



Cedar Mill News

Volume 7, Issue 5

May 2009

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Featured Business

WillCoach Life/Career Coaching

by Virginia Bruce

With the economic downturn affecting many local businesses, and Oregon unemployment at record levels, many individuals are finding themselves with important questions about their futures including career and life choices. Will Wiebe can help.

Wiebe is a Certified Life, Career & Transition Coach. Will works from his home office in the Cedar Mill area of Portland. Through his coaching practice, he guides individuals through a process where the entire focus is on YOU: your needs, aspirations, passions, desires, fears, courage, achievements...your future.

Wiebe's clients come to him through his association with Feroce Coaching, an international professional coaching business, VacationVacations, where you can test

sessions, exercises and tips by email, for an affordable package price. There are still openings, contact him if you're interested (see below).

So what does a Life Coach do?

Wiebe says that a few key questions he invites his clients to explore are these:

What are your passions and interests? In other words, what activities give you a sense of purpose and satisfaction? Can you envision yourself in a career that fully engages your heart and mind?

Who is designing your life? If it isn't you, how can you take control?

What is most important to you? Greater life satisfaction comes from knowing who you are and doing work you care about and that has meaning.

Where do you want to be in

one, three, or five years? By thinking past tomorrow, you will find a path that will lead you to your goals, dreams and passion.

What will your legacy be? Is it the legacy you want to leave behind? How will people remember you, what impact are you having on

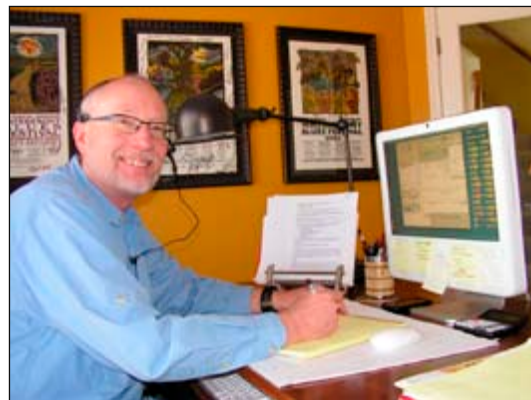
the lives of those around you—your family, friends, community?

Are you living a balanced work/life? Is there room in your life for the things you care about? For physical activity, fun and pursuing things that have meaning for you?

How does coaching work?

Will offers a complimentary session of 30-45 minutes to explore the client's goals and to discuss how the coach/client process works. If both Will and the client agree that it's a good fit, a coaching schedule is set and Wiebe emails coaching documents that help the client prepare.

Continued on page 10



drive a dream career, and through referrals from past and present clients. Individuals work with Will for several months, some for several years. It all depends on the needs and expectations of the individual. Four to six months is the recommended minimum to see desired changes in thoughts, habits and achievement of goals.

Through Feroce International Coaching, Will is presenting a Group Career & Life Coaching Program starting on May 7. This 90-day series includes six hours of coaching sessions with a small group of participants (4-6), along with three 40-minute individual phone

Next Meeting

Cedar Mill Business Association

Tuesday, May 12. 11:45 lunch & networking;
noon-1 pm program

Place: Leedy Grange Hall, 835 NW Saltzman

Topic: Health Benefits Solutions for Individuals, Families & Employers using ZaneHRAs

Speaker: Mike Irinaga, Certified Insurance Counselor

FREE pizza, bring your own beverage

The Cedar Mill Business Association's meetings
are free and open to anyone interested in
business in Cedar Mill

History in the News

Farming in Cedar Mill—The Choban family

by Virginia Bruce

Around the turn of the 20th century, a pair of brothers lived in a part of northern Greece known as Macedonia, near Thessaloniki. That area was occupied by the Turks, who were drafting men and boys to serve in their army. The Tsobanoglou brothers, Frank and Jim, didn't want to fight for Turkey, and so Frank left for America at around age 8. After arriving on Ellis Island in New York, he managed to find employment along with other immigrants building the railroads. After working his way across the US, he found his home in Oregon. He worked as a baker in Portland for a while, and was finally able to bring his older brother Jim over to join him. By that time, they had changed their name to Choban.

The Choban brothers first started farming in the Bonny Slope/West Portland area but by 1921 they had bought a 37-acre farm on Barnes Road in Cedar Mill. The farm stretched from near the present-day Santorini Restaurant to the former Teufel property on the northwest, to the old alignment of Barnes Road to the southwest, and included the various medical build-

ings on Barnes. Part of the land was rich beaverdam "bottomland" and was ideally suited for "truck farming"—growing vegetables for market. The brothers started off specializing in celery, but also grew green beans and lettuce.

When Jim decided it was time for him to marry, he returned to Thessaloniki to find a wife. Through family connections, he was intro-



duced to Marika and quickly married her and brought her back to the farm. Frank remained a bachelor.

In 1929, Jim and Marika had a son they named George. He grew up on the family farm, attending Cedar Mill Elementary and

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Cedar Mill Business Association Member News

Do you have news or events or know of something that you would like to see covered in the Cedar Mill News? Please write to Virginia Bruce at vrb@teamweb.com

Small Business cash-back card from US Bank

US Bank is offering a new Small Business Cash Rewards Visa card that pays 3% cash back on gasoline, office supplies and cellular phone purchases and 1% on all other purchases. There is no annual fee and cash rewards can be pooled into a central account when a business has more than one card.

Call: Michael McIntyre at (503) 469-9457 for more information.

The UPS Store offers free faxing for the unemployed

As the national unemployment rate continues to rise, The UPS Store® located at 10940 SW Barnes Rd. in Peterkort Towne Square is doing what it can to help those affected by providing fax services for free.

"The country is in a tough economic situation right now. So it's necessary that we pull together and help out where we can. In order to receive free faxing at The UPS Store, all you have to do is bring in your resume and the fax number for the business in which you're seeking employment—it's that simple," said Tim Kimble, The UPS Store franchisee.

Based on the honor system, The UPS Store is trusting that people will be honest regarding their unemployment status to receive the free faxing services.

As there is no clear end in sight to the economic slump, The UPS Store will offer free fax services from April 2009 until the outlook is more positive. We truly want to be of service to our community for as long as it takes. We also have a number of services, other than faxing, that may

assist someone who is unemployed.

In addition to domestic and international shipping, The UPS Store offers full-service packing; digital printing; black-and-white and color duplications; document finishing (binding, laminating, etc.); notary; printing services (business cards, letterhead, rubber stamps, etc.); custom crating and shipping for large items (e.g., grandfather clocks, rowboats); mailbox and postal services; office and packaging supplies; and more. For additional information, please visit our web site: theupsstore.com/3379.htm.

Subscribe to fresh local produce!

Dinahanian Farms, long-known for holly and flowers, is branching out this year into providing fruits and vegetables for YourCSA (yourCSA.com), a Consumer Supported Agriculture (CSA) organization. They have cleared five acres of holly to grow fruits and vegetables at their farm on Cornell, across from the Oak Hills shopping center.

A CSA provides 18 weekly boxes of fresh-picked produce to "harvest shareholders," people who subscribe at the beginning of the season. And to minimize the risk of crop failure and provide a better selection, YourCSA is partnering with several other local farmers who will bring their goods to the farm for distribution.

Members will pick up their weekly food box on Fridays from June through October. Each subscription will cost \$450 (\$25/week) and provide plenty of fresh produce for a family of four. Nearly all the produce will be grown following the guidelines of the Food Alliance (foodalliance.org), which ensures wholesome and pesticide-free food. A bonus box for Thanksgiving will also be available to members.

More information and a signup form are available on their website, yourCSA.com. You need to have email access to participate, since they're planning to do all their updates and communications with members that way.

DuFresne's Car Care Clinic for girls a success

DuFresne's Auto Repair hosted a group of teenage girls from a community service group in a car-care basics clinic on April 5. DuFresne's technicians explained, demonstrated and let them help with checking the oil, changing tires and the correct way to jump-start their car. The girls and their parents and advisers were treated to a hot dog lunch and also received goodie bags of car-related items and coupons. Owner Nancy Scheewe says, "We hope to do another one in our area before too long. Now, that we know how to do it, it will be easier."

Karate and gardening? You bet!

by Jim Craig, Westside Martial Arts

It happens every year... the clouds lift and before you know it, the trees are budding out and the bulbs are flowering. Spring is here! It's the hope of a sunny day that makes living in this part of Oregon all worthwhile. So, after months of inactivity in the yard, the first good weekend in Spring brings out the warriors to do battle with lawns, shrubs, trees, and gardens, which also brings on the aches, pains, and even injuries to those who are another year older and maybe another year of being "out of shape".

Not to Worry!! Okinawan Karate is here to save the day! Okinawan Karate training is some of the best exercise around, strengthening and limbering up the whole body. The Okinawans are the longest-lived, healthiest people on the planet. When we were in Okinawa, we were pleasantly surprised to see people in their 90s working in the garden!

Which brings us to gardening. As part of a personal choice to be healthier, I recommend

getting a small garden going in your back yard. It can even be in a raised bed or in containers. Nothing, and I mean nothing, matches the joy of watching plants grow, especially plants that will feed and nourish you. With the rising cost of food, not to mention all the additives and chemicals that go into our food, doesn't it make sense to grow our own? Make sure to plant lots of nasturtium and marigolds, they are great for controlling insects and really liven up salads.

Westside Martial Arts is pleased to announce the opening of its new dojo located at 13496 NW Cornell Rd. in the Cedar Mill Place mall, behind the donut shop. Classes are Monday-Thursday, with beginning class 5:30-6:30 pm; adult/advanced class 6:30-8:00 pm; and all ages/ranks Saturday 10:30 am-Noon. Call 503-430-7355 for more info.

Lee Davies Real Estate continues Educational Forum Series

Our series of free classes will be held at the Lee Davies Real Estate Office, 9200 SW Barnes Rd., Portland. Space is limited so please contact us to reserve your seat.

Preparing Your Home to SELL:
Monday, May 4, 2009 at 6:00pm

Where to start? Learn our proven step-by-step plan to prepare your home for sale. Our panel will help you create an individualized house preparation timeline, outline simple steps to eliminate potential problems, give suggestions about decluttering, cleaning, repairing, and staging your home for a successful Open House. We will also offer personal assistance with attendees' unique selling problems. Whether you know you will be putting your house up for sale right away or whether you are just beginning to plan for a future date, this course can help you maximize your profit and reduce your stress!

Real Estate Investing: Monday, May 18, 2009 at 6:00pm

This class will help you learn what to look for, how to find it and calculate your potential return, then determine your best approach. Our panel of speakers will provide you with tax, mortgage and property management information. In addition, the Lee Davies Real Estate Buyer Brokers will share

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Photo by Neil Hefty

their Investor's Picks and offer the opportunity to join our Investors' Club to have access to our weekly Investors' Top 10 Picks.

Call 503.292.1500 to Reserve Your Seat or email us at info@leedavies.com

Village Gallery News

The Village Gallery of Arts May group show features "Sonoma Color" by watercolor artist Vergie Ries. This is a series of paintings that highlight Sonoma's historic plaza and surroundings, in the heart of the California wine country.

Vergie, a Sonoma native, has made Oregon her home for over 40 years. Her art studio is in Beaverton and her paintings are featured at locations throughout the area including Valley Art, Beaverton City Hall, Pacific University and Sequoia Gallery in Hillsboro. Please visit The Village Gallery on May 17th from 2-4 pm when Vergie will meet and greet visitors to her show.

The May show runs from May 5th through June 6th. The hours are Tuesday through Saturday from 10am to 4pm and Sunday noon to 4pm. The gallery is located at 12505 NW Cornell Road next to the Cedar Mill Library.

On May 2nd, 2009, the gallery will be celebrating its 45th year in Cedar Mill. The gallery history began in 1963 when a group of local artists came together to form The Village Gallery of Arts.

Gift basket gift certificates!

Giftique, Affordably Elegant Gift Baskets, is now offering printed Gift Certificates as well as E-Certificates in several denominations. For those with little time to shop, or those having a hard time deciding on a gift, we hope this will be a welcome addition to our services for our customers. Visit Giftique online at giftiqueoregon.com, or call them at 503-643-2153.

Sunset Medical Practice Group news

We had the honor of welcoming two new partners to our clinic in April, Harold Barry, MD and Patrick Williams, MD., both Family Physicians.

The reception area has been moved back to its original location due to popular demand.

We received a grant for eye-testing equipment that was delivered in April and training has begun. Our Lab/X-Ray department received a

perfect score in their recent Clinical Laboratory Approval Amendment (COLA) inspection along with a perfect X-Ray inspection.

Coming in June will be our new Diabetic Education Program which will benefit many in our community. Also coming soon to Sunset Medical Practice Group, PC will be a new Cardio Education Program.

Facelift for Bales Marketplace from the floor up

New flooring, new signage, and new counters in the deli, bakery and meat department are some of the many changes in store for Thriftway shoppers. Store Manager Greg Garcia says the upgrades won't all be cosmetic, though, with more energy-efficient lighting and other energy savings from upgraded equipment.

All the work, which was designed by CDS retail design



firm, is being installed at night by Greenway Construction to avoid disrupting shoppers. Work should be completed by early June.

"Customers have been expressing their overwhelming support for our updates," says Garcia, who has been managing the Cedar Mill store since early 2008.

Celebrate three years of fun for The Harmony School

Cedar Mill's own headquarters for budding performers, The Harmony School, will be celebrating its third anniversary this year. On Saturday, May 16 from 10-11:30 am they invite you to enjoy a lovely morning filled with fun performance dances, light snacks and a ceremonial ribbon-cutting. Bring your friends and family and help them welcome another year of family fun. The school is located at 12849 NW Cornell Rd. just southwest of Bales Thriftway, call

503.626.1066 or visit them online at theharmonyschool.org

\$0 Monthly Health Plan Premiums Available!

Turning 65? New to the area? Come to a free informative Community Meeting to find out how the AARP Medicare Plans can benefit you. Learn the A,B,C & D's of Medicare; and all about the SecureHorizons Medicare Advantage, Medigap, and Prescription Drug Programs. The meetings are located at Tilly's Gelato & More (next to Walgreens in Cedar Mill) on the following dates: Wednesday, May 6 at 10:30 am & Tuesday, June 2 at 2 pm. Call now to reserve a seat, or to schedule a private appointment: 503-223-9797.

The AARP Medicare Complete Plans from SecureHorizons may also include: plans starting at \$0 additional monthly premiums, one of the most extensive networks of hospitals and providers in Oregon, and new for 2009—SilverSneakers Gym Memberships at no additional cost. Mike Irinaga, a CMBA board member, Independent Agent and sales representative, will be

present with information and applications. Enjoy a complimentary cup of coffee & bring your friends. For more information you can also email Mike at: mike@nw-insure.com.

May 13 Ribbon Cutting at World of Smiles

World of Smiles, Pediatric Dentistry will celebrate a Ribbon Cutting Ceremony courtesy of the Beaverton Chamber of Commerce. The event will take place on May 13th, 2009 at 9 am. Everyone is welcome to celebrate with us and tour our unique, highly sophisticated children's dental office. Free coffee and bagels from Sunrise Bagels for the grown-ups and free toy treasures for all kids! Please join us at: World of Smiles, Pediatric Dentistry located at: 11790 SW Barnes Road, Suite 280. Learn more on our website: visitworldofsmiles.com and remember to Smile! It's contagious!

Pet care news from Sunset Animal Clinic

What are heartworms? They are a blood parasite – a large round worm.

Are heartworms a concern in our community? Yes.

What part of the heart are they found? They are found in the right side of the heart.

How does my pet get heartworms? By a bite from a mosquito or from another dog that is infected.

How does an owner know if their pet has heartworms? A veterinarian can provide a blood test. If not tested and a pet is possibly infected – a pet could present with chronic cough, labored breathing and weight loss.

What can be done to prevent heartworms? A veterinarian can do a blood test that tells if there is presence of immature worms or not. This should be done yearly. A once a month pill is given to the pet. Prevention is the best method.

Information provided by Doctor(s) and staff of Sunset Animal Clinic (sunsetanimal.com) and the Oregon Veterinary Medical Association (ovma.org). Sunset Animal Clinic is located in the Oak Hills Shopping Center at 14740 NW Cornell Rd, call 503-690-8249.

New teacher, new summer programs at Westside Music School

Dave Rosicky, a 1993 graduate of Oberlin Conservatory in Ohio, has recently joined the Westside Music School teaching staff, joining Aron Bernstein, Suzanne Chittick, Gay Otey, and Claudia Reinsch. Westside Music School instructors are college graduates who must pass a rigorous exam, then successfully complete an extensive training process, and constantly update their skills.

Westside Music School offers a wide variety of summer programs for beginners of all ages, as well as enrichment programs for students with some music background. New this summer are Saturday class sessions for beginners during June, July, and August, an evening "Meet the Composer" Music Camp (Monday through Friday evenings from 6:00 – 8:30 pm), and a one-night 2-hour "Understanding Chords" workshop for adults (Tuesday evening, July 21.)

For more information on summer music classes, camps, and workshops, contact the school at (503) 626-7181 or check the website—westsidemusicsschool.org

CMBA Meeting Notes

by Mike Irinaga, CIC, CMBA Vice-President

Realtor Marilyn Mays presented some great information and strategies on personal and business networking, at a well-attended meeting on April 14th. Over 40 CMBA members and friends enjoyed the free pizza and networking at 11:45 am, and then we introduced ourselves and heard the latest CMBA news and updates.

Sandy Sahagian, Sandy Sahagian Portraiture, announced two more ribbon-cutting events: at

Edge, Bales/Findley Property Management, and Mike Irinaga, Mike Irinaga Insurance Agency, arranged with Washington County for traffic control, and brought tools and refreshments for the 30-some volunteers who turned out to do battle with blackberries and dandelions and make our Cornell landscaping a showplace. A "Big Thank You" to everyone who showed up, and special thanks to Greg Garcia at Bales Thriftway, who donated a hamburger lunch to volunteers afterwards.

This month's fame recipient

will be Tim Kober, CFP, Cedar Financial Advisors, LLC. The main topic of the May program will be "Health Benefits Solutions for Individuals, Families & Employers using ZaneHRAs," presented by

Mike Irinaga, Certified Insurance Counselor. He will share with us how to save money with these unique & patented types of Health Reimbursement Arrangements.

CMBA members and others with an interest in Cedar Mill business are invited to join us on May 12th for pizza and networking at 11:45 AM, program noon-1 pm, at the Leedy Grange Hall, 835 NW Saltzman Road, next to the Saltzman entrance to Bales Thriftway. Please bring your own beverage. Contact CMBA President Lauren McCabe, Cedar Mill Chiropractic Clinic, for more information: lmccabedc@gmail.com or 503-646-3393.

Writers' Mill turns out a Journal

A group of between 15 and 35 writers has been meeting monthly at the Cedar Mill Community Library for about 18 months. The Writers' Mill group has recently published its first Journal, available to check out from the library.

Local resident Becky Lovejoy had been leading a feng shui study group in the library's Community Room, when she asked library director Peter Leonard if there was a group for writers. He offered to help her set up a group, and 25 people showed up for the first meeting.

In 2004, Lovejoy self-published a book of nature essays called *Zoo Tales: Wondering and Wandering at the Oregon Zoo*. She was looking for a few others interested in nature writing to share critiques. In the beginning, she advertised on Craigslist for participants, but now she says there are plenty of people in the group, although, "I'd like it to be open to anyone who wants inspiration and support with their writing."

In fact, she's seeking a couple of folks who would like to take over some of the organizational duties from her so she can, "just write." She envisions, "two groups—one for serious novelists and short story writers who have a goal of getting published. The other group could be people who write for the joy of it, and want to rub shoulders with others since writing is a fairly solitary pursuit." If you're interested in getting involved, contact Becky at la-beck@juno.com

Lovejoy encourages people to bring five copies of about 1,000 words of their work, and leave it on a table with their e-mail address and any questions. Others from the group can take the selections home and critique them by sending an e-mail to the writer. Several people take advantage of this each month.

To build confidence, Lovejoy says, "We also started doing group

critiques during the meeting. People sign up for this and e-mail me their work a week before the meeting. I send it out to everyone, members make notes on their hard copy, and someone leads a group critique with the writer present to ask and answer questions during the meeting. The writer then gets a stack of manuscripts with edits on it, to mull over later. We do one or two a month."

You can define success in a lot of ways, says Lovejoy. "Being published is just one benchmark. I want to support people in writing for the joy of it, but also give them support and information on how to polish their work, find a publisher or agent, write a query letter, and keep on going even if they get an initial rejection. The more important benchmark for me is that people can meet kindred souls and prioritize their writing if that is something they really enjoy. This is happening in spades!"

The Writers' Mill Journal was created to give the group a "taste" of the self-publishing process. Each writer was randomly assigned two critics for their work and got suggestions back within the month. Writers then had a month to make final edits and submit their piece for publication. There are two copies of the Writers' Mill Journal available for borrowing at the library. All the rest of the copies were purchased by group members.



Kids and parents from Bonny Slope Elementary School and other community members joined the CMBA in cleaning up Cornell Road on May 2

Westside Martial Arts on April 17 to celebrate moving into their new location, and at The Harmony School on May 16 from 10-11:30 am to celebrate their third anniversary.

Rebecca Guyot, The Harmony School, showed us the design for the new wall plaques that will be provided to members for display at their businesses. Terry Taylor, Dancing with Cows Marketing, and Becky Jarvis, Electronics Unlimited Computer Services, updated us about the membership drive.

Plans are underway for the CMBA booth at the Cedar Mill Farmers' Market. Current members are eligible to come and present their information on several Saturdays throughout the season: contact Sandy Sahagian for more information, 503-297-2343. We'll also be running the Passport Contest and manning a booth at the Cedar Mill Park Concert on August 6th.

Jim Craig of Westside Martial Arts had his "10 Minutes of Fame," accompanied by Patricia Brady of Global Travel Safety.

Our Downtown Cleanup weed-ing party on May 2 was a smashing success! Downtown Enhancement Committee members Dean Shade, Dean Shade Law, Ryan

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 Piano Street - Teens & Adults
 13486 NW Cornell Road | Portland, Oregon 97229 | Phone: (503) 626-7181
www.westsidemusicschool.org

Sunset Swim Center upgrades under way

The Sunset Swim Center, located at 13707 NW Science Park Drive, (adjacent to Sunset High School) is getting some much-needed renovation thanks to money from the Parks Bond Measure passed by voters last fall. Bourke Construction, a contractor for the Tualatin Hills Park & Recreation District (THPRD), is busy repairing the air circulation tunnel at Sunset's indoor pool.

The concrete air tunnel is located under the pool deck and encircles the pool. It supplies warm air from a boiler in the basement to the pool area for swimmers and spectators. Due to corrosion, the tunnel had slowly deteriorated during the 49-year life of the swim center and needed replacing.

Repairs, which began in mid-April, are expected to take about two months, during which the pool will be closed to the public. "We regret the temporary inconvenience, but this project will ensure structural integrity and a continued safe environment for our Sunset patrons well

into the future," said Doug Menke, THPRD general manager. "We look forward to project completion and reopening the pool June 1 in time for the busy summer season."



Photo by Bob Wayt, THPRD

Once the repairs to the tunnel are made, there will be new tile installed in the pool gutter as well as a complete recoating of the pool deck with non-skid epoxy. The hand rails at the four entry/exit points of the pool tank will be replaced, along with the underwater pool lights. Finally, there will be a complete cleaning of the facility before opening.

The \$275,000 project is part of a \$100 million bond measure passed

by voters last fall. Other bond-funded work scheduled for Sunset Swim Center will include a seismic upgrade and parking lot improvement. The parking lot pavement will be replaced with permeable asphalt to reduce runoff to local streams.

Timetables for that work are still under development.

Lower-interest bond sale means tax savings

Following a strong credit rating issued recently by two national agencies, the Tualatin Hills Park & Recreation District sold \$58.5 million of municipal bonds in April. The bonds sold at an average interest rate of 4.19 percent, which means

savings for local property taxpayers. The resulting tax rate will be 32 cents per \$1,000 of assessed value, a 14 percent reduction from the projected rate of 37 cents per \$1,000.

THPRD's Parks Bond Measure 34-156 is providing funds for land acquisition and dozens of improvement projects focused on parks, trails, natural area preservation, athletic fields, expansions of the El-

sie Stuhr Center and the Conestoga Recreation & Aquatic Center, and replacement and rehabilitation of aging facilities. The \$58.5 million will underwrite the first 2-3 years of projects. THPRD will issue the remaining \$41.5 million when needed to fund the rest of the projects.

Bobcat Pancakes at Bonny Slope Elementary

Saturday, May 16
7:30 am - 10:30 am,
Bonny Slope Elementary cafeteria,
11775 NW McDaniel Road

Come and enjoy some delicious pancakes, sausage, juice, and coffee! We will also be showing pictures of the 5th Grade Outdoor School trip. All proceeds will go towards next year's 5th Grade Outdoor School. \$5 per person suggested donation

Thank you to Winco Foods and Coffee Rush for their generous sponsorship! We hope you can join us! Please RSVP or send questions to mzzcandy@yahoo.com



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Cedar Mill gets a new bus

by Bruce Bartlett, CPO 1 Chair

Two Cedar Mill area TriMet transit services have been affected by TriMet budget woes. The Cedar Mill Shuttle is being eliminated, and Line 60/Leahy Road is being folded into a new service, Cedar Mill Line 50, which attempts to serve riders who used both services.

On Wednesday April 22, after nine weeks of public comment, open houses, and public hearings throughout the TriMet service area, resulting in more than 2,100 comments, TriMet started the adoption process for the final proposed service changes. This will conclude at the May 27 TriMet Board meeting. Changes are scheduled to take effect in September.

TriMet receives 55% of its revenue from the employer payroll tax. With the worsening economy and unemployment climbing, TriMet's projected budget shortfall has grown from \$13.5 million to \$23.6 million for the fiscal year 2010 budget. The agency has taken numerous steps to reduce costs and improve efficiency, including an eight percent across-the-board expense cut, a hiring and salary freeze, and projected staff layoffs and furloughs. Additionally, TriMet is using a portion of federal stimulus funds to offset some planned agency investments, and in turn, avoid about half of the planned service cuts.

It is, however, important to note that if economic conditions worsen, additional service cuts will likely be needed. By mid-May, TriMet will have a better picture of actual payroll tax receipts for the first quarter of 2009. If additional service cuts become necessary, they would be proposed over the summer. For fur-

ther details, please visit trimet.org.

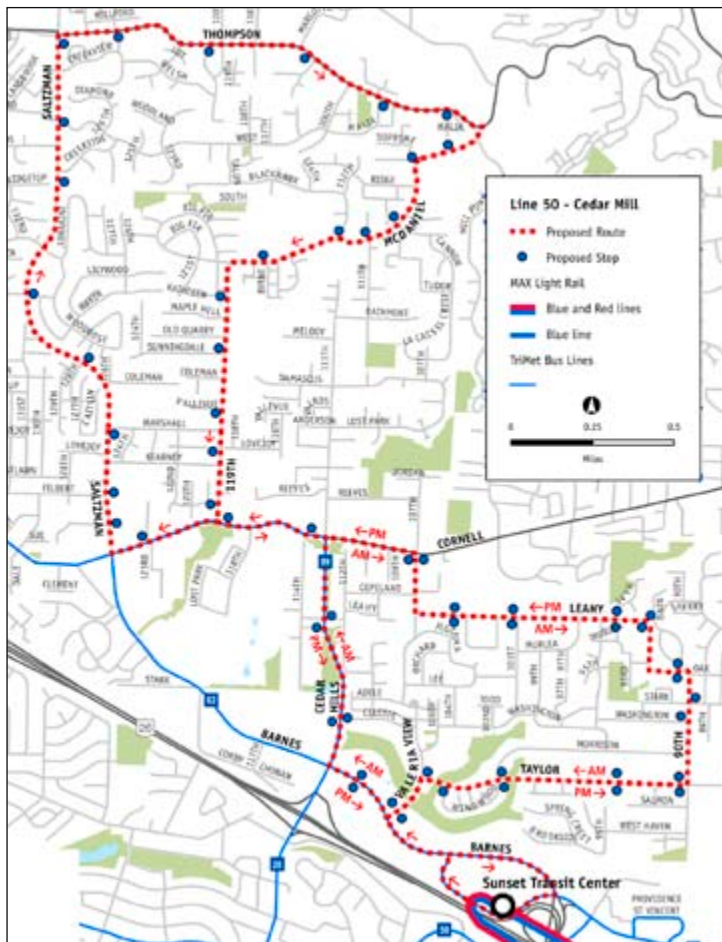
Over the last month, TriMet representatives have been interviewing riders of the Cedar Mill Shuttle and Line 60-Leahy Road, which runs through West Haven, to determine how to best change the two services in the face of low ridership and declining revenues. Both lines have been running during commute hours on weekdays, primar-

ily serving MAX riders. resuming about 3:10 pm and with the last trip leaving from the transit center at 6:50 pm. A smaller, 25-foot bus is planned, both because of expected ridership and to better maneuver on Cedar Mill roads. It would make seven trips in the morning and nine trips in the evening. During its operation, it would wait at the transit center for 10-12 minutes to synchronize with the arrival of two MAX trains.

Residents are expressing mixed opinions about the proposed changes. One rider feels that service for Leahy Road/Route 60 riders would actually be improved: "Earlier start times and later last-run options in the afternoon, with service every 30 minutes—it seems that Leahy gets more service than it had before..." But a Cedar Mill Shuttle rider says that, "If bus plus MAX takes triple to quadruple the time of a car trip, or triple a kiss & ride (drop-off at the station) or park and ride, this asks too much

altruism for a commute to work."

TriMet representatives are returning to CPO 1 on May 5 to present Route 50 to the group. Everyone is welcome—see cpofriends.org for more information.



The new Route 50 loops through the area with locations for bus stops spread along the route. Riders may also "flag the bus" at cross-streets not officially designated as bus stops.

ily serving MAX riders.

Last month, TriMet staff members Tom Mills and Steve Kautz attended the CPO 1 meeting and gave a presentation about Line 50, which will replace the existing two lines. Line 50 will operate as a fixed route, as opposed to the door-step service provided by the Cedar Mill Shuttle. The proposed Line 50 route comes within half a mile of 70% of the current Line 60 and Shuttle riders.

Tests of the new Line 50 show it will take about 35 minutes to complete one loop. It would operate weekdays during the morning and evening commute times, starting from the Sunset Transit Center (STC) about 6:05 am and making its last run arriving back at STC at 9:15 pm, then

Shortcake Social & Historic Photo Exhibit returns to Grange

Cedar Mill's Leedy Grange #339 will present its second annual "FUNraiser" on June 20-21. Grange members and volunteers will be serving up delicious sweet and juicy local strawberries, Bob's Red Mill biscuits and Alpenrose whipped cream in the dining room.

In the main hall, Nancy Olson's collection of Cedar Mill History photos will be on display, with members of the Friends of the JQA Young House on hand to talk about our fascinating pioneer history and plans for the house.

Shortcake will cost \$3 for a small bowl and \$5 for a large. The Grange is raising money to refinish the floor in the main hall. Work on the floor should get underway in late June.

If you're interested in finding out more about the Grange, or in volunteering for the event, visit the website: leedygrange.org, or contact Virginia Bruce, 503-629-5799 or virginia.bruce@gmail.com. More details next month!

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Cedar Mill Farmers' Market opens in May!

by Dina Gross, Market Manager

The Market will be open EARLY this year! We're anticipating our best year ever—did you know it's our 10th anniversary year? This year, we'll be in the same home we've had for six years already (just west of Murray on NW Cornell in the Sunset Mall parking lot, across from Sunset Park), 8-1, Saturdays May 9 through September 26 (and bonus October dates as usual though this year those bonus dates may be at Dinahanian Farms).

Everyone will want to stop in at the Market for locally grown flowers (picked just hours before the market starts!) from Vanessa and family for all the mothers in their lives. Why not give Mom a bouquet that is far more beautiful and lasts longer than all the others?

News Flash: Hooray!! We've got a wonderful new dairy vendor this year, starting on May 9th! Hope the community

will come out to welcome Jacobs Creamery with their incredible handcrafted artisan cheese. A little taste knocks your socks off,

it's so wholesome and delicious! In addition to cheese, they'll sell fresh milk, crème fraîche, and dangerously good pudding.

On Opening Day of our 10th anniversary season, you'll also be able to visit with Ursula and see her new quilts and other handcrafted goodies. Ursula's fan club has no doubt missed her over the long winter, but what many of them don't know is that she's the MVP of the market, week after week helping out with

whatever needs doing, including filling in guests and potential vendors on what's what—especially when the market manager can't be found. Just look for her under the oak tree with her yellow apron and friendly smile.

One of those vendors Ursula will help you find on May 9 is the new Sauvie Island Sweet & Savory Food Co. with handmade cheese-cakes and farm-fresh eggs. Another vendor sure to be a favorite on hot summer days is HOT LIPS Real Fruit Soda, starting with us on May 9, providing fresh soda made from fruit purchased from Oregon farmers. Flavors to try: Boysenberry, Blackberry, Pear, Strawberry, Red Raspberry, Black Raspberry, and whatever else they come up with from local fruit crops.

Oh my goodness, how we've missed Jason and his nephew Stewart. Happily, Stewart will join



us this year starting with asparagus on May 9. Love that asparagus, and already dreaming of the delicious cherries they'll bring in a few short weeks! We're also thrilled that Donna of West 40 Nursery has a lot of garden starts ready to go. Don't miss this sturdy stuff to jumpstart your garden.

A group from Cedar Mill's Christ United Methodist Church is very excited about their booth which will open in late May. They'll

have coffee and baked goods in the morning, barbecued sausages for lunch and they'll also be selling plant starts and hand-crafted items, and will also be sharing information about their church, Cedar Mill's "hidden jewel," and what it has to offer through displays and written materials.

By the second market day this season—May 16—we'll have some fresh-roasted FAIR-TRADE ORGANIC coffee beans from St. John's Coffee Roasters. They plan to be with us all season also. Also May 16, look for Mireille's Les Couleurs de Provence french linens and Jonathan's french pastries, as well as Kathy & Vicki's Jewels, followed on May 23 by Great Harvest Breads. Also later in May, look for returning favorites Lauri of Arrington Art Jewelry, Uli of Pacific Flames soy candle fame, Susie of Turtle Island Trade Goods, and Lisa of Fuzion Glass.

Most of our farmers are expecting to join us as May's sunshine gets Oregon's fields warmed up. Look for old favorites Lone Elder Farms, DeMartini Family Farms, Martinez Family Farm, Duyck's Peachy Pig

Farm, and more. You asked for it and this year we deliver: Cranefield Organics of Sauvie Island will provide all manner of delicious organic produce including, in the early season, greens, root vegetables, and peas, and later on tomatoes, peppers, onions, beans, potatoes, etc. M & M Organics will also join us later in May with fantastic organic produce plus some organic garden starts, all from a farm just a couple miles north of the Market. Yeah!! Top that off with the addition of Lilly's Blooming Acres, another organic grower from the Forest Grove area, and we are in good shape with all kinds of sustainably grown goods and even a variety of certified organic crops this year.

Naturally, we expect to have our happy (not to mention good-looking) teenaged balloon artists and facepainters on hand, as well as LIVE MUSIC (if it's not too cold and rainy when Opening Day arrives). It'll be a beautiful day at the Cedar Mill Farmers' Market, brought to you by Tualatin Hills Park & Recreation District, whatever the weather holds. See you there!

Eagle Scout candidate collects eWaste



Brendan Doyle mobilized a team of scouts and family members to collect 71 computers, 44 displays, 26 printers, 17 laptops, and lots of mice, keyboards, CD drives, cables etc., on April 19 from the Cedar Mill area.

They took the equipment to StRUT, an organization in The Dalles. Doyle's proud father Brian says, "StRUT stands for Students Recycling Used Technology and is a program incorporated into schools where students take donated computers and computer components and upgrade them. Students involved in StRUT evaluate, repair and refurbish donated computers and in turn donate those computers to local schools. Students gain valuable skills and schools get free computers."



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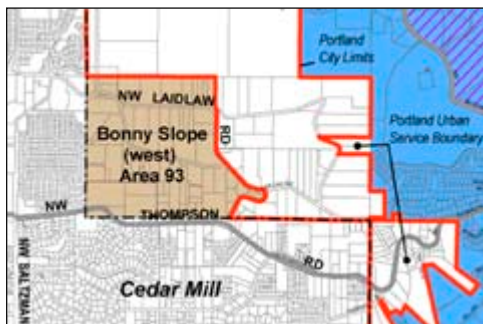
Help design Area 93

Area 93, now known as Bonny Slope West, was brought into the Urban Growth Boundary by Metro in 2002, making it eligible for urban-level development. It is in unincorporated Multnomah County, and is not contiguous with the City of Portland. (For more background, see January '09 CM News)

Metro's Urban Growth Management Function Plan requires that concept plans (general outlines of roads, areas of varying density etc) be developed for urban expansion areas, and that the plan be adopted by the governing body with jurisdiction. Work on the plan was delayed because of questions about who should be the governing authority (Multnomah County no longer provides urban services) and by who should pay the cost of completing the work.

A construction excise tax was imposed to fund concept planning

work in the region. The excise tax program is administered by Metro, and Multnomah County has been awarded a Metro grant to pay for the work. The governance issue is still unresolved and the concept planning effort will look at different governance and service options for facilitating urban development. Op-



tions may include future annexation to Portland with city services, annexation to Portland with services provided by districts, or service by the County and districts.

Concept planning started last fall with an assessment of buildable lands that looked at development opportunities and constraints such as steep slopes, natural areas, and wetlands. This work was presented to the community at an open house in October. Work will now begin on developing diagrams to illustrate where different urban uses and densities could occur, including analysis of infrastructure needs and preliminary public service options.

A three-day intensive planning session, known as a charrette, is scheduled for June 2-4 to develop a first draft of these diagrams, with

the objective of creating a realistic and feasible concept plan that enjoys wide community and agency support. The charrette will involve agency staff and planning consultants working on the project during the day and three consecutive public evening sessions to actively involve the community in creating alternative development concepts for Bonny Slope West. The alternatives will be clearly articulated at the close of the charrette. Later this summer and fall, the alternatives will be further refined, with additional public comment and involvement, into a final concept plan for the area.

Charrette schedule: June 2: 7 to 8:30 pm—Facilitated discussion about the project; Opportunities and constraints discussion; What is your vision for Bonny Slope?

June 3: 7 to 8:30 pm—Presentation of ideas for potential alternatives; Public work session to develop alternative concepts.

June 4: 7 to 8:30 pm—Public review and refinement of three alternative concept plans.

The evening charrette programs will be held in the dining area of the Leedy Grange Hall, 835 NW Saltzman.

For more information, contact Derrick Tokos, Principal Planner, Multnomah County, 503-988-3043 x22682, derrick.i.tokos@co.multnomah.or.us

Choir concert at Sunset Presbyterian May 13

Sunset Presbyterian Church invites everyone to join them for a special evening of praise and worship with a concert by the California Baptist University Choir And Orchestra. May 13 at 6:30 pm at the church, 14986 NW Cornell Rd. For more information email Jill Hofer: jillhofer@sunsetpres.org

State Legislators hold Town Hall May 11

With the 2009 Legislative Session in full gear and bills rapidly either being shot down or moved forward in their respective committees, our State Representatives Mitch Greenlick and Chris Harker, and our State Senator Suzanne Bonamici will convene a Town Hall meeting at Leedy Grange, 835 NW Saltzman in Cedar Mill, on Monday evening, May 11, 7-9 pm.

Please join them and bring along your questions and comments on current legislation and other issues. To stay current on legislative activity, you can sign up for bulletins from the committees you have an interest in at www.leg.state.or.us. Click the "e-subscribe" button on the right side of the page to sign up, or use the search function to see the text of any bill you're interested in.

You can also keep up with your senators and representatives by visiting their pages on the site, provided by the Oregon State Legislature.

Senator Bonamici will also hold a constituent coffee with Rep. Harker on Saturday, May 31 from 10-11 am in the Community Room of the Cedar Mill Library.

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Terra Linda School Mural Dedication & Art Blast

Approximately 445 students, 45 parent volunteers, and Portland artist Lynn Takata worked together for three months to create Terra Linda Elementary's new work of art titled Mosaic Garden Mural. A truly collaborative effort, each K-5 classroom brainstormed with the artist about items they might find in an Oregon garden and then voted on which item they would like to make. The children then participated in drawing and clay workshop sessions and some helped with the final wall installation. Additionally, parent volunteers assisted in the workshop, glazing, firing, and installation phases of the project.

This truly community-centered activity evolved as part of Terra



Terra Linda 2nd grader Virginia O'Keeffe said, "I really liked participating in it because it was fun and we got to use clay. I enjoyed pounding the clay and doing it with my best friend Grace."

Linda's whole-school arts enrichment program—this year's goals being to enrich students' exposure to and understanding of visual art techniques and elements. The program endeavored to develop an appreciation of public art and the skills of a professional artist while building school-wide unity during a boundary-change year of transition at Terra Linda.

The Mosaic Garden Mural, funded in part by The Regional Arts

& Culture Council, is sponsored by the Terra Linda PTC, a recipient of the Council's 2009 Arts-in-Schools Project Grant.

The completed 12' x 6' mural will be dedicated on Thursday, May 14th at 6:30p.m. during the school's annual ART BLAST night at the school, 1998 NW 143rd Ave. The event is free and open to the public.

At the dedication ceremony, students and families will be invited to view the mural, meet the artist, hear students sing & read poems, and view students' mural design drawings. At Terra Linda's annual ART BLAST, the community is also invited to view students' individual art projects and to participate in interactive art stations. A fundraiser dinner will also be offered in the cafeteria.

Cedar Mill library participates in national computer-use survey

From April 24 to May 11, 2009 the Cedar Mill Community Library is participating in a nationwide Internet survey to find out how people use the free computers and internet connections in public libraries. The U.S. IMPACT web survey is being conducted by the University of Washington Information School with support from the Bill & Melinda Gates Foundation.

Until now, there has been no nationwide research about how library computing services fit into peoples' lives. Some believe that library computers are used mostly for entertainment, but librarians report that people use them to find jobs, stay connected with family and friends, or to get health information. The goal of the U.S. IMPACT studies is to collect evidence about the ways computers in public libraries help

Native Plant Sale at Audubon Society

**May 16 and 17, 10 AM to 4 PM,
5151 NW Cornell Road**

It's really spring at last! The Portland Audubon Native Plant Sale welcomes all gardeners eager to celebrate the growing season. Over 100 species of Oregon wildflowers, shrubs, and trees will be available to enhance your yard, woodland, or stream bank.

Free Gardening Workshops offered on Saturday May 16:

Creating a Rain Garden, 1 pm
Sustainable Gardening Workshop, 2 pm



All events are free and open to the public. Proceeds from the sale benefit Audubon programs such as nature education, wildlife sanctuaries, and wildlife rehabilitation. For more information: 503.292.9453 or visit audubonportland.org/sanctuaries/plant-sale/plant-sale

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What will happen in a coaching session?

Clients talk, the coach listens and ask questions, helping to clarify and focus the conversation. Coaching sessions are used for exploration of ideas, brainstorming of new possibilities, discussion of strategies, and development of action plans. The Coach acts as a supporter and sounding board, providing resources and motivation.

Ninety percent of all professional individual coaching is facilitated by phone and email/fax. The majority of Will's clients live all over the US/Canada and Europe. For clients in the region, he usually meets them once for a face-to-face session and the balance of the sessions are over the phone and email/fax.

Wiebe engages with 15-25 clients at a time, primarily over the phone and by email. His clients range in age from 21-72 and come from all types of professions and careers. In addition, he does executive counseling for several corporations.

Action Steps

Engaging in Life & Career Coaching isn't a passive activity. Through the integration of action steps that come from the client and the coach, clients are prepared to step back from their lives, and do introspective personal and professional growth work.

Wiebe explains, "As an holistic coach, I take into account the entire being of the person, their emotional and mental intelligence, spiritual, health/well-being, and civic/community engagement."

Wiebe says that one of the largest obstacles for people who want change in their lives is fear. He says, "We fear financial instability, family disruption, change, success, giving up an identity and even failing at something new. It is important to meet the fear head on. Examine the fears with reason, play each one out and ask yourself, what is the worst thing that could happen?" One book he often recommends to his clients is Susan Jeffers' "Feel

the Fear and Do It Anyway," which offers steps to move from being the victim to being the creator of your life and techniques to out-talk the negative chatterboxes in our brain.

He tells his own personal story of participating last year in his first Olympic Distance Triathlon—for Team In Training, a competition that involves running, cycling and swimming. He had a lifelong fear of water, but received encouragement and guidance from the Triathlon Coaches and learned to, "meet, greet, embrace and move through the fear." He was able to put in a strong performance in the swimming event and ended up fifth in his age group.

For many people, fear leads to inaction. Will helps people learn to make decisions without having everything lined up perfectly. "No-lose decision-making," lets you tap into your self-knowledge and get past the fear of making the wrong choice. Mistakes are learning experiences, and moving forward is always preferable to being stuck.

Vocation Vacations

In addition to being an Associate Coach with Feroce Coaching, and having his own private coaching

practice, Wiebe is a partner and lead coach in a business called VocationVacations. Their slogan is, "test drive your dream job." If you've ever dreamed of owning a bed and breakfast, or running a vineyard or having your own radio talk show, this company arranges an apprenticeship with successful business owners who do that. Will explains, "We have over 200

VocationVacation packages where an individual has an opportunity to immerse themselves in a one, two or three-day mentoring/hands on experience of a dream career."

Participation includes a package of coaching before and after the immersion experience. Some individuals do it just for fun, and sometimes it just gets a long-time dream "out of their system." But many participants go on to success in their new career. One couple



bought a vineyard!

VocationVacations packages are located all over the US, with many opportunities in the Portland Metro area, including JaCiva chocolates in Portland and Schroeder's Den, a doggy daycare in Hillsboro. Visit vocationvacations.com for more information.

Will Wiebe received his professional coaching certification through the Centre for Professional Development, Portland Oregon. He's also certified through an international professional coaching association called ICF (International Coaching Federation) based in Washington DC. He has a Masters Degree in Human Relations & Organizational Development – University of San Francisco, CA.

He worked as an executive leader in the non-profit field for 25 years. Six years ago Will felt an urge to do something different with his life and began to look for a different career. Upon much research and exploration Will discovered professional coaching. "It was a yes!" He hired a professional life coach who guided him through a six-month discernment and decision making process, where the world of professional life and career coaching unfolded for him.

He says that coaching is a wonderful fit. "Being able to guide individuals, groups and organizations in a process of self discovery and transformation that unlocks their full potential is very life giving. Through the coaching / client relationship, the process integrates wisdom, compassion and creative strategies that helps individuals tap into the creative power that already exists inside of themselves. It is a way of Being."

Will has two children, 26 and 29. He and his wife Lisa love the outdoors, specifically hiking and backpacking, and kayaking. And they both love Blues music. Lisa is currently in a graduate program at Antioch University, Seattle, WA.

Contact Will Wiebe through LinkedIn: www.linkedin.com/in/willwiebe or his email at will_wiebe@comcast.net or visit his website willcoach.net. Call him at 503-626-9839 (office) or 503-467-1812 (cell).

Choban, continued from page 1

Beaverton High School. He and his brother Paul helped the family on the farm, using horses to power the farm equipment. Stan Russell, who lived in the JQA Young house on Cornell, provided manure for their fields.

At first they kept the bottom-land (now the Cedar Mill Wetland) drained with a pump driven by a Model T engine, later replaced by a Star Briscoe engine that pumped 300 gallons a minute. Finally they put in an electric motor in the late 40's.

George remembers that it was a constant battle to keep the beavers from damming up the creek. He would go out and pull the branches apart, and the next day the beavers would have put them back. When they sold the "bottomland" to Tri-Met for the wetland development, George stipulated that the water must continue to flow to prevent mosquito infestation. This is accomplished with a series of drains and weirs.

The land was well-suited to growing celery because of the "crick"—the tributary of Beaverton's Johnson Creek that meanders through the land. Celery is a labor-intensive crop, but it can be planted densely—at one point they had 200,000 celery plants on 13 acres. It also shipped well, and the family sent its produce off to the east on the railroad.



A "vocationer" test-drives her dream job with VocationVacations Mentor Myron Redford



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By 1948, cheaper celery from California drove them out of that business, so they contracted with Birdseye in Hillsboro to grow green beans. They employed kids from the area to pick beans in the summer. They also grew lettuce for the Portland market. When Jim Choban died in 1965, commercial farming on the property ceased.

Marika's sister and brother-in-law moved into the family farmhouse about that time and before long they opened the family restaurant, Marika's, serving Greek and American food from 1970-1989. The family still owns the land and leases the restaurant building to the current restaurant.

George attended Willamette University from 1947-1951. He recalls that a years' tuition when he began was \$175. He majored in mathematics and has been teaching math in various schools ever since—currently he teaches at PCC Rock Creek. He joined the Army in 1952, serving in Europe and teaching basic education to GIs. In 1950 George started collecting vintage cars, particularly Packards which had a style of hood that he liked.

In 1960, he drove his father to San Francisco on business, and while there he met Anastasia. She was born in Greece, and had learned English at the American College. She had worked for the UN for a while, helping villagers be more productive and then taking Greek immigrants to Australia, and then working as a consultant to agriculture and fishing industries there. She eventually joined her sister, who was living in Salem at the time, in 1956. She had wanted to work at Meier and Frank, but the family told her she should go to college. She graduated from Willamette as a medical technologist and found a job in San Francisco.

She and George hit it off pretty quickly. He "got tired of the courting," and they were married just 13

days after they met. They returned to the farm, and Anastasia began working for Oregon Health Sciences University, and then at the Primate Center. She continued to work as they raised their three girls, and also helped out with the restaurant, buying produce and supervising.

In the late 60s they bought a 22-acre farm in the Rock Creek area from the Boy family. They started out in the old farmhouse, but built their present home in the early 70s. George still has a large garden growing—you guessed it—celery, along with lettuce, beans, peas and other vegetables, which they sell at the Beaverton Farmers' Market. Two of their daughters live nearby on the property, and the other one lives in Salem.

The Chobans continued their involvement in the Cedar Mill community, regularly attending CPO 1 meetings until a couple of years ago, and driving one of George's classic restored autos as part of the opening celebration for the Cornell road work a few years ago. And they're obviously still as much in love with each other as they were when they first met!

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