce stormwater runoff;
- Stabilize slopes; and
- Retain options for property owners to preserve trees and vegetation at the time of development.

In summary, the current codes which allow development on 25 foot historic lots in Portland are causing the loss of our significant trees which is resulting in the reduction of the canopy and negatively impacting the health and welfare of residents. I believe this situation constitutes a chronic public nuisance and legal action should be taken to prevent the continued loss of the canopy in this and other Portland neighborhoods.

web of life
education and services for the childbearing years

Early Pregnancy Preparation
Tuesday, July 29 6-7:30pm
Sunday, August 10 1-2:30pm
Tuesday, August 19 6-7:30pm

Older Sibling Preparation
Tuesday, July 29 4-5:30pm
Sunday, August 10 3-4:30pm
Tuesday, August 19 4-5:30pm

Chilbirth Preparation with Postpartum Peer Group
Sundays, July 27 - September 14
Mondays, August 25 - October 13
Wednesdays, September 24 - November 12

Free at Milagros! 5433 NE 30th @ Killingsworth

\$15 at Milagros!

\$235 at Web of Life 1324 SE Grand @ Madison

Education	Support	Services
• childbirth preparation	• peer groups for new families & self-employed families	• family consulting
• sibling preparation		• in-home education
• early pregnancy preparation		• post-partum doula

Check out our web site for class descriptions, calendar, & online registration!
www.WebOfLifePerinatal.com
or call Kelly Schneyer at (503) 449-5296

shop online

NEW SEASONS MARKET

NOW DELIVERING

Your favorite neighborhood grocery store now delivers groceries right to your home or office.

www.newseasonsmarket.com
you click. we deliver. (or pull up for pick up)

Quality products and friendly service

We Feature:

- Painted Hills Choice Beef
- Draper Valley Chicken
- SuDan Farms Lamb
- Carlton Pork

The highest quality fruits and vegetables

A wide selection of craft and import beers and fine wines

Unique gift and home items

Home delivery available, call for details
www.beaumontmarket.com

4130 N.E. Fremont St.~ Portland, OR~503-284-3032

MATTHEW LIGHT FIRST HOUSTON NW

MORTGAGE CONSULTANT

971-506-5856

Your Home:

Protect your greatest asset

Understand your options

Plan for your future today

Mortgage Guidance with Integrity

milight@firsthoustonnw.com

Information. Education. Advocation.

Stand Up Straight

By Kim Cottrell

I used to get so irritated when my mother told me to stand up straight. It was the 70s and dressed in bell bottoms with hair parted down the middle, we thought we were so fashionable, never mind that our hair fell into our eyes when we slumped. Now, thirty years older, I have to admit my mom was right. Standing tall is healthy. Standing tall leaves space between ribs and internal organs so breathing can happen. Standing tall feels good because tall posture supports the weight of the skeleton so that muscles don't have to. Standing tall is great for necks and jaws, preventing more serious problems like clenching teeth and jutting chins.

So, why do teens slump? Young children don't slump, their posture is amazingly good. Maybe teens slump to distinguish themselves from their parents' generation or to bond with peers by looking casual. Maybe it's too much effort to stand up straight. Maybe slumping feels more protected, less exposed, as when girls slump to disguise that their developing breasts. One winter, I noticed that three out of four of the girls on a local high school basketball team were slumping. They came running down the court to set up their play. When they took a shot it was obvious their rounded shoulders didn't allow them freedom in their neck and arms to shoot accurately.

One benefit of standing tall is the positive interpersonal connections it fosters. Standing tall is the easiest way to send a message to mom or dad that the teen is listening. The bonus: less lecturing and more of a sense of bonding, a win-win all around. Standing tall is equally good for school performance

and job acquisition. A teen will be taken seriously and respected for their efforts when they are standing up straight. In addition, it's very likely that the boyfriend or girlfriend of that same teen will also see the standing tall behavior as positive.

But, even juicier than impressing parents or teachers or boyfriends—standing tall looks good. Standing tall adds the final touch to make that new outfit look fantastic. Slumping detracts from being fashionable because it distorts the way clothing hangs on the body. Clothing was never designed to be worn while the chest is caved in or the back rounded, like my grandmother's back. Clothing is designed with an eye for the drape, the fold, and the line of the upright human body.

I gave my niece a posture party for her 16th birthday party. Sadly, I got the idea because she and her five girlfriends all reported having back pain. I knew my niece had gone to a chiropractor to work out some kinks and while it helped, she continued to have pain and poor posture. After a fun time learning some ideas about how to move and stand, we ended the workshop with me encouraging the girls to "stand up straight and greet your life. And not because your momma said you should. Do it for you!"

Kim Cottrell, Feldenkrais practitioner and speech pathologist, has spent over 25 years teaching communication and presentation skills. She currently teaches Awareness Through Movement at Alameda Fitness Center and gives private lessons in her Hollywood office. You can find her at www.kimcottrell.com.

The Little Red Schoolhouse Down the Block

Faubion Elementary closes for the summer break but continues its SUN program during summer vacation. So, much activity will remain and our kids will have resources to help them (and we adults) cope with sum, sum, summertime.

Molly Chun, our Principal, is transferring to another school so a new administrator will soon be named before the next school year starts. We all look forward to greeting our new Principal and wish Molly success in her new assignment. Since 2005, Molly has been a friend to PTA, has helped keep spirits and academic standards high and all the wheels turning as Faubion started its evolution to a pre-K through 8th grade facility. Thanks and all the best, Molly.

"Look at that new reader board!" The southeast corner of school now boasts a new activity board that helps advertise special events like PTA meetings, the annual BBQ, and school clean up days. Watch for what's happening there.

Speaking of BBQ, the BBQ and talent show again saw hundreds of students, parents, neighbors, and Faubion friends enjoy our annual May event. The weather almost

cooperated and the talent show was just so darn good. Thanks to everyone who participated.

Don't forget the free summer concerts at Fernhill Park. There's a great band line-up on Fridays, July 11, 18, 25, and August 1 and Tuesday, August 5th. Watch for more details in this paper, and be sure to get your concert treats at the Faubion PTA Ice Cream Stand.



St. Mike's at the University
"Faith Seeking Understanding"
 6700 NE 29th Ave
 503-282-0600
 Pastor Bob Schmidt

Sunday Mornings:
 8:30am - Traditional Worship
 9:45am - Bible Study for all ages
 11:00am - Contemporary Worship

Mark your calendar for the Summer:
Vacation Bible School - July 14 - July 18th
 9:00am to noon
Church Fellowship Day - August 18
 Worship at St. Mike's at 10:00am
 Picnic at Grant Park following the service

Mark Your Calendars
2008 CNA Annual Cleanup

Saturday September 6th, 8:00 A.M. to 12:30 P.M.
Metropolitan Workforce Training Center
NE Corner of 42nd and Killingsworth

Bring your trash to your neighborhood cleanup drop boxes at the PCC workforce training center parking lot on September 6th between 8 A.M. and 12:30 P.M. We'll take metal, plastic, furniture, yard debris, clothes, lamps, old computers and other stuff. No sod, rocks, concrete, food waste, hazardous waste, tires, batteries, paint, or oil.

\$5/car
\$10/truck/van/SUV
\$15/large truck
\$20/oversized load

All proceeds help your Concordia Neighborhood Association.

Volunteers needed to help unload, organize, and direct traffic

Call TJ Millbrooke at 503.460.3506

Thank you to our sponsors and donors:
Metro, NECN, Office of Sustainability, Concordia Coffee, New Seasons, Safeway, Metro Metals, Community Cycling Center


 Kerri Steinmann, PMN 503.748.8320 kerrisells@kw.com
 Kristine Jensen, ABR 503.804.8277 kjensen1@kw.com
 Focused Service ~ Exponential Results
www.k2portlandhomesearch.com

WE SPECIALIZE IN HELPING OUR NEIGHBORS LIST AND SELL REAL ESTATE
 GIVE US A CALL AND WE'LL SHOW YOU HOW...
 1-888-202-3298 EXT. 6004

INTERESTED IN HAVING UP TO DATE LOCAL MARKET CONDITIONS AT YOUR FINGER TIPS...

CHECK OUT HOME VALUES IN OUR NEIGHBORHOOD

VISIT US ONLINE AT:
WWW.CONCORDIAHOMEVALUES.COM
 TO FIND OUT HOW YOUR HOME COMPARES....

BROUGHT TO YOU BY
 THE KERRI & KRIS REAL ESTATE GROUP
 YOUR CONCORDIA NEIGHBORS FOR OVER A DECADE


 503-546-9955
 FOR HELPFUL HOMEOWNER TIPS
 OR IF YOU NEED PROFESSIONAL REAL ESTATE SERVICE
 GIVE US A CALL AT 503-748-8320 OR 503-748-8321

Each Office Independently Owned and Operated.

Community Communication

The Gang Violence Task Force (GVTF) is continuing to encourage community communication with public service provider organizations. Here are web links that will allow the community to ask questions and review new programming for youth and their families.

Bicycle Safety and Theft Information Stay Safe and Legal

<http://www.portlandonline.com/police/index.cfm?c=42988>
This site includes a guide to getting around Portland:
<http://www.portlandonline.com/transportation/index.cfm?c=34749>

2008 Safe Summer Youth Program Information

<http://www.portlandonline.com/police/index.cfm?c=33599>

Beat Check

This page is provided so that community members can ask specific questions pertaining to law enforcement. Questions will be moderated and sent to a Police Bureau member who can best answer the question posted. Answers will then be posted by the Police Bureau in a timely manner.

<http://www.portlandonline.com/police/index.cfm?c=46713>

Park Bureau Activities

Portland Parks & Recreation operates 13 community centers, 12 SUN community

schools, 13 swim pools, indoor and outdoor tennis courts, the Community Music Center and Multnomah Arts Center, and many other facilities. We offer more than 4,000 different activities each term for all ages. Come join the fun and learning!

<http://www.portlandonline.com/parks/index.cfm?c=38277>

Graffiti Clean Ups

<http://www.portlandonline.com/shared/cfm/image.cfm?id=181840>
The City of Portland Graffiti Abatement program will sponsor eight Saturday morning graffiti cleanups between March and October 2008. Interested neighborhoods/business associations should contact Graffiti Abatement Coordinator as soon as possible to be considered as a cleanup site. Beginning in March, the cleanups will be held one Saturday each month from 9:00 A.M. to 1:00 P.M. and will be a combined effort by City-contracted graffiti removal crews, and a minimum of 10 volunteers from the community.

Portland ASKS

Official website for the Portland ASK campaign with information on the national public safety initiative to address the problem of gun violence.

<http://www.portlandasks.org/index.html>

Brochure:

<http://www.portlandonline.com/shared/cfm/image.cfm?id=194386>

Wading Pool is Just Around the Corner: Fernhill Wading Pool

We are looking for volunteers to supervise the Fernhill Park Wading Pool again this summer. It is super easy...all you need to do is attend a half hour training, complete a background check, and commit to a two-hour shift of helping at the Fernhill Park Wading Pool. You are welcome to help as often as you would like, but we are so happy even when you can only help one time. When we work together, we can provide so much more for the children. The plan is to have the wading pool open on Tuesday and Thursdays, 12:00 to 4:00, July 1 through August 21st. If we get a

lot of volunteers, we can keep the pool open longer on Tuesday and Thursday or possible add other days. Please give me a call if you have any questions or to put you on the volunteer schedule.



up on Tuesday and Thursday during the pool hours. There is arranged storage for all the items when they aren't in use.

On another note, I would like everyone to know that a young man, named Marquis Stoudamire, is volunteering to show two movies at Fernhill Park this summer. He will be showing the "Princess Bride" on Friday, July 12th, and "Lord of the Rings" on Saturday, August 15th. The movies will start at dusk. However, I am trying to put together some activities for the children prior to the movies and am looking for help to provide/serve popcorn and other things. Please let me know if you can help with any of these activities.

Also, we have a few dollars left from the playground fund that we are going to use to purchase water toys. We always welcome donations of water toys or other things (soccer balls, hula hoops) children can use in the park. I am looking for someone to donate a badminton/volleyball net and all the supplies. Our volunteers can put them

I am so excited for us to make a lot of use of the new structure and all the areas of our park this summer. We are so fortunate. Our park offers so many opportunities to enjoy the great outdoors. I look forward to hearing from you. Please pass the word onto your neighbors, too. Come one, come all!

Contact: Melody Winn, 503.282.6574

VIDEORAMA
ALL RENTALS-5 DAYS
 The cool - hard to find movies
 Arthouse
 Independent
 Foreign
 Cult Classics
 Gay & Lesbian
 Documentaries
 Asian Cult

2310 N Lombard | 1136 NW Lovejoy | 1990 SE Ladd | 7522 N Lombard | 2640 NE Alberta
 503-289-8408 | 503-796-2825 | 503-231-1181 | 503-247-3433 | 503-288-4067

Joining a Health Club...

Doesn't
 Have
 To Be
 Painful

WestCoast Health & Fitness
 2640 NE Alberta 503.288.4500

No salespeople, no high enrollment fees,
 no interest on monthly dues, no pressure.
 Locally owned and operated since 1993
westcoasthealthandfitness.com

Adventures Close to Home:

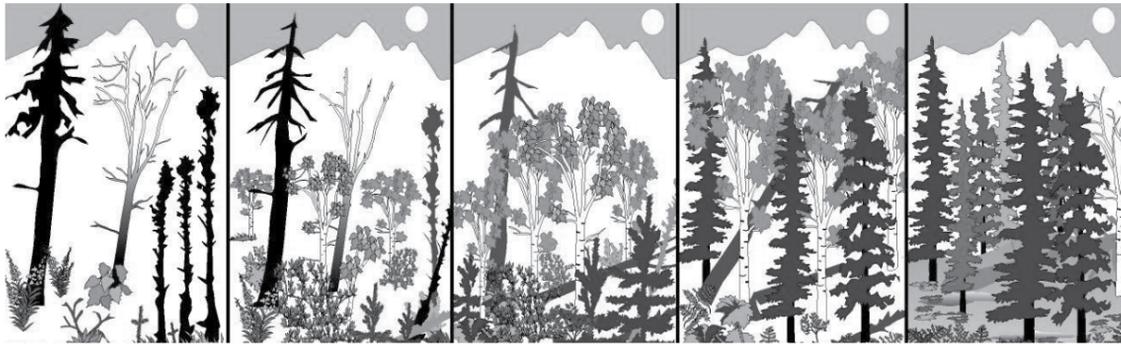
Champoeg State Park

The exit for Champoeg off I-5 has caught my eye on countless journeys South (I tend to take note of exits going to parks and the like) but we never ventured there until recently. The park is nestled in an area that is rich in farmlands and scenic hills and is bordered by a stunning section of the Willamette River that feels unrelated to the water that divides Portland into two sides.

Champoeg was the site of an Oregon pioneer settlement. There are year round facilities at the park that provide a glimpse into pioneer life: the visitor center, Newell House, and Pioneer Mothers Log Cabin museum. During the summer, the park takes on a living museum element at times with reenactments of pioneer life and other interactive activities and tours.

The park boasts miles of trails for biking and hiking. Other amenities at the park include is camping - tent and RV sites as well as cabins and yurts, access to the river - including a boat launch, and a frisbee golf course.

During a recent visit, our kids ran through meadows filled with grasses and wild flowers and climbed trees along the riverside. Needless to say, it is nice to find a gem like this so close to home. Although it is less than 45 minutes from Portland, Champoeg feels like a world away.



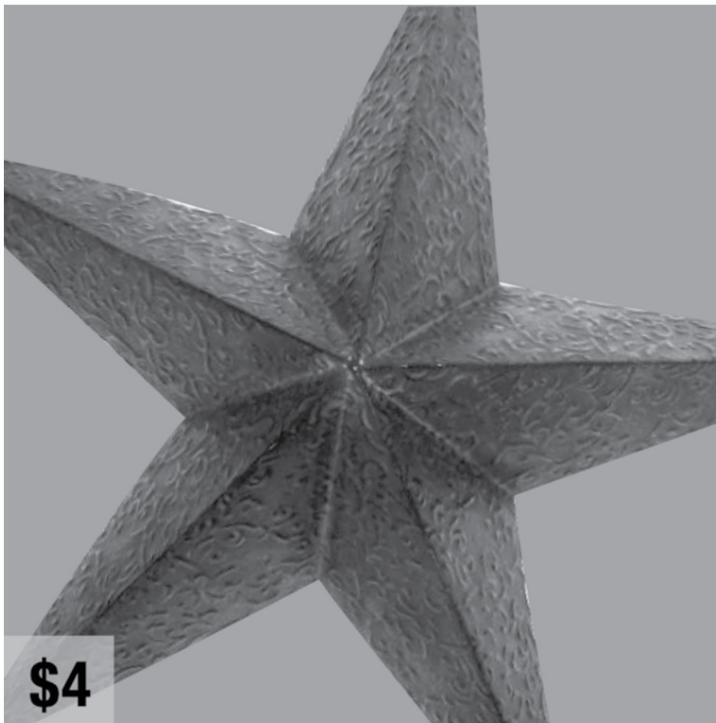
Oak Island Nature Walk

Sauvie Island boasts more than 12,000 acres of land, so a variety of outdoor activities may be enjoyed. Of the many diversion on Sauvie Island a family favorite for us is the Oak Island Nature Trail.

The Nature Trail is a 2.5-mile loop around the Oak Island peninsula. The trail is actually a mowed path through the tall grass. Most of the trail stays in view of either Steelman or Sturgeon Lake. If you want, you can wander cross-country through the tall grass fields to a quiet spot on the water. Just make sure you remember how to get back onto the main path.

On our most recent excursion there, we saw countless herons as well as bald eagles and many other winged wonders. Many of the flowers - such as primrose - were in full bloom. On a clear day you can enjoy views of Mt. Hood, Mt. Adams, and Mt. St. Helens across Sturgeon Lake.

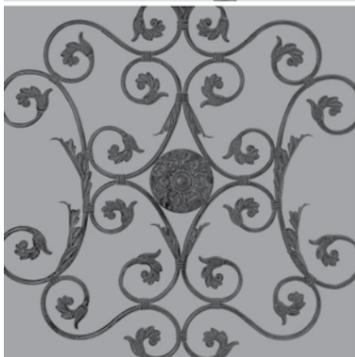
Getting there: From Portland, take route 30 toward St. Helens. Take the Sauvie Island Bridge onto the island and go North on Sauvie Island Rd. Continue North on Sauvie Island Road and take a right onto Reeder Road. Follow Reeder Road and, after a mile or so, take the left fork onto Oak Island Road. The road will eventually become gravel follow it to the junction at Webster Pond and follow the sign to the Nature Hike.



\$4



\$8



\$6

Decorating Paradise is Coming to NE Portland...

Don't miss the bliss!

Open Thursdays 10am-6pm & Saturdays 10am-3pm!

- 18" Metal Stars \$4
- 30" Metal Sun \$6
- 28" Decorator Lamps (including shade) \$8

2032 NE Alberta Street | Portland, OR 97211 | 503-206-6441

Located in NE Portland in the Alberta Arts District at the corner of NE 21st and NE Alberta Street.



2 Days A Week, 2 Good To Be True

concordia CULTURE



July 3rd

Storytime

WHAT: Children from ages 3 to 6 (with a favorite adult) have fun with engaging books, songs and activities as they build their early literacy skills.

WHEN: 10:30 A.M. to 11 A.M.

WHERE: North Portland Library, 512 N. Killingsworth Street

July 8th and 9th

Babysitting Class

WHAT: This is an American Red Cross course. Participants ages 11 to 15 learn the basics of babysitting including professionalism, interviewing, child development, positive guidance, appropriate toys/activities, and how to recognize and respond safely to common emergencies of infants and children.

Register by calling Shantel Waddell, Vernon SUN Manager at 503.916.6559. The cost is \$35 and includes a participant book, first aid kit, and snack.

WHEN: 12:30 P.M. to 4:30 P.M. This is a two-day course.

WHERE: Vernon SUN School, 2044 NE Killingsworth

July 10th

When I'm in Charge

WHAT: This is a children's safety class that covers skills especially useful while unsupervised. Call Shantel Waddell for more information and to register. The cost is \$20 and includes a participant book, first aid kit and snack.

WHEN: 12:30 P.M. to 3:30 P.M.

WHERE: Vernon SUN School, 2044 NE Killingsworth

July 11th

The LaRhonda Steele Band

WHAT: This blues and jazz band kicks off the summer concerts series at Fernhill Park. Vagabond Opera and Casey Neill and the Norway Rats play on the next two Fridays.

WHEN: Starts at 6:30 P.M.

WHERE: Fernhill Park

July 12th

East Portland Neighborhood Association Multicultural Affair

WHAT: This is the first year for this event. Celebrates the food and music of various cultures in our area. Try epno.org for more information.

WHEN: Noon to 5 P.M.

WHERE: Hazelwood Hydropark, 1017 NE 117th

Princess Bride

WHAT: A free showing of the film in the park. Contact at mstoudamire@gmail.com for more information.

WHEN: After dusk

WHERE: Fernhill Park

Mississippi Street Fair

WHAT: Food, music, crafts, hopefully sunshine. Like the Alberta Street Fair in miniature.

WHEN: 10 A.M. to 7 P.M.

WHERE: Mississippi Avenue

July 18th to 20th

CNA Yard Sale

WHAT: Who knows what? Participating neighbors will have maps available; there will also be signs. Reduce, Reuse, Recycle.

WHEN: Starts on Friday the 18th; goes all weekend.

WHERE: The Concordia Neighborhood



WOOD FLOORS
by
C.Z. Becker Co.
(503) 282-0623
www.czbecker.com

Restored to their original beauty

Host an International Exchange Student!

Get to know another culture and make the world a closer place. It's fun and worthwhile to host an international exchange student. Now is the time to decide to share your home in the fall with a student from another country. We will work with you to find someone who will be a good match for your family and neighborhood.

For information on how to become a host family, email pegalter@msn.com or call Peggy at 303.442.6559. World Heritage is a non-profit organization working with the Portland schools to place international students.

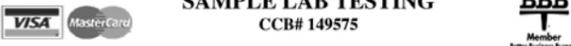
Handyman Services

*Specializing in your "Honey Do" list
General home repairs · Maintenance
Small remodel · Restoration*

Jobs by Rob, llc 503.789.8069
jobsbyrob.com
Licensed, Bonded, Insured CCB# 177552

MOLD
FREE INSPECTION & EVALUATION
503-232-6653
www.RealEstateMoldSolutions.com
Remediation - Containment - Removal

SAMPLE LAB TESTING
CCB# 149575



Wondering about affordable home changes?

An experienced **space planner**, I can work with you to design options for a home, garage or basement conversion.

You and your builder can use my drawings to obtain the best quality and efficiency from your remodel.

Red Caviar
Planning & Design LLC

Let's discuss your options!
Jan Coleman 503.282.5002 redcaviar@mac.com



Community Appliances & kitchen kitsch
Sales · Repair · Parts
Family owned and operated

We are committed to improving our community by providing **quality appliances and customer service**, and improving the environment by **repairing and recycling**

3746 NE 42nd
Portland OR, 97213
503-287-4240



allison bradley audiologist
5010 ne 33rd avenue
portland, or 97211
pacificaudiologyclinic@yahoo.com
503.284.1906 pacoregon.com

"FOR ALL YOUR HEARING CARE NEEDS"

KENNEDY SCHOOL
McMenamins
JULY EVENTS

Wednesday, July 9
McMENAMINS and opbmusic.org present
GREAT NORTHWEST MUSIC TOUR
FREAK MOUNTAIN RAMBLERS
Hilltop rock
7 p.m. · Free · All ages welcome

Friday, July 11
COCKTAIL TASTING PARTY: DRINKS FROM AROUND THE WORLD!
Featuring live jazz by the Box of Chocolates
7 p.m. · \$35; reservations required
21 & over

Thursday, July 24
RUM TASTING
Try several different rums paired with a delicious menu of appetizers.
7 p.m. · \$35; reservations required
21 & over

Sunday, July 27
"SONGWriters IN THE ROUND"
Hosted by Craig Carothers, with special guests Randy Sharp & Don Henry
7:30 p.m. · \$10 · All ages welcome

Monday, July 28
Every last Monday of the month...
Beer & History Monday
Featuring company historian Tim Hills' presentation "McMenamins History by the Pint."
6 p.m. & 8 p.m. · Free
21 & over

MCMENAMINS KENNEDY SCHOOL
5736 N.E. 33rd Ave. · Portland
(503) 249-3983
mcmenamins.com