Residents team up to save homes

In January, residents of Oak Leaf Mobile Home Park learned the park would be sold to an unidentified buyer who planned to tear down the homes and construct new ones. Facing the threat of eviction, they collaborated with Living Cully, St. Charles Catholic Church and other nonprofits to keep their homes.

They learned the sales agreement was in violation of Oregon law, which requires that mobile home park residents be notified of pending sales, and allows them to submit competing offers.

Community and Shelter Assistance (CASA) helped the 60 Oak Leaf residents develop a co-op to work toward purchasing the park property and preventing high rent increases on and/or evictions from their 30 units. Legal Aid Services of Oregon prepared a lawsuit against current property owner Van Tran for safety violations and the then-pending illegal sale.

The strategy worked and, in early June, CASA offered to purchase the property on behalf of the residents. It was contingent upon covering the agreed-upon purchase price. Portland city housing commissioner Dan Saltzman committed to help with the purchase, in part with funding from Portland’s new construction excise tax.

However, city funding wasn’t available yet and federal funding – with associated challenging obstacles – was proposed. Further complicating the purchase, Multnomah County wanted some of the homes replaced, due to safety and health concerns.

CASA was unable to meet the restrictions that accompanied federal funds, and unable to secure an outside loan that would be required to acquire the park and hold it until the federal funds became available.

St. Vincent de Paul of Lane County is now working with the residents to complete the purchase; however, that cannot take effect until next spring.

So, in early October, the purchase was postponed. But the proposed purchase plans are not dead. The city commissioner and Portland Housing Bureau remain committed to helping Oak Leaf residents identify funding to retain affordable housing for the current residents.

St. Vincent de Paul of Lane County (SVDP) is now working with the residents to complete the purchase; however, that cannot take effect until next spring. The city and Living Cully are working to preserve the current purchase agreement – with Living Cully serving as temporary owner of the park – until SVDP can purchase the property.

That interim sale of the property to Living Cully is expected to close by the end of November.

To follow the progress of Oak Leaf residents’ and Living Cully’s progress in saving their homes, visit Facebook.com/savetheoakleaf/ and LivingCully.org/blog/.

Dan Werle lives in Concordia with his wife, Anna, and their dogs.

Editor’s note: This is the second in a CNews series of stories about local housing challenges and solutions. Oak Leaf Mobile Home Park is in next door Cully Neighborhood, just three blocks from Concordia on Killingsworth Street.
CHAIR’S CORNER

Young families bring an awakening for all of us

Hello neighbor. Thank you for checking back in.

This is my last Chair’s Corner, as I am going off the board to pursue retirement, travel, and to focus on grandkids. I have enjoyed my time as chair and appreciate the opportunity to serve you, my neighbor.

I was fortunate enough to serve with others on the board in an effort to promote leadership and organization to move us forward to a bright future, and I will look back fondly on a time when I felt I made a difference.

I moved into the Concordia neighborhood about four years ago to be closer to our daughter and family (eight houses away... how sweet it is). As a newcomer, I had the impression the neighborhood had a history. That gave me pause, and prompted me to dig deeper.

I got involved with the Concordia Neighborhood Association (CNA) to see what the real story was. It turned out to be a good one that promises to get better over the years. This neighborhood has also become a place I know will be a positive influence on our grandchildren.

The changes are dramatic and, although I attribute them to many factors, they are primarily the result of young families moving in. These families have brought about an awakening to a new day for all of us. They have not only made financial investments, but also contributed to many factors, they are primarily the result of young families moving in. These families have brought about an awakening to a new day for all of us. They have not only made financial investments, but also have become very involved in the daily life of our community. It is my hope they will all of us. They have not only made financial investments, but also have become very involved in the daily life of our community. It is my hope they will

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A change is definitely on its way. As of this writing, it had not yet been determined who would become Executive Director. What do I know for certain is the winds of change in politics are now a force that will not be deterred. While Bernie didn’t make it to the finish line this time, a new Bernie is in the works somewhere – and it’s entirely possible he or she is right here in our neighborhood.

The Bernie phenomenon brought the realization that so many of us are underrepresented or, in some cases, not represented at all. It was my hope in pushing for a Concordia neighborhood newspaper that it would give us a voice. I believe we now have that forum in place.

Make no mistake, local papers like ours can be a change is definitely on its way. As of this writing, it had not yet been determined who would become Executive Director. What do I know for certain is the winds of change in politics are now a force that will not be deterred. While Bernie didn’t make it to the finish line this time, a new Bernie is in the works somewhere – and it’s entirely possible he or she is right here in our neighborhood.

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Make no mistake, local papers like ours can be a voice. I believe we now have this forum in place.

Good fortune to all of you, my friends, and happy trails until we meet again. Semper Fi.

Isaac

CNA Board of Directors

East 1 | East1@ConcordiaPDX.org Steve Elder
East 2 | East2@ConcordiaPDX.org Vacant
Northwest 1 | NW1@ConcordiaPDX.org Iham “Ike” Harris
Northwest 2 | NW2@ConcordiaPDX.org Sean Duffly
Southwest 1 | SW1@ConcordiaPDX.org Gaylynn Woodsong
Southwest 2 | SW2@ConcordiaPDX.org Daniel Greengrod
At Large 1 | AL1@ConcordiaPDX.org Robert Bowles
At Large 2 | AL2@ConcordiaPDX.org Donn Dennis
At Large 3 | AL3@ConcordiaPDX.org Joe Culhane
At Large 4 | AL4@ConcordiaPDX.org Ali Novak
At Large 5 | AL5@ConcordiaPDX.org Chris Lopez
At Large 6 | AL6@ConcordiaPDX.org Truls Neal

Need a place for your party?

The Concordia Neighborhood School is available for your next gathering, book club, birthday, baby shower or special occasion. CNA manages the rental space & benefits from the proceeds.

$15/hr. for nonprofits. All others just $25/hr.

Email: CNARoomKennedy@gmail.com

Concordia Neighborhood Holiday Party — You Are Invited!

Tuesday, December 13th, 7-9 p.m. at Cerimon House, 5131 NE 23rd Ave.

Light eats and nonalcoholic beverages
Kids activities
Live music performances
Raffle to benefit Concordia Backpack Lunch Program

Featured Performances!
Katauk Choir 7:15 p.m.
Vernon Choir 7:45 p.m.
Vernon Band 8:30 p.m.

Food Drive and Raffle to benefit Concordia Backpack Lunch Program
Suggested food donations:
• Nature Valley Granola Bars
• Fiber One Granola Bars
• CapriSun 100% Juice
• Kirkland 100% Juice
• Treetop No Sugar Added Applesauce
• Dole 100% Juice Fruit Cups

Raffle tickets: $2 each or six for $10
Raffle prizes generously donated by Cottage Pantry, Frock, Guayaki Yerba Mate, Peak Performance and Seastar Bakery

See details Page 7
The Alberta Community mural tells the story of the people of Alberta Street’s past, and leaves room for more. Photo by Marcus Murray

CNews takes January hiatus

Concordia News next month continues its tradition of giving its volunteer writers time off in December to spend the holidays with their families. The result is no January issue of the newsletter.

Look for January calendar items – that would normally appear in the newsletter’s Page 12 Community Events section – on ConcordiaPDX.org by the end of December.

Deadline for calendar submissions, other news releases, opinion pieces and letters to the editor for the February issue are due Jan. 10 to CNewsEditor@gmail.org. Advertisements are due Jan. 15 to CNewsBusiness@ConcordiaPDX.org.

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Concordia murals

Alberta Community Mural story goes on...

By Carrie Wenninger
CNA Media Team

Mural location: This vibrant community ‘gathering’ resides on the east (alley) side of the building that houses Urban Pilates at 2915 N.E. Alberta St.

What the artwork represents: The idea for the mural came from long-time resident and business owner Donna Guardino of Guardino Gallery, located at the corner of 30th Avenue and Alberta Street.

Inspired by the album cover of the Beatles Sgt. Pepper’s Lonely Hearts Club Band, and with the blessing of the building owner, Donna asked local artists and community members to participate by painting people, real or imagined, from the diverse fabric of Alberta Street.

Age of mural: The artwork was painted over time. It estimates it has been there for approximately 15 years. You’ll notice that the right end of the mural is unfinished to allow the story of the street and its denizens to continue...

Fun Fact: It is thanks to the inspiration of Alberta Street business owners, including Donna; Jill Gadeke, VideoRama; Jude Cornwell, Judee Moonbeam; and Roselyn Hill, Roselyn Coffee House that we enjoy the Alberta Street Art Walk, also known as Last Thursday. It began through their efforts in May 1997. There has been an Art Walk every month since that date, rain or shine.

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Concordia Neighborhood Association (CNA) has a new chair, four re-elected board members and three new members.

More than 30 neighbors attended the Nov. 8 CNA Annual Membership Meeting, where they elected a former At Large member, Chris Lopez, to a two-year term as chair. Daniel Greenstadt was re-elected as a Southwest District representative, and Steve Elder was re-elected to East District, and Donn Dennis and Ali Novak to At Large positions both for two-year terms.

Elected to East District for one year to fill a vacancy was Tyler Bullen. The Northwest District vacant position was filled by Amelie Marian and an At Large position by Heather Pashley, both for two-year terms.

Terms continue for another year for Isham “Ike” Harris in the other Northwest District position, Garlyn Wind-song for the other Southwest District post, and for At Large positions held by Robert Bowles and Truls Neal.

Portland city commissioner Amanda Fritz attended the meeting and answered neighbors’ questions about the new police contract, public campaign financing, land use issues and the homelessness emergency.

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KW PORTLAND KELLER WILLIAMS

Wishing our neighbors
Happy Holidays
and good cheer!

Cozy. Urban. Locally-Owned & Operated
Fine Pastries • Espresso • Homemade Gluten-Free Treats
In Concordia @ 3016 N.E. Ainsworth St.
Have you ever felt isolated and alone? Parents who stay home with their children and people who are retired can feel isolated since they don’t work outside of their homes. However, even people who do work outside of their homes can feel they don’t fit in or have friends at work. Part of being human is the need to connect with others, and one of the best ways that we can do this is through shared activities in a common interest.

At St. Michael’s, we currently have three cooking groups that are open to the community. Two of our monthly cooking groups are in the evening, from 6 to 8 p.m. On first Thursday, we make and share a meal and then split up the leftovers.

We often like to pick a theme and make a variety of dishes surrounding that theme. In September we made an appetizer, main dish and dessert, each including pears.

On third Thursdays, we share a quick meal and then get to work preparing food to take home with us, such as freezer meals during the bulk of the year and canning during the summer months.

We take time out of our busy schedules for these gatherings to enjoy being a part of a community. Our third group is during the day, on the second Thursday of the month from 11:45 a.m. to 12:45 p.m. This group was created because, as folks get older, it sometimes becomes more difficult to get around at night. We provide an opportunity for seniors to gather during the day to spend time in conversation with other seniors while sharing a meal prepared for them.

The meal for seniors is free and the other meals are a sliding scale donation, with no one turned away due to lack of funds. Whether you are a beginner or an experienced cook, or a senior who would like the chance to get together with other seniors, there is a place for you in our community kitchen. I invite you to join us!

December events in St. Mike’s Kitchen

Thursday, Dec. 1, 6 - 8 p.m.
Help make and enjoy Puerto Rican holiday dishes, including almendanas, arroz con gandules, pernil asado.

Thursday, Dec. 8, 11:45 a.m.
All seniors are invited to enjoy a light meal featuring Zuppa Toscana, along with some sides – no cooking required.

Thursday, Dec. 15, 6 - 8 p.m.
The theme is cookies from around the world. Bring a batch of your favorite holiday cookies to share with other participants. And be prepared to make others in St. Mike’s Kitchen.

For details on these events and/or to make a reservation, contact St.Mikes@Kitchen-Commons.net, 503.997.2003.

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Gardening is more than just playing in the dirt

Imagine a place where you can grow your own food and harvest it, where you feel like a family, where you work and form bonds with other kids, where you learn in a fun way and in a healthy environment.

“I think the garden can bring people together.”

— Farmer Michelle

For me that place is our very own garden at Trinity Lutheran School. We don’t just play in the dirt. We actually discover many methods to create and maintain a garden, such as:

• Learning the seasons to plant certain fruits and vegetables
• Telling the differences between – and classifying – rare and common plants
• Learning the importance of eating healthy foods
• Building connections in the community to preserve the garden

Farmer Michelle, our instructor, says, “The garden can be applied to every subject we’re learning in school.” After school you’ll find her working in the garden or giving vegetables to students to take home. “My favorite part is watching kids get excited about planting or harvesting.”

Eighth grader Jeri also enjoys the garden. “The garden is important by helping us learn how to meet new people, care for, and grow plants. Sometimes it can teach a student how certain insects help the plants, others eat the plants, and how to take care of both types.”

“My favorite part of garden is harvesting the food during fall,” Jeri adds. “Some of my favorite things to do are getting to grow things with my friends, meeting new farmers who come to teach us, and getting to be outside.”

At our school garden you learn a lot of things, but the garden isn’t about just putting a seed in the ground, adding some sun and water to it. It’s about growing the seed into a plant and nourishing it with all the things it needs to grow and be healthy.

Lastly, in the garden it doesn’t matter who you are, what your strengths and weaknesses are, or if you’re not as good at a skill as someone else. It’s about creating a community.

“I think the garden can bring people together. Everyone has different strengths and when you put them together you can accomplish anything,” says Farmer Michelle.

I agree. Every day I see smiling faces in the garden, problem solving and learning something new. That’s what Trinity Lutheran garden is about.
Economics and the Residential Infill Project

Land use, transportation & livability update

By Garlynn Woodsong
Chair, CNA LUTC

Portland 2035 Comprehensive Plan

November saw a flurry of public hearings as the Portland City Council prepared for final votes on a new, 0.5 FAR of Portland 2035 Comprehensive Plan and various “early implementation” components.

The Portland Neighborhood Association (CNA) Land Use & Transportation Committee (LUTC) chair Garlynn Woodsong represented the comprehensive CNA and Northeast Coalition of Neighborhoods (NECN) positions supporting a modified version of the Portland Residential Infill Project’s (RIP) “Housing Diversity Perspective” (HDP) at the Nov. 16 hearing.

Although commissioners Nick Fish and Dan Saltzman were absent, Garlynn reported, the majority consensus of mayor Charlie Hales and commissioners Amanda Fritz and Steve Novick appeared in favor of the recommended modified HDP. The final RIP vote is slated Dec. 7.

There is a Dec. 8 hearing on proposed inclusionary zoning changes. These result from a collaborative effort between Portland Bureau of Planning and Sustainability and Portland Housing Bureau to help meet citywide affordable housing needs.

Final comp plan vote sessions are scheduled Dec. 14 and 21.

To find out more, see Garlynn’s piece appearing Dec. 16 on the CNA website at ConcordiaPDX.org. You can also always find updates on all of this at Portlandoregon.gov/lpc/article/57532 or by calling 503.891.7178.

Short-term rentals

The Portland Bureau of Development Services (BDS) will hold a public hearing Dec. 16 on a proposed rule to increase penalties for illegal “accessory vacation rentals.” If unpermitted activities are not either fixed or permits are successfully obtained within 30 days of receiving a notice to comply, fines for owners will increase from $700 – $1,500 to $1,000 – $5,000 per month.

For more information, and to comment, visit Portlandoregon.gov/bds/article/647908 or contact Mike Liefeld at 503.823.7332, Michael.Liefeld@Portlandoregon.gov.

Liquor license renewals

All liquor licenses north of Burnside Street – half of about 3,300 in Portland – expire Dec. 31 unless renewed by the Oregon Liquor Control Commission (OLCC). The city, through the Office of Neighborhood Involvement – which commissioner Fritz oversees – makes renewal recommendations to OLCC using information gathered from neighbors, community organizations and public safety officials through Nov. 30. To report concerns about or provide support for any local businesses selling alcohol, call 503.823.3092 or email Donna.Henderson@Portlandoregon.gov.

Concordia residents are always welcome at CNA LUTC meetings, every first Wednesday – except December – at 7 p.m. in McMenamins Kennedy School Community Room. For more information, visit concordiapdx.org/category/land-use-livability, send your questions to LandUse@ConcordiaPDX.org, or email LUTC_Secretary@ConcordiaPDX.org to join the LUTC notification list.
You’re invited to CNA holiday party

Concordia Neighborhood Association (CNA) hosts its annual holiday party Dec. 13 from 7 to 9 p.m. in Cerimon House at 23rd Avenue and Sumner Street. You and your family are invited.

Savory treats, sandwiches, chicken wings, potato salad and a dessert buffet await you — along with nonalcoholic beverages.

There’s no shortage of entertainment, with the choirs of both neighborhood elementary schools and the Vernon Dad Band. Rebecca Marshall, of KXL radio news and a Concordia resident, is the evening’s emcee.

Children are welcome to make paper snowflakes, search for elves in a holiday scavenger hunt and decorate “We Care” cards for placing in backpacks full of food for economically disadvantaged neighborhood children.

Every year, the CNA party supports a local charity. This year neighbors are asked to donate to the Concordia Backpack Lunch Program.

Concordia University nursing students founded the program to provide food in backpacks each weekend for economically disadvantaged Faubion School children. CNA asks neighbors to bring nonperishable food items to the party for the backpack program. A list of preferred items is in the advertisement on Page 2.

At the party, you can also purchase raffle tickets for several prizes. Tickets are $2 each — and for $10 — with proceeds benefiting the Concordia Backpack Lunch Program.

The holiday party is a wonderful way for neighbors and businesses owners to come together, build community, celebrate the season and brighten the holidays for families who are less fortunate.

For details or to offer your help, email Katie Ugolini at KTLUgolini@gmail.com.

Please also see story below and advertisement on Page 2.

Backpacks provide healthy meals to schoolchildren

For many, it’s a familiar challenge: a hungry child is not prepared for successful learning.

“There is a high need among children and families in the neighborhood,” said Justin Lambert, a senior nursing student and chair of the Concordia Backpack Program.

Backpacks for weekend meals — full of healthy, high-protein foods off an approved list — are provided to dozens of children and families through out Faubion School.

Just $5 provides one weekend backpack (two lunches) for one child. Checks may be written payable to Concordia University specifying #1-24855/backpack lunch program in the description, and mailed attn: CHHS, 2811 N.E. Holman St., Portland, OR 97211.

Food donations are accepted at St. Michael’s Lutheran Church, 6700 N.E. 29th Ave., Monday through Friday from 9 a.m. to noon. For the list of preferred items requested by the Concordia Backpack Lunch Program, see the CNA Holiday Party advertisement on Page 2.

Children are welcome to make paper snowflakes, search for elves in a holiday scavenger hunt and decorate “We Care” cards for placing in backpacks full of food for needy neighborhood children.

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Just $5 provides one weekend backpack (two lunches) for one child.

The choirs of Faubion (pictured above) and Vernon elementary schools, along with Vernon Dad Band will entertain you Dec. 13. See them at the CNA Annual Holiday Party at Cerimon House.

Thanks to our CNA Holiday Party sponsors:

Caffe Vita
Cerimon House
Country Pantry
Frock
Fred Meyer
Grand Central Bakery
Guayaki Yerba Mate
Hassan Company Realtors
Peak Performance
QFC
Red Barn Flowers
Safeway
Seastar Bakery

Remember to support the businesses that support your neighborhood!

CONCORDIA CHRISTMAS SHOPPING

HOLIDAY SHOPPING IN OUR GIFT SHOP

Gift cards, holiday six packs, passport gift packs, Whale Tri, gift pack, beer and wine to go & much more.

Open Christmas Eve & Day

HOLIDAY SHOPPING IN OUR GIFT SHOP

Gift cards, holiday six packs, passport gift pack, Whale Tri, gift pack, beer and wine to go & much more.

Open Christmas Eve & Day

EXTRA CREDIT

BEER TASTING

YULE SHOOT YOUR EYE OUT!

DOUBLE IPA

5 p.m. to 7 p.m. - Brewery 21 & over

Open Christmas Day

No stop by for a bite to eat or a handcrafted ale.

Live music for all

Join us with your friends & family every night Dec. 26-Dec. 30 for some rocket music!

Monday, December 26

BILL WADHAMS & FRIENDS

Pop rock - 7 p.m.

Tuesday, December 27

TRANSCEIDENTAL BRASS BAND

New Orleans street band - 7 - 9 p.m.

Wednesday, December 28

BILLY HUGGINS

Blues - 8 pm - 11 p.m.

Thursday, December 29

MCDUGALL

American - 7 p.m.

Friday, December 30

EVERYTHING ELSE

Rock - 8:30 pm - 11:30p.m.

New Year’s Eve

Rock ’n’ roll - 7 p.m.

NEW YEAR’S EVE

The restaurant & bars will be in full swing before the big countdown to 2023— have dinner, dessert or a drink! Here after 5 p.m. Bring your Passport for a special some.

FREAK MOUNTAIN RAMBLERS

9 p.m. - 11:30 p.m. - Free - 21+

CHRIS BAUM PROJECT

9 p.m. - 11 p.m. - Free - 21+

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5520 NE Killingsworth

Image:

Concordia News

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Seasonal, regional food are Dame fare

At Dame, the first tenet seems to be genuine affinity for the local, the personal and the wholesome. Second is its carefully chosen natural, organic wines — followed closely by the establishment’s meticulous interior and gourmet food that frame the familiarity of quality wine and people.

Co-owners Dana Frank and Jane Smith didn’t know each other well, but each was looking for a partner and a project in early 2016. Dana, a sommelier regarded in New York and London, heard that Jane, who continues to manage nearby Knock Back on Alberta, had a lead on a location for something of her own, so they were introduced.

The two, among other essential team members — including chef Eli Dahlin, formerly of Seattle’s Damn the Weather — put their heads together to create Dame. The website describes it as a neighborhood restaurant serving seasonal food with an emphasis on Northwest fish and vegetables.

The celebrated wine list is a tour of natural wines from around the world, rounded out by a thoughtful selection of aperitifs and digestifs.

The restaurant, or “project,” as Dana calls it, is located at Killingsworth Street and 30th Avenue, where Cocotte resided before its departure in late 2015. Since Dame’s opening in September, the staff has already been familiarized with the neighborhood, each able to recommend to waiting or happy bar hoppers where to go next for the evening.

“We’ve had neighbors coming in who have been so excited about us opening. They are very aware of what’s going on in the neighborhood and want this to be a really special area, so we want to contribute to that.”

Price definitely has a lot to do with what makes a “neighborhood” establishment, Dana believes. Although a full meal and a selection of drinks and desserts are available as an option at Dame, lighter fare and a glass are also welcome choices for a customer.

So visit DameRestaurant.com to check out the chops and other menu items.

By Riley O’Boyle

Letter to the editor

The problem on our roads is ‘everyone’

I’ve been reading the possibility of changing speeds on Killingsworth and Alberta streets, plus the injuries that have happened in the recent years.

The problem is “everyone.” We moved to northeast Portland four years ago, and we are still shocked at the amount of traffic, and disobeying of traffic laws by drivers, bicyclists and pedestrians. I propose we educate drivers that every corner is a crosswalk.

We should teach people of all ages how to cross a street and, that if you’re not seen, drivers can’t stop for you. How many pedestrians realize that they are not seen, drivers can’t stop for you. How many pedestrians realize that they are wearing black at night, dusk and in the rain when they dart in front of cars?

Bikes are not obeying stop signs.

Then add the driver who decides that he/she is the only one on the street or decide a neighborhood is a freeway zone?

“I don’t know what to tell you, neighbors. I don’t want to run over a pedestrian — but one of these days I might because I didn’t see them standing behind a car or they darted between cars in front of me. It’s very scary. I would be devastated if I ever hit a person. When we’re walking in a crosswalk, many cars will not stop.”

So, let’s get our minds “together” to solve the problem. It isn’t speed necessarily, nor is it the victimization of walking, but it is that we respect each other in the long run by following rules that are already there!!

Jan Harvey

Opinions expressed by this writer do not necessarily reflect the views of Concordia Neighborhood Association. Deadline is the 10th of the month prior to publication. Please contact CNewsEditor@Concordiapdx.org earlier to discuss space limitations.

Be a beat reporter for CNEWS, and experience the thrill of bringing relevant info to Concordia readers!

Pick a subject of your choice: Events, restaurants, new business, schools, etc.

Interested? EMAIL US TODAY!
CNews Editor@Concordiapdx.org

www.concordiapdx.org
Reach out to reduce the ‘otherness’

In the aftermath of a long, divisive political campaign many of us – or those we know – are overcome by feelings. People are talking about whether post-election healing is possible. Some think the divisiveness will become worse, at least for a while. And in a sign of lingering anger, protests have occurred.

Others are calling for unity. Some are praying or thinking of what healing actions they might take.

Before the election, I found myself treading carefully, not wanting to provoke heated discussions with those whose views were different or whose views I did not know.

Yet isolating ourselves in this way is bad in the long run. We cannot heal if we cannot discuss, with civility, issues around which we disagree with others.

We cannot heal if we cannot discuss, with civility, issues around which we disagree with others. “Otherness” has become a big problem.

Increasingly, we live in silos based on ethnicity, race, education, income, gender, age, political persuasion, or even interests.

That can shield us from normal interaction from those different from ourselves. We see their differences and it’s difficult to find what we have in common.

In an earlier column, I suggested we embrace a purposeful life. As a part of that purpose, I suggest each of us thinks about how to look for what we share with those different from ourselves.

Unity begins with the conscious effort to find those things we can easily share. Take the time to openly express common bonds such as love of country and family.

Look for opportunities to find common interests when differences are obvious.

Reach out. Part of “otherness” comes from not knowing others on a personal level.

Help promote unity. Share your ideas with me and with others. Make reaching out to others who are not like you a part of your commitment to live a purposeful life.

Karen is president of the Jessie F. Richardson Foundation. Based in Clarkamas, the nonprofit helps elders live full lives with dignity. Its strategies focus on bridging the gap for elders, families and communities throughout the United States and around the globe. Contact her at 503.408.4088 or KWilson@JFRFoundation.org, or visit JFRFoundation.org.

Help for you and your home

Community Energy Project
CommunityEnergyProject.org/services/
lead-poisoning-prevention-workshops/
503.284.6827

Multnomah County Health
Department
MultCo.us/health/lead-poisoning-
prevention
503.988.4000

Oregon Health Authority
PublicHealth.oregon.gov/
971.673.0440

Portland Water Bureau
PortlandOregon.gov/water/29587
503.823.1547

By Karen Wells

The topic of lead has been in the news recently. Portland Public Schools’ drinking water has come under scrutiny. Now let’s take a look around your home, especially if you have children under five.

Keeping your children safe from harm is your No. 1 priority, so let’s start with the kitchen water faucet. Some best practices include: don’t use tap hot water for cooking or drinking, run your tap cold before using for cooking or drinking and clean your faucet aerator regularly.

If your home water delivery plumbing has a lead source from lead solder or pipe sections, flush your line first thing in the morning. Boiling water will not take the lead out, but waiting for a pot of cold water to boil for soup is better than using hot water straight from the tap.

Particles of lead can get trapped and build up in your aerator. Wear gloves when cleaning out your faucet aerator. Safety first!

Love your vintage claw-foot cast iron bathtub coated in lead-based porcelain glaze? If the surface glaze is in good shape with no signs of wear, no worries. As the tub ages, decades of exposure to water and other solvents can lead to it leaching lead into your nightly bath.

The Portland Water Bureau offers free water test kits, Multnomah County offers free blood tests for children younger than 6 and Community Energy Project offers free workshops to help you identify and mitigate lead poisoning risks in your home. See box below for contact information.

Here’s your checklist:

• Request water test kit
• Request blood lead test
• Run tap
• Use cold water
• Clean faucet aerator
• Inspect your bathtub (if cast iron porcelain glazed)
• Wash hands always with running water and soap
• Attend workshop

You’re off to a good start! Bye-bye lead.

Karen, OCCD master trainer, early childhood education, conducts health and safety trainings for parents and child care staff via Child Care Resource and Referral of Multnomah County. She may be reached at karen@flowersinflight.com or text 669.244.7892.
Build core strength to protect your back

My hope in writing these columns is to inspire you to better health. If you've been doing the pelvic floor exercises, you are now beginning to experience more strength and stability in a part of your body you may not have thought about much before. Increased strength in the pelvic floor leads to better sexual health and continence.

The next benefit I want you to experience is increased balance and less back pain. You can do this by increasing your abdominal strength. I do not recommend sit ups or crunches. The function of the abs is to push inwards toward your spine, not fold your torso.

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Their job is to support the back by pushing against the front of the spinal column. Your back muscles are not tasked with supporting the spine so, if the abs are weak, they have to do that job too. And you get cranky when you have to do someone else's job on top of yours, don't you? Abdominal strength also increases balance when standing up from a sitting position, and protects the low back when lifting weight.

To strengthen abs, lie on your back with your knees bent and feet flat on the floor, same position as doing pelvic floor exercises. Now squeeze the area between the pubic bone and lower ribs — like a deep inhale to squeeze into your pants. There are three sections, top middle and bottom. At first you may only feel one or two sections. Over time you will be able to contract all sections together.

Begin where you are and don't worry about any extra weight. Losing weight and strengthening muscles are different, if related, activities.

With daily exercise, in a couple of months you'll be standing taller with less back pain.

Pennym, LMT, and Certified EFT Practitioner can be reached through ConcordiaMassagePros.com.

Transplanted and Thriving

Do dogs mold in rain?

I t often rains in the Midwest, but I don't recall ours even having a downpour. Rarely is there continuous dampness though. Portland weather reporters say October had only three rain-free days. Additionally, they claim, more than eight inches of rain fell during the month—well above the average October totals.

In the Midwest springtime, it is not uncommon to accumulate eight inches of rain in a week due to a thunderstorm or two. The possibility of eight inches of snow landing overnight has happened on more than one occasion, too.

But, in the Northwest, residents seem to take pride in their acceptance of the comparable inefficiency of their rainfall.

Our pups demand two long walks a day, but wet dogs are never a good thing. Muddy footprints, splattered rain drops from furry shakers and damp spots where they decide to rest are the worst part.

The doodle (lab-poodle) dries quickly and sleeps in his orthopedic bed after his walks. The thick, curly hair of the noodle (Newfoundland-poodle) never seems to dry, so I cover padded her favorite couch tray to collect mud.

I just hope that she doesn't mold. Kathy moved to Concordia last year from the Midwest and, as she reports in CNews, things are a lot different here.

Cavaliers declare CNA days

The Concordia University (CU) Athletic Department and the CU men's and women's basketball teams have designated one home game each on their 2016-2017 schedules as Concordia Neighborhood Association Appreciation Days.

Mark your calendars to attend a CU men's home game Thursday, Dec. 29, at 7 p.m., and a women's game Saturday Jan. 7, at 2 p.m.

CNA Appreciation Days will offer opportunities to win prizes, including Concordia athletic gear at both of these home games. Concordia Cavaliers recently joined the Great Northwest Athletic Conference (GNAC), one of the premier athletic conferences in NCAA Division 2. Universities from Alaska, Montana, Idaho, Washington, Oregon and British Columbia comprise the GNAC.

All Concordia residents will receive the group admission price — $4 for adults and $2 for youths ages 6-18 and free for ages younger than 6 — to both games. All Concordia University home basketball games are played at the Lutheran Church Extension Fund Court. The entrance is located on 27th Avenue on the CU campus. Parking is free on campus for all athletic events.

By Penny Hill

By Kathy Crabtree

By Carra Wenninger

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The question:
Your recent column on the old fire station on NE 33rd makes me wonder about the “new” one at NE 19th and Killingsworth. Why did it get built there, across from a school and near a park?
– Marma Money

The Historian reports:

The siting of public facilities in the early days was more about administrative prerogative and less about public input. Portland Fire Station No. 14, as we know it today, is one such story.

In 1958, with the closure of the old fire station on NE 33rd Ave. and with a new fire chief in place, Portland set about reconfiguring its overall fire response network. Several of the older smaller stations across the city were closed. New stations were planned. A $3 million bond levy passed by popular vote, and seven new stations went into development across the city.

Fire officials wanted something more central, so they focused on property the city already owned: a quarter-acre parcel at the southwest corner of the popular 16-acre Alberta City Park.

From an expediency standpoint, this made sense:
- Lots of surrounding housing needed fire protection.
- It was near a school that would also benefit from quick response.
- It was on a major east-west thoroughfare for good access.

The problem was: there wasn’t much conversation with the neighbors.

The back and forth between the city and the neighborhood that followed would give even the most veteran city public relations person the heebie-jeebies.

Reporting in The Oregonian from July 1958 until March 1959 describes how the neighbors opposed construction at first politely, which ratcheted up to petitions signed by 400 neighbors and sit-in protests against the station by the Vernon Parent Teacher Association, letters from the pastor at the Vernon Presbyterian Church, formation of a lobbying group called “Save Portland Parks,” a strident letter writing campaign by neighbors, and — after the city decided to go forward with the project even in the face of local opposition — an arson attack on the construction site on the night of March 3, 1959.

Yes, you read that correctly.

The opposition group leader eventually gave up when the city persisted. “We don’t like it, but we can’t do any more,” Dorothy Rapp told The Oregonian March 5, 1959. “It’s fruitless to fight city hall any longer. There’s no sense in beating our heads against the wall.”

Today, Station No. 14 has become part of the fabric of the neighborhood, welcomed and appreciated by all, or at least taken for granted. The engine and four personnel stationed there respond to 2,500 calls for service each year, and chances are some CNews readers have benefitted directly from a medical assist or other support.

We’ve overcome this particular history (and hopefully learned from it), but it’s still insightful to remember how things came to be.

Have a question for the neighborhood historian? We love solving mysteries. Send your question to CNewsEditor@ConcordiaPDX.org and we’ll ask Doug Decker to do some digging.