



# CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association | ConcordiaPDX.org

February 2016

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## Concordia News

is a free monthly publication of the Concordia Neighborhood Association. Newspapers are delivered to all residences and many community locations in the Concordia Neighborhood.

## Mission Statement

To connect Concordia residents and businesses - inform, educate and report on activities, issues and opportunities of the neighborhood.

## Website

[www.ConcordiaPDX.org](http://www.ConcordiaPDX.org)

Concordia Neighborhood Association  
P.O. Box 1194  
Portland, OR 97211

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

## The Murals of The Black United Fund

By Carl Jameson

When you walk by the Black United Fund's building at 28th and NE Alberta you can't miss noticing a recently completed 25 x 100 ft mural that swirls across its west side facing wall. The vibrant mural honors iconic women of the civil rights movement.

Vox Siren, a Creative Change Agency that focuses on promoting gender equity and ArtUprisings, a non-profit that connects artists and non-profit organizations working to dismantle institutional oppression partnered with the Black United Fund of Oregon on the mural.

The Black United Fund of Oregon is the only black-owned, community specific nonprofit that operates and owns its building and property on Alberta Street. The organization's mission is to assist in the social and economic development of Oregon's low-income communities and to contribute to a broader understanding of ethnic and culturally diverse groups.

Kimberlee Sheng, the Executive Director of Black United Fund provided leadership in the creative design. "As a child growing up the women depicted on this mural were major inspirations in life; they embodied the vision I held for myself, and the determination that was required to create real and lasting change.

Artists Eatcho and Jeremy Nichols collaborated on the mural that features historical figures of Coretta Scott King, Ruby Bridges, Ruby Dee, Angela Davis, and Maya Angelou.

There is another important person represented in the mural: a young girl stands below the image of Maya Angelou and reflects on her predecessors. She



"These women, along with countless others- some who will never be named, opened many doors of opportunity for both women and men, and have had a tremendous impact on how communities of color navigate "systems" of inequity," Sheng said. Photos courtesy of Carl Jameson

represents a generation boldly ready to continue the legacy of powerful leadership. Sheng said, "In our more than 30-years of operation, the organization has always been lead by women therefore it is fitting that this mural would pay tribute to a few of the iconic black women of the civil rights movement. Upholding a beckon of hope for all, these historical women stood alongside our brothers and numerous communities involved in the struggle, just as we still do today."

The mural was supported by the Public Arts Murals Program, administered by Regional Arts and Culture Council.

There's more murals to come for the building. Alberta Art Works, an organization that



supports the neighborhood's art, artists, performers and creatives, commissioned six 8 x 8 foot murals for the building's Alberta Street side. The murals will tell the story of Alberta Street's history, economic growth and diversity. Two murals are complete, one is in progress and the rest are scheduled to be completed in Spring 2016.



### IS YOUR BIKE READY?

An ideal time to have comprehensive repairs and service work  
See page 5



### RED SAUCE PIZZA

The Blistering oven cranks out pie after perfect pie  
See page 7



### TIME IN PERSPECTIVE

Learning to make sense of time  
See page 4

# A New Year and New Look for Concordia News!

**ISAAC QUINTERO**  
President  
Concordia Neighborhood Assoc.

## CHAIR'S CORNER

Happy New Year Neighbor,

Welcome to 2016 and a new start at making the world a better place for all of us.

The board met on January 12th for its regularly scheduled board meeting with a full plate of action items that include submitting a request to delay the demolition of an existing home (reportedly to be very habitable and recently remodeled). Neighbors requested that the board submit a request for delay on their behalf while they attempt to convince the developer to reconsider the demolition and work with them to come up with a mutually satisfactory compromise. More about this later as we get feedback.

Ashley Golokow, one of our board members had taken over the responsibility of the community meeting room at the Kennedy School and made great progress in getting the reservation system sorted out with additional improvements as well including a commitment from the Kennedy School to spruce the place up, Good work Ashley!

In addition to securing yet another year of Concerts in the Park, the board has secured one night of "Movie in the Park". We may not be showing the new Star Wars film but promises to be an event where families and friends can enjoy a movie and picnic with ones you love to add to a list of favorite memories. Keep an eye out for schedules to appear later this spring. The funding is being provided by the City of Portland General Funds, Concordia Neighborhood Association and one of our own board members, Robert Bowles (thanks Robert!)

Two new Board of Directors were installed on the Board, Please welcome Donn Dennis and Joe Culhane and extend our gratitude for their stepping up to the occasion to serve the community.

Joe Culhane, has a history of volunteerism with both community and church the offering his artistic talent whenever needed. Joes latest art project was the intersection painting at NE 28th and Jarrett, bringing the community together. Other interests are Ally beautification and developing emergency

preparedness scenarios for our neighborhood.

Donn Dennis, prior to retirement Donn had made a career in human resources administration as well as a history in both higher education as well as corporate business management and development. Donn also added...that he lives with his" ...wife and their two rescued-but-totally-untrained dogs".

Concordia News Just Getting Better! Keep your eyes open for some real change coming soon to the newspaper and website. We are fortunate to have had Susan Trabucco, a Business Communications and former newspaper owner, volunteer to take our paper into the future with an emphasis on our community reporting the news and events of interest the Newspaper industry has abandoned in favor of national news provided by Wire Service or social media. Susan and volunteers on the Media Committee are committed to bringing you a newspaper catering to local news and local interest. Look for these developments in future issues, and please don't hesitate to contribute your stories for publication as well. We are looking for you to be our eyes on our local world.

Please consider coming to our February board meeting as we will be discussing and finalizing our goals and objectives for 2016. We will also be formulating working committees to focus on those projects you see as priorities.

Lastly, I want to invite those of you who would like to have a one on one conversation with me, Chair for the Association, to discuss your specific questions and suggestions. There are some of us who are not always comfortable in large venues and reluctant to pursue your interests and this will be an opportunity to make your wishes know without the formality of a board meeting and no required agenda. I will be in the community room at 6:00 pm, an hour before the start of our board meeting to focus on you alone. Hope to see you there.

Isaac Quintero

Chair, Concordia Neighborhood Associates

### CNA Board of Directors (Elected Jan1. 2016)

East1   east1@concordiaPDX.org	Steve Elder
East2   east2@concordiaPDX.org	Mark Charlesworth
NorthWest1   nw1@concordiaPDX.org	Isham "Ike" Harris
NorthWest2   nw2@concordiaPDX.org	Ashley McKinney
SouthWest1   sw1@concordiaPDX.org	Garlynn Woodsong
SouthWest2   sw2@concordiaPDX.org	Daniel Greenstadt
At Large1   al1@concordiaPDX.org	Robert Bowles
At Large2   al2@concordiaPDX.org	Donn Dennis
At Large3   al3@concordiaPDX.org	Joe Culhane
At Large4   al4@concordiaPDX.org	Ali Novak
At Large5   al5@concordiaPDX.org	Chris Lopez
At Large6   al6@concordiaPDX.org	Truls Neal

### Neighborhood Community Room

Rent it for your next gathering, book club, celebrate a special occasion, birthday, baby or wedding shower? CNA manages the rental space & benefits from the proceeds. Non-Profit Organization for \$15 an hour All others for \$25 an hour  
CommunityRoom@ConcordiaPDX.org

### Concordia Neighborhood Association

#### Meetings & Updates

#### Board Meeting

February 9 @ 7:00 PM - 8:30 PM  
Second Tuesday of the Month  
McMenamin's Kennedy School Community Room

#### General Membership Meeting

March 8 @ 7:00 PM - 9:00 PM  
First Tuesday Bi-Monthly  
McMenamin's Kennedy School Community Room

#### Social Committee

Volunteer for the Spring Egg Hunt or fund raising for the 2016 Fernhill Concerts in the Park. Contact: Katie Ugolini, 503-449-9690, Social@ConcordiaPDX.org

#### Finance Committee

Policies/Procedures visit our website or email:  
Treasurer@ConcordiaPDX.org

#### Media Team

February 24 @ 6:00 PM  
Last Wednesday of the Month.  
- Volunteer and join the Media Team to work on the newspaper or Website. For more info & meeting location contact Susan Trabucco at susan@trabucco.biz or (503) 440-7732

#### Land Use, Livability and Transportation Committee

February 18 at 7:00 PM  
Third Tuesday of the Month  
McMenamin's Kennedy School Community Room  
LandUse@ConcordiaPDX.org  
- The land use committee grants approval for neighborhood projects. To hear about and try to solve issues affecting quality of life in Concordia brought to us by community members.

#### Tree Team

February 4 at 6 PM  
First Thursday of every month  
Dining area at New Seasons.  
www.concordiatreeteam.wordpress.com

#### CNA Chair

Isaac Quintero  
(503) 352-4585 | Chair@ConcordiaPDX.org

#### CNA Vice Chair

Vacant | Vicechair@ConcordiaPDX.org

#### CNA Secretary

Vacant | Secretary@ConcordiaPDX.org

#### CNA Treasurer

Robert Bowles  
(503)490-5153 | Treasurer@ConcordiaPDX.org

#### Concordia Community Room

Rental | CommunityRoom@ConcordiaPDX.org

#### Crime Prevention Officer

Mary Tompkins  
(503)823-4764, mary.tompkins@portlandoregon.gov

#### Neighborhood Response Team Officer

Anthony Zoeller  
(503)823-0743, Anthony.Zoeller@portlandoregon.gov

#### Submissions

The deadline for submissions is the 15th of the month prior to Monthly publication.

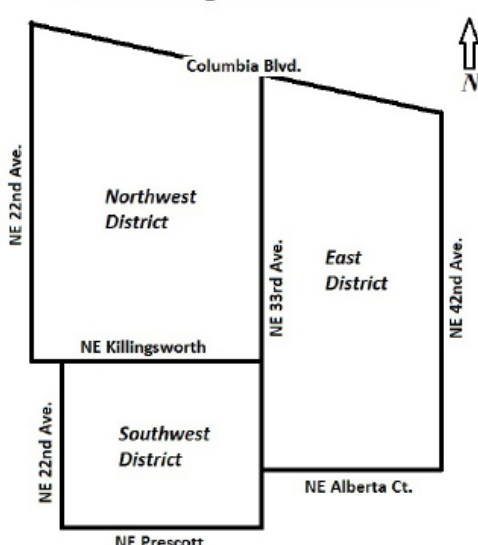
#### Advertising/Business Manager

Please send ad inquiries to Susan Trabucco  
CNewsBusiness@ConcordiaPDX.org

#### Editor

Please send article submissions to Mary Wiley  
CNewsEditor@ConcordiaPDX.org

Concordia Neighborhood Districts



# Lower Speed Limits on Alberta & Killingsworth?

By Garlynn Woodsong  
Chair, CNA Land Use & Transportation Committee (LUTC)

Neighbors have requested that the Concordia Neighborhood Association take a look at lowering the speed limits on Alberta and Killingsworth within the neighborhood.

There have been complaints that, for Alberta Street, 25 mph is a bit too fast in a situation where cars are parked right up to every corner, every intersection has two crosswalks, there are mid-block alley crossings, bicyclists are sharing the lane with cars, buses, and larger vehicles, and parallel parking maneuvers are a routine fact of life.

Similarly, Killingsworth at 30 mph represents a dangerous barrier, preventing easy crossings from the south to the north side of the Concordia neighborhood. One neighbors' family had their car totaled when pulling out on to Killingsworth, where vehicles parked right up to the intersection along the curb block the view of fast-moving oncoming traffic. Bicyclists have been hit while trying to cross from one side to the other of Killingsworth, and it represents a scary crossing for pedestrians as well, especially with signed and marked crosswalks few and far between.

In December, the LUTC recommended, and in January, the CNA Board unanimously adopted, a proposal to ask the City to lower the speed limit through the neighborhood on Alberta from 25 to 20 mph; and on Killingsworth from 30 to 25 mph. The 20 mph on Alberta would thus match the 20 mph on Fremont through Beaumont Village, in keeping with state law that requires 20 mph through commercial districts. The 25 mph on Killingsworth would more closely reflect its status as a mixed use pedestrian and bicycle corridor.

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



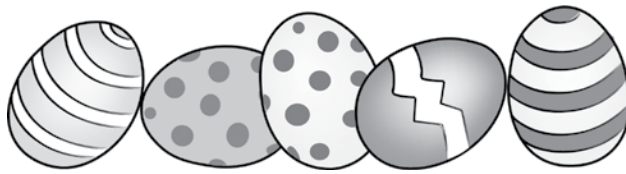
By Mark Atkinson

Today we lost our oldest resident. No one came to weep or say a prayer as she slowly passed away.

A resident here long before any of us, stood watch as man learned to fly, reach the moon and beyond.

She observed the stars race across the night sky a Thousand times. Now, as the bells chime she will no longer be our silent witness.

And no one cared.



Please Join Us for the

## SPRING EGG HUNT

**SATURDAY, MARCH 26**

### FERNHILL PARK

(Playground along NE 37th Avenue)

The Hunt begins at 10 am SHARP!

Don't be late, it ends in a flash!

Sponsored by:

**The Concordia Neighborhood Association**

&

**American Legion Post 134**

Volunteers Needed To:

- Stuff 5000 plastic eggs with candy
- Friday, March 25th at 6:00 pm at American Legion Post 134

2104 NE Alberta St

Hide 5000 candy-filled eggs:

- March 25th at 8:00 A.M. at Fernhill Park

NE 37th & Ainsworth

Contact: Katie Ugolini at [ktugolini@gmail.com](mailto:ktugolini@gmail.com) or 503-449-9690



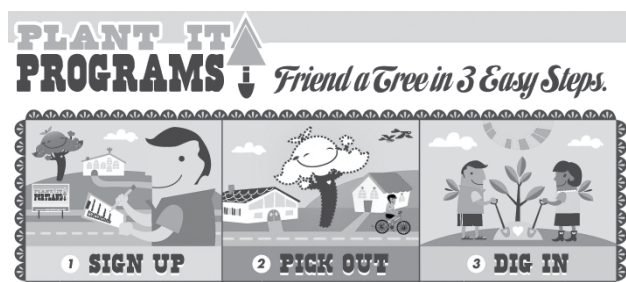
# Concordia/Vernon Planting March 12th

By Cheryl Brock, Friends of Trees

2016 brings more trees to our streets, with their traffic-slowing, cement cooling, beauty. Once again the potluck and staging for planning will be at St. Michael's Lutheran Church at 6700 NE 29th Ave. We'd love to have more neighbors plant trees and volunteer with us and help build a stronger Concordia community!

Interested in planting a tree at your home? You can sign up to see the trees ideal for your planting space at [friendsoftrees.org](http://friendsoftrees.org), or by calling 503-595-0212. Trees this year are \$35. The tree cost includes a quality 8-12' tree, street tree inspection (ensuring right tree, right place), hole digging, planting, stakes, follow-up monitoring, and information on tree care. The deadline to sign up to order a tree is February 8th, and the deadline to order is the 22nd of February.

Interested in volunteering? We have a role for everyone! The opportunities include planting, transporting trees with your pick-up truck, making a dish for the community potluck, and more. Contact me, Cheryl Brock, your Neighborhood Coordinator at [concordia@plantitportland.org](mailto:concordia@plantitportland.org) for more information or to sign up.



# Have a passion and a penchant for writing?

By Susan Trabucco  
CNews Media Team

Do you have a soft-spot for Senior issues or get hyped-up about Health & Wellness? Perhaps you've got an affinity for arias and the Arts, or have been known to happily hyperventilate over History?

Now is your chance to put your penchant for writing where your passion lies, all while helping your neighborhood newspaper "kick it up a notch" in terms of providing more engaging articles that speak to the diverse interests of Concordia neighborhood residents.

Concordia News recently launched a new and energized volunteer Media Team that is scouting for community members who want to put their passion to print or social media by writing on a subject area of their interest for this monthly, community newspaper. Volunteer writers do the interviewing and/or writing, and the other Media Team volunteers do the rest, including editing (in other words, you don't have to be an expert writer), layout, graphic design, posting to the Concordia Neighborhood Association website, Facebook, etc.

Potential subject areas are many, including Real Estate or Business News & Issues, Neighborhood Culture & History, Senior Interests, Schools, the Arts, etc. If you have a subject area of interest that isn't mentioned here, bring it to the attention of the Media Team – all ideas will be considered.

As busy lives sometimes supplant volunteer efforts, in an effort to keep the Media Team well-supplied with volunteers, feel free to let us know if you have an interest in editing, graphic design or layout, advertising sales, website updating or Facebook posting. The more the merrier!

Media Team meetings will be held the last Wednesday of every month at 6 p.m. at a Concordia business location that will change each month. To be included on the email list for location and Media Team news notification, to join the Media Team, or to express interest or make an inquiry about taking on a subject area for Concordia News, contact Media Team leader Susan Trabucco by emailing [susan@trabucco.biz](mailto:susan@trabucco.biz) or call (503) 440-7732.

# Become a Certified Master Recycler volunteer

Learn from experts, share with neighbors.

Take an eight-week course on the latest information on consumption and recycling. Then, promise to volunteer 30 hours to share what you learned with neighbors, coworkers and community. Clackamas County course and volunteer program. Eight consecutive Wednesdays 6:30 p.m. - 9:30 p.m. starting on March 30, and two Saturdays from 8 am to 2 pm on April 9 and May 7. Clackamas County Bldg., 150 Beaver Creek Rd., Oregon City. Deadline for applications is Tuesday, March 1, 2016 at 12 p.m. [www.masterrecycler.org](http://www.masterrecycler.org). Master Recycler program participants receive training on waste reduction and outreach techniques.

## Creating a Neighbor-Helping-Neighbor Village in Northeast Portland

By Carolyn Buan, Volunteer

On a warm October evening in 2013, twelve residents of Northeast Portland held a meeting at Velo Cult in Hollywood and hatched a plan that promises to enhance life for many seniors in the area. The idea was to create an organization that would keep older residents in their homes and engaged in their communities for as long as possible, largely by providing plain old-fashioned neighborly help from volunteers.

The organization this small planning group created, Northeast Village PDX, will serve 18 neighborhoods in Northeast Portland. It is part of a growing “Village” movement that stretches across the country – 190 open Villages and another 185 in development, with 7 in the greater Portland area.

Northeast Village PDX is projected to be up and running in the fall of this year, at which time full-service members will be able to receive rides (the most frequently requested service nationwide); help with grocery shopping; light housekeeping, garden work, and simple home repairs; pet care; help dealing with those pesky computers; friendly visits; and referrals to professional (sometimes discounted) services that go beyond what Village volunteers are equipped to provide. And every month full members and associate members (those who do not yet need services but want to support the organization) will have access to a robust menu of social and educational programs aimed at creating a meaningful Village community.

All of this is coming to fruition with hundreds of hours of volunteer planning by folks who believe it can. They include a Coordinating Council, several committees, and some 300 individuals who keep up with developments through e-mails, an electronic newsletter, and attendance at monthly general meetings.

The Village movement comes at a time when the need is great. Nationwide, 89 percent of those over the age of 50 want to take control of their “golden years,” to remain in their homes and neighborhoods living active lives connected to people of all ages. In Northeast Portland alone, there are some 10,000 seniors, many of whom are reluctant to ask neighbors and family members for help and may face the prospect of institutional living before they feel ready.

Residents of Concordia who want to learn more about Northeast Village PDX or get involved in this worthwhile venture are encouraged to visit the Village Website, [nevillagepdx.org](http://nevillagepdx.org), and attend a general Village meeting, held from 7:00 to 8:30 p.m. the second Wednesday of each month at Rose City Methodist Church, 5830 NE Alameda, just east of Northeast Sandy Boulevard and Northeast 57th Avenue.

## Produce for People reduces waste, provides healthy, organic produce

By Mark Ross, Portland Parks & Recreation  
Mark.ross@portlandoregon.gov

The Produce for People program (PFP), part of Portland Parks & Recreation Community Gardens, announces that Portland Community Gardeners have helped 42,000 pounds of organic, locally grown produce reach 24 hunger relief agencies in Portland. The fresh, nutritious food was grown in 42 of the 50 Portland Community Garden sites across the City, and harvested during the gardening season spanning November 2014 to October 2015.

The Produce for People program first sprouted in 1995 to help neighbors in need. Produce for People allows Portland’s community gardeners to use their ability to grow healthy, organic food into an opportunity to fulfill the needs of hungry people in Portland.

“It is uplifting to see this grassroots effort thrive so well,” says Portland Parks Commissioner Amanda Fritz. “PFP is about people helping people, neighbors helping neighbors. I commend all the community gardeners across Portland, as well as our Community Gardens staff, for their continued efforts.” PFP allows gardeners to cut down on wasting perishable produce they aren’t able to immediately consume, and to make new connections with members of their community.

“Our gardeners have so much pride for the food they grow, and love to share the bounty from their gardens with friends, family and people in their community,” says Laura Niemi, Portland Community Gardens Program Coordinator. The ability of gardeners to produce a wide variety of vegetables is another benefit of the program, as it provides opportunities for access to fresh, culturally appropriate food to members of underprivileged communities.

“And we all need fresh, healthy food, grown as locally as possible,” notes Portland Parks & Recreation Director Mike Abbaté. “Produce for People is right in line with our mission for ‘Healthy Parks, Healthy Portland’. This is a real community success story.”

## St. Mike’s Community Kitchen February Cooking Groups

By Rachel Schweitzer

**1st Thursday Community Cooking Group:** Join us February 4th from 6-8 p.m. to make several different kinds of fondue! We will be making a traditional fondue, a meat fondue and a dessert fondue.

**3rd Thursday Community Cooking Group:** Join us February 18th to make Zuppa Toscana (a creamy Italian soup with sausage, potatoes, onion, kale and more!) as well as a salad and homemade breadsticks to go with our soup.

Contact Rachel Schweitzer at [st.mikes@kitchencommons.net](mailto:st.mikes@kitchencommons.net) or 503-997-2003 with questions or to RSVP for either event.



## Time in Perspective

By Kim Magraw, LMT (License #: 19492)

As last summer changed to fall, and fall to winter, I became aware once again of the movement of time. The cooler temperatures, the changing colors, the quality of the air, the familiar scents and events; they are all comforting. This is change that I can anticipate and relish.

I am fascinated by time because it is a marvelous window into our worldview and because it is so mysterious. The prevalent belief in Europe and the vast European diaspora is that time is linear. But, there are cultures that view time as cyclical – repeating itself over and over again – and those that see time as a creation of our minds – it doesn’t really exist.

Isn’t it funny that with something as fundamental as time, at least three completely different views coexist? Even scientists – the arbiters of truth in the modern age – cannot agree on what time is. Is the universe exploding into oblivion (the linear model) or expanding and contracting like a yo-yo (circular)? Or they tell us that time is just a dimension that our universe is traversing as explained by mathematical equations that I have no hope of understanding, even if I were given eons to decipher them.

I think of time as I watch with amazement my baby nephew interacting with his surroundings. Because I have no recollection of my own experience as a newborn, I imagine that because he has no history and only a nascent ability to form memories, his experience of time is simply an experience of the moment. I can almost feel how powerful the experience must be, having no past and no anticipated future to draw on; no filters, expectations, and prejudices to simplify stimuli into convenient categories.

Even once we’ve learned to make sense of time, our experience of it warps contextually. We have atomic clocks so precise they can tell us how many nanoseconds younger we would be than the rest of humanity if we flew to Mars and back at 1/10 the speed of light. And yet, in our own experience the time between 2:55 and the school bell at 3:00 can take four hours, while a two-minute rollercoaster ride lasts five seconds. The time between our 7th and 10th birthday can be decades long while the span between age 50 and the diagnosis of terminal illness at 88 can seem like a year or two at most. Or, in relation to my line of work, a day with neck pain can seem like a month while a one hour massage can feel like its over all too soon.

This could be seen as a sobering reality, but then again it shows that time is a matter of perspective. It could also be wondrous, like watching with awe as a snowflake emerges from the clouds into focus, drifting to the ground, slowly, slowly. Kim can be contacted via [www.concordiamassagepros.com](http://www.concordiamassagepros.com).

# New Pilates Studio Strengthens Core Of NE Portland

## New Business Feature

By Ali Livolsi

Community-focused instructors offer fun and exciting classes for all ages and genders that want to build their core or improve sports performance. Begin Pilates, helping babes-to-boomers build and maintain optimal health, invites the community to visit its new studio, learn more about the Grace Pilates Method® and sit in style with the Begin Chair™ at two upcoming events:

Begin Pilates welcomes individuals of all ages and abilities and offers a range of classes designed to strengthen and nurture the body. Founder of Begin Pilates and Irvington resident, Maria Mankin has over 30 years of experience in bodywork and movement as well as a background as an acrobat and teacher, offering a hint into the type of fun and engaging programs students will find at Begin Pilates.

In addition, Begin Pilates is the first and only Pilates studio in Oregon to offer Grace Pilates Method® classes. The Grace Pilates Method® is a pedagogy using the Begin Chair, a patented ball chair invented by Mankin that adjusts to the spine's natural curves and offers a touch of instability to activate the core muscles. The program is designed specifically for individuals with limited mobility due to age or injury with the goal to improve overall mobility, core strength and balance.

"We feel there is a real opportunity to help students of all abilities as a result of bringing the Grace Pilates Method® to Portland," said Maria Mankin, founder of Begin Pilates and Irvington resident. "It's a very gentle yet effective method that can produce life changing results. But whether students are elderly, rehabilitating from an injury or a full fledged Pilates devotee or young athlete, we offer a range of Pilates classes from gentle to challenging, that will help students strengthen their bodies and live healthier lives."

Like many older individuals, Mankin's 83-year-old mother found it difficult to get up out of a chair and was unable to lie on the ground to exercise. Mankin wanted to find a way to help her develop her core muscles to increase her well-being and independence. Drawing on her background as a Pilates instructor, circus performer and creative artist, Mankin conceived the Begin Chair seven years ago and developed a low-impact, gentle Pilates program using the chair, that is now known as the Grace Pilates Method®.

Yoga classes will be lead by Danny Mankin who has been teaching yoga for eight years and has been trained in Iyengar, Yin and Gentle yoga. Begin Pilates is located at 2393 NE Fremont. For more information or to view the class schedule visit <http://beginpilates.com/>.



# Think Bikes Early This Year

by Jonathan Scarboro, Cat Six Cycles

While it might not be ideal riding weather, February is a perfect time to start thinking (or dreaming or drooling) about your bicycle again. With the majority of the rainy season over, regular riders should inspect their brake pads, chain, and tires for excessive wear, clean rims and drivetrain components that may have developed a layer of road grime, and lubricate parts that may have had their protective layer of oil or grease washed out. More casual riders who have put their bikes away for the winter may want to bring them out of storage, wipe off the cobwebs, and fill up the tires to make sure they hold air. If you could use a hand or a few pointers, your local bike mechanic may have a little more leeway and inclination to discuss the finer points of maintenance when she or he does not have a line of other customers waiting.

Busy season for bike shops usually begins around Daylight Savings Time -that's on Sunday, March 13th this year- so February is an ideal time to have comprehensive repairs and service work performed. Getting your bike into shape before the big spring rush can mean turnaround times of a few days instead of a few weeks, a consideration that is especially important if you rely on a bicycle as your primary mode of transportation. If you're more of a Sunday Cruiser or Weekend Warrior, a little preparation can mean the difference between making that first sunny ride to the coffee shop or out on Marine Drive... or missing it.

The relative slowness of February can also play to your advantage if you're in the market for a new bike. Salespeople will generally have more time to discuss your needs, let you test ride multiple bikes, and make fitting adjustments when the weather is dreary and they aren't being pulled away by other customers. Remaining bicycles from the previous model year may be available at a discount, especially if you're considerably taller or shorter than the average Portland Human.

Think of February as the calm-before-the-storm, a period for making preparations for spring and summer at an easier pace, and an opportunity to spend a little quality time with your local bike expert. Contact Jonathan or Kirk at Cat Six Cycles at 503.282.1178 or [catsixcycles.com](http://catsixcycles.com)

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# mac-bo

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-according to Redfin.com

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4635 NE 34th Ave  
Portland, Oregon 97211

503-319-9405  
CCB# 200341

# TALE OF DESTRUCTION

## PART ONE

By Steve Elder

Three days after Christmas houses grouped around the home of “Ken and Barbie” got postcards addressed to the Current Resident. Those who didn’t immediately conscribe the notice to the junk mail stack were notified that a Portland development group had applied for a permit to demolish Ken and Barbie’s (not their names) residence. The notice said the city agency that issues demolition permits, the Bureau of Development Services, would delay issuing a permit for 35 days. The notice also says an “interested party” could file an appeal requesting a delay for up to 60 days more. It was evidently up to the neighbors to figure out what if anything they might accomplish by a delay and possibly save the house.

The house was built in 1941. Presumably with old growth lumber as well as asbestos and lead paint. Ken had enlarged the original house to half again its original size. It is in beautiful condition.

The developer hasn’t said what it plans to do with the property. It doesn’t have to. Presumably it plans to build one or more houses. The developer has furnished no plans to the neighbors, not said how many structures it plans, has said nothing about their height or size. It made no indication of accommodation to the neighbors whose organic gardens might be shadowed.

The notice didn’t say what anyone who might not applaud the demolition could do about it. Nothing was said about whether neighbors could participate in the decision to demolish the house next door or across the street or over the back fence. Nothing was said about whether neighbors might seek assurance that building detritus, lead and asbestos would be safely removed. There was no indication how the permit might be denied or what conditions could be imposed to soften the impact of demolition.

The application to demolish Ken and Barbie’s home was made by the Portland Development Group, which doesn’t own the house. In Portland you can apply to demolish a house you don’t own; you just have to file your deed before the permit is issued. So evidently the developer can file the deed from Ken and Barbie and simultaneously get the demolition permit.

Property transfers and the price paid is public record in Oregon and available at the Multnomah County website. Presumably the developer and Ken and Barbie have a deal, but there is no public record of it. There is no admissible evidence of what the developer paid or offered, only rumor.

The notice the neighbors received says an appeal of up to 60 days may be granted to a person who pays a \$1318 filing fee, with no guarantee of anything. An appeal for extension can be made in the name of a “recognized organization” such as the Concordia Neighborhood Association, and the fee is waived. CNA has participated to the extent of getting the fee waived but anything that happens now is up to the neighbors. The neighbors have until February 1 to file the appeal.

Next month I’ll tell you what has happened.

# Garden Dreams

By Jolie Ann Donohue  
The Gardening Goddess

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

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

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

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

If you are concerned about GMOs, signers of the safe seed pledge do not knowingly buy or sell genetically engineered seeds. A list of companies that have signed the pledge is



maintained by the Council for Responsible Genetics, a non-profit with a stated mission of educating the public about and advocating for socially responsible use of new genetic technologies.

With so many seed choices, where does a gardener begin? First, make a list of all the things you are interested in growing, their growth habits and size at maturity. Take measurements of your garden and draw out where you might place things. You are invited to join me at Portland Community College’s Cascade Campus for the organic gardening workshops I teach. Please visit the PCC community education website: [www.pcc.edu/community/](http://www.pcc.edu/community/)

Winter is the perfect season to explore gardening books like: The Maritime Northwest Garden Guide, Growing Vegetables West of the Cascades, and The Timber Press Guide to Growing Vegetables in the Pacific Northwest. Enjoy every moment of the garden dreaming season before the hard work of spring begins! For information: [www.jolieannndonohue.com](http://www.jolieannndonohue.com)



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Opening her own pizza restaurant is the culmination of a dream for Red Sauce Pizza owner Shardell Dues. The restaurant opened on the western edge of the Concordia neighborhood at 4935 NE 42nd Ave. in late October last year. Photo: Susan Trabucco

## Red Sauce Pizza a standout addition to Concordia's food scene

By Susan Trabucco

From the moment you pull up to Red Sauce Pizza, Concordia neighborhood's recently-opened pizzeria, it's evident that something good has happened. With a newly painted exterior, crisp, white curtains in the windows, and a brightly-lit, purposefully-upside down sign announcing "PIZZA" – it's apparent that a new business is in operation at this location that has long been home to pizza-making operations. It also announces the owner has made an investment in the neighborhood.

Located at Concordia's eastern edge on the west side of 42nd Avenue near Old Salt Marketplace, Red Sauce is the brainchild of Shardell "Shar" Dues. Dues has called Portland home for 20 years, and is comfortable in this 'hood – her most recent employer was New Seasons Concordia, where she worked in the meat department. With Red Sauce, Dues combines her knowledge and love of meat with her passion for pizza to bring soul-satisfying pies to this emerging urban district and its surrounding neighborhood.

Dues is no amateur when it comes to pizza-making – she earned her chef stripes at Apizza Scholls – one of Portland's most revered pizza eateries. At Apizza Scholls, Dues learned the fine art of pre-fermenting and hand-tossing pizza dough, which makes for a sublime crust that's crispy and chewy all at once, and perfectly moist inside. Customers often mistake her crust as wood-fired for its texture, but it's not, Dues says.

"We bake our pies with a 1971 General Electric oven that I bought off of Slabtown bar in NW Portland a year ago. It was completely overhauled by my electrician and best friend Nancy Boyce of Power Tech. It works like a dream and gets hot, hot, hot," Dues exclaims.

That blistering oven cranks out pie after perfect pie; from plain cheese to creative combos such as pepperoni with pineapple and jalapeno, or pepperoni and house-made chorizo; salami, chili flake, grana and "arooogula," and another with spinach, goat cheese and red onion. Dues makes her own sausage, too.

The only white sauce pizza offered at Red Sauce is for mushroom aficionados, who will find a piping pie generously loaded with fresh fungi and a slight drizzle of truffle oil that serves to tantalize your taste buds and provides a little aroma-therapy at the same time.

Build-your-own pizza options include toppings such as capicola ham, anchovies, mushrooms and various cheese choices including a jersey cow ricotta. The names of each pizza were inspired by the loyalty of friends and family who helped Dues get the restaurant ready for business. For example, the "It's Me, Nummy" is a nod to her Mom, Elaine, who goes by the nickname Nummy.

Since opening, Red Sauce has added lunch on the weekends, and also serves "Ruthless" sandwiches with intriguing names and ingredients, such as the Tony Soprano, with capicola, pepperoni, finnochiona salami, provolone picante, black olives, mama lil's, pepperoncinis, romaine, oil and vinegar, oregano; and the Uncle Paul, with aroooooogula, pommodoracio tomatoes, goat cheese, herbs and kalamata olives.

With a few months under her belt, Dues is encouraged and pleased with the reception. "It's been great – busy, busy, busy," she says. She is appreciative of comments from folks in the neighborhood, too. "They tell us to just keep doing what we're doing; we get nothing but great feedback from the community."

## YOUR COMMERCIAL REAL ESTATE WORLD

By Isaac Quintero

Real Estate. The words that mean so many things to so many people, so where does one start... How about just one person's perspective on RETAIL Real Estate in the Portland Market? As a Commercial Real Estate Broker for over 30 years specializing in commercial real estate, I have found that landlords and tenants alike want to hear about product types of their specific interest. While my core interest is in Office and Industrial properties, retail is still a driver in the market.

The following information is for retail buildings over 15,000 sq. ft. Many are multitenant structures so those of you who are focused on 1,500 sq. ft. properties, (for example) will see similar trends affecting you.

To start, in terms of dollar volume and number of transactions sales fell during the third quarter 2015 compared with the second quarter of 2015. In the third quarter, 19 retail transactions (totaling approx. 847,608 sq. ft.) closed, for an overall total of \$117,299,500 (Average sale price \$138.39 psf) during this period. This compares with 27 transactions in the second quarter 2015 with a combined consideration of \$122,524,725 for the 929,905 sq. ft. sold for an average sales price of \$131.76 psf paid for the property.

The total retail sales activity during 2015 was lower than 2014. During 2014, the market posted 55 transactions for, combined sales of \$396,680,218 (\$141.02psf).

For some the following may sound like Greek but if you are an investor ... then read on, For the investor in Retail properties, Cap rates (rates of Capitalization) were lower in 2015, averaging 7.35% compared to 2014 when Cap rates averaged 7.46% simply meaning you paid more per square foot in 2015 than if 2014 for a similar investment, indicating a shrinking inventory and higher demand, AKA... "Slim Pickens"

Rental Rates. Quoted rents ended the fourth quarter 2015 at \$17.42 per sf. per yr. That compares to \$16.99 per sq. ft. from first quarter 2015. Over the last 12 months the market has seen an overall decrease in vacancy rates, with the rate going from 5.1% in the first quarter 2015, to 4.9% at the end of the second quarter 2015. Alberta Street may not share the same statistics but is a good guide for you to consider before making your next move. A refinement of these statistics will occur in Mid-March when final numbers for 2015 come in.

I will be providing information regarding the Industrial Market in the next issue of The Concordia followed in April with an Office Market report. Info at Magellan Properties Commercial Real Estate 503 351 4585 or [iquintero@magellanproperties.net](mailto:iquintero@magellanproperties.net)

Red Sauce is located at 4935 NE 42nd Ave. Hours of operation are Wed. through Sun. from 4:30 p.m. to 9:30 p.m., and Fri. through Sun. for lunch from Noon to 3:30 p.m. The restaurant also serves beer and wine. To encourage neighborhood walk-ins, Red Sauce does not take reservations. For more information visit [www.redsaucepizza.com](http://www.redsaucepizza.com) or call (503) 288-4899.

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### FEBRUARY IS BURGER MONTH

Feb. 1 'til 7: **FIRM BURGER**  
Pepperoni and Swiss cheese  
Feb. 8 'til 14: **YEAR OF THE DRAGON BURGER**  
Seasoned ground pork patty,  
pickled vegetables and chili-garlic mayo  
Feb. 15 'til 21: **BACKYARD BURGER**  
Bacon, Tillamook cheddar, grilled onions  
and Hammerhead BBQ sauce  
Feb. 22 'til 29: **GUACAMOLE DEFENSE BURGER**  
Turkey burger, pepper jack, chipotle mayo,  
lettuce, tomato and red onion



**\$10.25 includes  
burger and fries**

Thursday, February 4

### THE STRANGE TONES

Crime-a-billy  
Gym • 7 p.m.

Friday and Saturday, February 5 & 6

### CRAB DINNER

Fresh crab, garlic bread, Caesar salad  
and more paired with McMenamins ales  
7 p.m. • \$35 per person • 21 & over  
[cascadetickets.com](http://cascadetickets.com)

Tuesday, February 9

**RACE TALKS**: An Opportunity  
for Dialogue  
Gym • 6 p.m. doors; 7 p.m. event

Thursday, February 11

**McDOUGALL**  
Foot Stompin' Americana  
Gym • 7 p.m.

Saturday, February 13

### Zwickelmania

Beer day made for beer lovers!  
Concordia Brewery • 11 a.m. 'til 5 p.m.  
\$8 growler fills all day

Thursday, February 18

### LIMITED-EDITION BEER TASTING

**EXTRA CREDIT**  
5 p.m. 'til the beer is gone  
Boiler Room • 21 & over

Thursday, February 18

### CEDAR TEETH

Rustic Roots Rock  
Gym • 7 p.m.

Sunday, February 21

### POISON WATERS & FRIENDS SUNDAY BRUNCH

featuring **"CLUELESS"**  
10:30 a.m. doors, 11 a.m. event  
21 & over • \$21 • [cascadetickets.com](http://cascadetickets.com)

Thursday, February 25

### JACOB WESTFALL BAND

Soul Pop  
Gym • 7 p.m.

Monday, February 29

McMenamins, Oregon Historical Society and  
Holy Names Heritage Center present...

### HISTORY PUB

Theater • 6 p.m. doors; 7 p.m. event

### Guardino Gallery

January 28-February 23  
2939 NE Alberta, 97211, 503-281-9048  
MAIN GALLERY  
Phoebe McFee has been weaving since she was 23. Now in her 70's she has never stopped weaving tapestries. Recent small woven works have come from her computer drawings. "Translating the vivid colors into yarns is new and delightful" to quote Phoebe.  
Carolyn Hazel Drake's sculptures are a mix of porcelain and textiles, referencing the natural world and man-made devotional objects. Her recent work explores vessels, in the form of the boat as a close cousin to the humble (but always evocative) pinch pot.  
FEATURE AREA  
Anna Wiancko works in clay, painting, mixed media, and found objects to create unusual and expressive sculptures and assemblages. She explores irony, humor and whimsy as a necessary part of that communication

### Slough Celebration Gala

February 5, 6pm-9pm  
Melody Ballroom, 615 SE Alder St  
[events@columbiaslough.org](mailto:events@columbiaslough.org)  
Each year at the Slough Celebration, the Columbia Slough Watershed Council honors individuals, programs and activities that have shown outstanding leadership and achievement in support of our mission. This year marks 21 years of:  
- Engaging students in outdoor science education  
- Working with community members to protect our valuable watershed  
- Creating habitat for fish and wildlife  
- Offering free outdoor paddling, walking, and biking experiences  
2015 Award Winners Leadership Award:  
- Meei Lum, Leatherman Tool Group  
- Shannah Anderson, City of Portland - Bureau of Environmental Services  
- Depave  
- Knife River Corporation  
- Nadaka Park and Garden Project  
- Matthew Todd  
This year's celebration features: Award presentations, entertainment, photo booth, silent auction, raffle, appetizers, banquet, no-host bar, and more!  
Info: [www.columbiaslough.org](http://www.columbiaslough.org)

### Learn About Your Local Watershed at Slough 101!

9 am - 12:45 pm  
Saturday, March 12  
Water Pollution Control Lab  
6543 N Burlington Ave, 97203  
Ever wonder about that slow-moving channel of water running through Gresham, Fairview, and NE & N Portland? Learn about the history, watershed health, wildlife, recreation access, and current issues of the Columbia Slough at Slough 101! Slough experts will lead hands-on activities including water quality testing and a macroinvertebrate discovery. Pre-registration is required for this free workshop at [www.columbiaslough.org](http://www.columbiaslough.org) Light refreshments will be provided. Suitable for adults and teens 14 & up.

### Weatherization Workshop

Free workshop where participants learn how to stop drafts in their home, especially around doors and windows to save energy and increase comfort. Great for renters too! Qualified participants receive a free kit of weatherization supplies. Register at [www.communityenergyproject.org](http://www.communityenergyproject.org)  
Sat, Feb 14, 2-4pm  
Northeast PDX Tool Library, Redeemer Lutheran Church, 5431 NE 20th Ave

### Lead Poisoning Prevention Workshop

Free workshop where participants learn how to prevent lead exposure in their home. Great for households with children or pregnant women in housing older than 1978. Qualified participants receive a free kit of safety and testing supplies! Register for the workshop at [www.communityenergyproject.org](http://www.communityenergyproject.org)  
Tues, Feb 16, 7-8pm  
St. John's Comm. Center, 8427 N Central

### Lead-Safe Projects Workshop

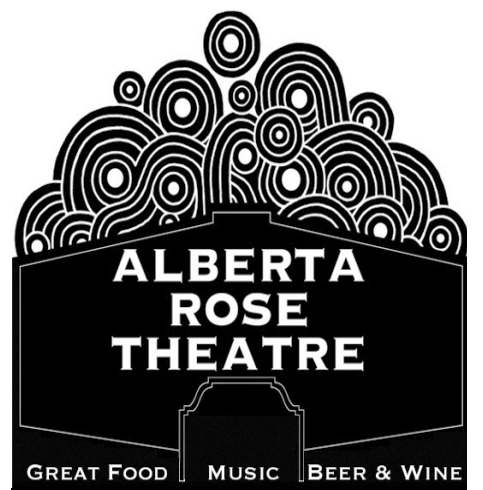
Before any demo, scraping, sanding, or remodeling in pre-1978 housing, check out this class! Great for people who want to do a small project that may involve exposure to lead paint, such as sanding down an old window frame or a reused door with potential lead paint. Register at [www.communityenergyproject.org](http://www.communityenergyproject.org)  
Thurs, Feb 25, 6-7:30pm  
Community Energy Project - 2900 SE Stark St, Suite A, Portland, OR 97214

### Paint, Love and Mimosa Studios

A SPECIAL VALENTINE'S DATE NIGHT  
Saturday, February 13th from 6-9pm  
Mimosa Studios is a great place for a date. They will provide a romantic venue for your perfect Valentine's date, serving champagne and chocolates in their studio, complete with your favorite love songs! Sip, swoon and paint the night away! Call Mimosa Studios at 503-288-0770 to make your reservation.  
YOU LOVE YOUR SCHOOL; SO DO WE  
School auctions are a big deal for raising funds for your school, and Mimosa Studios is here to help! The studio has tons of ideas, and can help make your project a success for the school that you love.  
Mimosa Studios, 1718 NE Alberta Street and open every day: Monday-Friday 11-6, Saturday 10-6, and Sunday 11-5

### Gnome Home Classes

Every Sunday afternoon in February from 3 to 4:30. All classes are \$20, which includes materials!  
FEBRUARY 7TH, SELF COMPASSION  
- a mindful approach to treating yourself with kindness, by Danielle Savory- Huff. You will learn how to bring an accepting awareness to the difficult emotions you face in life and then how to meet these emotions with kindness and understanding. You will be taught how to incorporate self-compassion into your daily life as well as in a seated meditative practice.  
FEBRUARY 14TH, SPA IN THE KITCHEN WITH JENNIFER ALLISON  
Make some lovely potions for yourself or dear ones! Get some inspirations for great Mother's Day or Birthday gifts for anyone who loves pampering. Learn to make bath salts, sugar scrubs and yummy bodybars with simple and wholesome ingredients from your kitchen. We will use high quality DoTerra oils for this class.  
FEBRUARY 21ST, USING ESSENTIAL OILS WITH LIZ BOROWSKI.  
Our sense of smell can affect our moods and intentions. Liz will show you how to use doTerra oils to inspire you to move forward! "Make & Take" a rollerball blend to support your resolutions whether they be physical, emotional or spiritual.  
FEBRUARY 28TH, KEEP CALM AND SEW ON! WITH NEDRA REZINAS.  
Nedra will show you how to embroider a fun affirmation to keep you on the right track! Bring an inspiring quote or find one here! No embroidery skills are necessary for this class. For registrations and updates please check our website at [gnomeshome.org](http://gnomeshome.org)



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### FEBRUARY 2016

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THE EVIL HOURS: A BIOGRAPHY OF  
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- 3 SHEL  
MOODY LITTLE SISTER  
JORDAN HARRIS
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- 5 17TH ANNUAL  
PORTLAND CLOWNS  
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BENEFIT SHOW
- 6 THE MYSTERY  
BOX SHOW
- 9 IT'S NOT ME, IT'S YOU:  
STORIES FROM THE DARK SIDE OF DATING
- 10 SVALBARD: WORLD'S FIRST SEA  
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