Community rallies around Iraqi

As upsetting as Ghaith Sahib found the first executive order restricting travel to the U.S. from predominantly Muslim countries, he was cheered by the support from the Concordia community. He escaped the Iraq War in 2005 to re-establish himself here with native Portlander Tiffany and, now, their daughter Malaika. Photo by Brian Burk

Don't be late
Egg hunt goes quickly

Spring Egg Hunt • 10 a.m. • Saturday, April 15
Fernhill Park playground along northeast 37th Avenue

Sponsored by Concordia Neighborhood Association and American Legion Post 134
Volunteers are needed Friday night to stuff eggs and Saturday morning to hide them.
Contact Katie Ugolini at 503.449.0690 or Social@ConcordiaPDX.org.

CONCORDIA NEWS
April 2017

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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
ConcordiaPDX.org

Concordia Neighborhood Association
P.O. Box 11194
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Involvement at all levels ensures livability

The news coming out of our nation’s capital today reminds me that a healthy, functioning democracy isn’t a foregone conclusion. Maintaining transparency and civility means everyone’s involvement in the process – at every level – is critical to ensuring a livable and just society.

With this in mind, last November I joined our neighborhood association board because, when looking around my neighborhood, I realized there were issues happening right here in Concordia that affect my life.

Let’s take an example. Recently, the city sought neighborhood input on the Portland Residential Infill Project, a proposal to revamp the residential zoning code. This addresses some big, hot topic issues in Portland today: housing affordability, density, neighborhood character and transportation, to name a few.

The CNA Land Use & Transportation Committee studied and debated the issue before recommending that city code be amended to allow for more housing options.

Provided they meet certain design standards, multi-family buildings could be built in many parts of Concordia that currently only allow single family homes. Doing so will increase affordability, but it will also increase density, and accompanying those changes will be new opportunities and challenges for our community.

Neighborhood associations function primarily to promote conversation. Those conversations can come in the form of newspapers like this one, in monthly public meetings or in facilitating forums with our elected officials. As residents, engaging in these conversations is important.

Our neighborhood association serves as a direct line to the city. When we make a recommendation, as we did with the Residential Infill Project last year, city commissioners read and consider seriously the position Concordia and other neighborhoods take prior to making a ruling.

This year, our neighborhood association will consider and debate numerous issues. We’ll make recommendations to the city and other governmental agencies, and we need everyone’s voice participating. While they may not seem to carry the import of some national issues, these decisions affect our lives now and far into the future.

It’s easy to be cynical or disheartened about government at any level. But there’s plenty of conversations to be had, decisions to be made and work to be done right here in Concordia and in Portland.

CNA VOICES

Cerimon House is a nonprofit humanities & cultural organization located in the historic neighborhood meeting space on the corner of NE 23rd and Sumner. We welcome your rentals, are fully ADA compliant, and are hosting ceremonies and gatherings of all kinds. Join us and add your stories.

April Special Events

An Iris Stands Tall
A Mother’s Journey, A Daughter’s Transition
A month-long art installation by Annette Sabater.

Meet the Artist: April 2nd & 4th
Forums: April 11th & 18th
Visit our website for more details.
The mural located at the corner of Alberta Street and 29th Avenue is the result of collaboration between La Bonita restaurant, Clary Sage Herbarium, DJ Andrejevous and Portland-based muralists Jon Stomme and Travis Czekalski. The east facing wall of the La Bonita and Clary Sage Herbarium building was very attractive to random taggers. It was tagged regularly with various designs, text and was home to adhesive stickers gone astray.

Building and La Bonita owner Salvador Lopez, and herbarium operator Laurie Lava-Books — in an effort to slow down the taggers — contacted Jon and Travis, the dynamic duo behind Rather Severe, which specializes in murals, illustrations and public art. Lopez wanted a vibrant design incorporating bold colors. Lava-Books wanted a design which represented the diversity of patrons who visit the herbarium for the wide array of herbs offered. Those requests were combined, and a mural was born.

Artists: Both hail from the Midwest, Ohio in particular, and hold bachelor's degrees in fine arts from Columbus College of Art and Design. They've worked together professionally for the past seven years, and lived in Portland five.

Jon is inspired by patterns repeated in the natural world, and Travis enjoys celebrating the rich diversity of people, places and nature. The philosophy they share is to enrich the experience of being in public spaces.

What the mural represents: The composition is meant to emulate a wall-paper pattern populated with abstract forms developed through automatic drawing.

Installation: October 2016

Fun Fact: The hibiscus dominating the left side of the mural is reflected in the neon sign of La Bonita restaurant. For more of their work, visit Rather-Severe.com or Facebook.com/Rather.Severe.

Roads, refugees dominate questions to commissioner

Repairing potholes is a priority for the Portland Bureau of Transportation (PBOT), city commissioner Dan Saltzman told about 40 Concordia Neighborhood Association members at the March 14 general meeting. The bureau planned to spend an entire week during the first three months of 2017 in a “patch-a-thon” to repair damage from the severe winter. Those efforts are meant to continue quarterly. Although weather thwarted early efforts, one full day of work March 10 patched 900 potholes.

He also reported PBOT is doing well to date on the 2017-2018 budget it submitted. The city budget office (CBO) has recommended council approval on several of its major requests. That includes improving sidewalks, traffic signals and bike lanes to implement Vision Zero, which aims to eradicate traffic deaths by 2020. Additionally, the CBO recommends PBOT’s $5 million investment in making more curbs wheelchair accessible.

He also committed to investigating more durable paint for street markings, when a resident pointed out markings in other cities last longer than in Portland. Air quality was another concern expressed by Concordians. According to the commissioner, that’s a legislative priority for city council. One Legislature bill in particular would prevent the state from continuing to allow use in Oregon of old, unfiltered diesel trucks now outlawed in California.

“We have some requirements about that as well,” he added. City contracts with vendors now compel use of modern, cleaner engines to reduce diesel pollution. Asked whether Portland will become a sanctuary city for refugees, he pointed out Oregon is already a sanctuary state. “So state law doesn’t allow us to enforce immigration activity here, not that we would.”

Although there is talk about the federal government withholding funds from states and cities that refuse federal enforcement support, he said no action has been taken. “Obviously, we’re concerned. But our principles are stronger.” Other topics and questions during the meeting covered:

• The question of whether the city or neighbors are responsible for maintenance of the Ainsworth Street median
• The concern to lower speed limits on Concordia arterials
• Pedestrian safety
• Air pollution
• The potential for a community center

Concordia News

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CNA 19TH ANNUAL YARD SALE

Friday–Sunday, June 23–25

Gather all those items you no longer want or need, register for the CNA yard sale and then fill your yard with those items June 23–25.

Everyone who lives within CNA boundaries (see the Page 2 map) — or whose sale will be in the CNA neighborhood — is invited.

CNA promotes the event in CNews and The Oregonian; on ConcordiaPDX.org, the CNA Facebook page, craigslist.com and Nextdoor.com; and with large signs on major neighborhood intersections. We supply you with signs and balloons to mark your yard.

The sales of everyone registered by June 14 will appear on the CNA Yard Sale printed map — with copies provided to you to share with your customers — and published on ConcordiaPDX.org and announced in Nextdoor.com.

Register on paper or electronically:

Paper
• Complete and mail/deliver to the address listed in the coupon below.
• Don’t forget to insert a $7 check in the envelope.

Electronically
• Email the information requested in the coupon below to ShareBearU@yahoo.com or text it to 503.706.8176.
• Visit ConcordiaPDX.org/yard-sale to make your $7 payment through PayPal.

Questions? Email Sharon Griffin, yard sale coordinator, at ShareBearU@yahoo.com, or text her at 503.706.8176.

CNA Yard Sale Registration

Name: ____________________________
Address: ____________________________
Phone: ___________________ Cell: ___________________
Email: ____________________________

Indicate days you will participate in the sale:
☐ Friday, June 23  ☐ Saturday, June 24  ☐ Sunday, June 25

Enclose a check for $7, payable to Concordia Neighborhood Association
mail/deliver to: Sharon Griffin
5252 N.E. 32nd Ave., Portland, OR 97211

CNA spring clean up beckons your discards

This year’s neighborhood clean up is Saturday, May 20, from 8 a.m. to 12:30 p.m. at PCC Workforce Training. It’s Concordia Neighborhood Association’s (CNA’s) biggest fundraiser of the year.

CNA will dump, recycle and/or find new homes for your discards. Your help is needed to organize the event, and on May 20 to unload vehicles and direct traffic. To volunteer, contact Katie Ugolini at Social@ConcordiaPDX.org or 903.449.9690.

Special features this year are:
• You-price-it yard sale – See something you like among the reusable household goods, say what it’s worth to you, and it’s yours.
• Professional Tool Sharpening – Between 8 a.m. and 1 p.m., bring your knives and garden tools to be sharpened professionally by 1 SharpTool Edge Service, with 25 percent of the proceeds going to CNA.

This year, the event is allowed to:
• Accept: household waste, metal, block styrofoam (no peanuts), plastics (items not collected curbside), bicycles, furni-
ture, electronics, lamps, mattresses, clothes, bicycles, and other household items
• Not accept: light bulbs, refrigerators, freezers, large appliances/white goods, tires, rocks, concrete, paint, oil, kitchen garbage, residential yard debris, hazardous waste, any waste and recyclables collected curbside – additionally the event cannot accept these materials used in construction, remodeling or demolition:
  ✔ Flooring: vinyl tiles, vinyl sheet, mastic
  ✔ Walls: plaster, decorative plaster
  ✔ Siding: cement siding shingles “Transite”
  ✔ Ceilings: acoustic tiles, “popcorn” and spray-on texture
  ✔ Insulation: spray-applied, blown-in, vermiculite, pipe, HVAC and lagging
  ✔ Electrical: wire insulation, panel partitions
  ✔ Other: fire doors, fire brick, fire proofing

Suggested donations for are: $10 per car; $25 per truck, van and SUV; $20 per large truck; $30 per oversized load; and an extra $5 for electronics and batteries. This year’s spring clean up sponsors are: 1 Sharptool Edge Service, Portland Disposal & Recycling, E & A Recycling, Metro Metals, New Seasons Market, Northeast Coalition of Neighborhoods, PCC Workforce Training Center and Portland Bureau of Planning & Sustain-
ability.

Mark your calendar now for Fernhill Concert Series

Music returns to Fernhill Park this year on five consecutive Fridays in July and August.

These are this summer’s headliners:
• July 7: Tony Starlight
• July 14: Edna Vazquez Band
• July 21: Farnell Newton & the Other-ship Connection
• July 28: Robin Jackson & the Caravan
• August 4: Colectivo Son Janrocho de Portland

National Night Out will be observed earlier elsewhere this year. But Concordia Neighborhood Association is saving its celebration for Aug. 4. When Colec-
tivo Son Janrocho de Portland steps off the stage, and darkness falls, Fernhill Concert Series presents its first outdoor movie. Tell the kids it’s “Lego Batman.”

Sponsors are needed to support this year’s concert series. Visit ConcordiaPDX.org/concerts for details.
We'll ride the Rose Quarter to Gorge Trail

On April 19 we'll ride around Shell Rock Mountain on the new trail alignment there, and on in to Starvation Creek to stop for lunch on the picnic benches before riding on into Hood River.

I'll have a microbrew in town while we wait for our train, then hang our bicycles on hooks and enjoy the quick ride on the new electrified high speed rail line running through the Columbia River Gorge, delivering us back to Gateway Transit Center within 45 minutes.

This is the vision of the Rose Quarter to Gorge Trail project, a new initiative to link the Sullivan's Gulch Trail project with the Historic Columbia River Highway Trail project to provide one continuous pathway from downtown Portland to downtown Hood River (and then, on into The Dalles) via a near-water-level passage through the gorge.

The second phase of the Cascadia High Speed Rail project, the first phase of which is the north-south line from Oregon to British Columbia, will extend east-west from the Oregon Coast to Boise, Idaho, where trains will inter-line with other traffic on the existing, newly-electrified transcontinental rail main lines to points east.

Together, these two visions could be part of our generation's legacy, transforming our state and our bioregion, strengthening our economy and laying the foundation for sustainable growth well into the second half of the 21st century.

The North East Coalition of Neighborhoods (NECN), of which Concordia is a member neighborhood, has taken many positions in support of this vision, dating back at least as far as the organization's support for high speed rail and the Sullivan's Gulch Trail, during the Sam Adams administration in 2011 and 2012, respectively.

Last August, NECN again expressed support for this vision in a letter to Mayor Charlie Hales and the city council.

If you're interested working with NECN and others to help to turn this vision into reality, please drop an email to: RQ2G@NECoalition.org.

Better Housing by Design

The goal of the BHD is to improve development of apartments, townhouses, "plexes," courtyard housing and other types of multi-dwelling housing.

The April 19 "focus on street frontage design and inner neighborhood development options" will cover:

- Frontage design and inner neighborhood development options
- Front setbacks in higher density zones
- Alternative development options for inner neighborhoods

Please RSVP to 503.823.7728 or BetterHousing@PortlandOregon.gov.

Discussions and ideas from these community sessions will contribute to a refined set of code concepts, alternative development options and conceptual street plans to be presented at a public workshop June 3, location to be determined.

For a complete list of meetings, see PortlandOregon.gov/bps/article/60347. You can also find out more about the BHD at PortlandOregon.gov/bps/better-housing.

Concordia residents are encouraged to join the CNA LUTC from 6 p.m. to 8 p.m. on Wednesday April 19, at the NECN office, 4815 N.E. 7th Ave. for a city-sponsored discussion of inner east neighborhood development options.

For more information about the LUTC, visit BetterHousing@PortlandOregon.gov or email LUTC_Secretary@ConcordiaPDX.org to join the LUTC notification list.
**Allens bring EcoVibe home to Alberta Street**

For Leonard “Len” and Andrea “Dre” Allen, owners of EcoVibe Apparel, opening their second store – at 1408 N.E. Alberta St. – was coming home. Len grew up in Portland, and the couple has lived in northeast neighborhoods with their three children for more than 15 years.

“Our original business plan eight years ago was to open here,” Len pointed out. “However, we were unable to obtain a lease in the neighborhood at that time, so we began exploring other areas and ended up in northwest Portland by default.”

Any new business has its challenges. For a retail store of any kind, location is key. Len and Dre learned this early on in their first location in the Pearl, and ended up moving to the thriving shop in their first location in the Pearl, and ended up moving to the thriving shop in their first location in the Pearl, and ended up moving to the thriving shop in their first location in the Pearl, and ended up moving to the thriving shop in their first location in the Pearl, and ended up moving to the thriving shop in their first location in the Pearl, and ended up moving to the thriving shop in their first location in the Pearl, and ended up moving to the thriving shop in their first location in the Pearl, and ended up moving to the thriving shop.

Tourists visiting Portland have carried the concept home, and business from EcoVibeApparel.com is growing daily. The company is a combination of the Allen’s skills, backgrounds and passions. Dre’s experience is in the natural health and wellness industry, and is focused on marketing, aesthetics and sustainability.

Len has an extensive background in the fashion and apparel industry, with 30-plus years of experience working for companies such as Nordstrom and Mario’s, and as a model for Northwest brands like Nike and Columbia.

“Eight years ago, the store was a dream to combine our shared passions,” Dre said. “Now we have the opportunity to expand our business and be closer to home with our family.”

“As local residents, we’ve seen so much growth in this community,” Len added. “Now it’s encouraging to participate actively in its continuing growth.”

“Portland is the greenest city in America, and we knew people here could really get behind the concept when we opened our first store,” Dre said. “It’s already proving true here on Alberta too.”

An eco-conscious and sustainably-minded women’s apparel store on Alberta Street has been a dream of Len and Dre Allen for eight years. Photo courtesy of EcoVibe Apparel

**NextDoor.com hot topic round up**

*Things that go beep in the lawn: Tim from Piedmont is in search of a detector works, and promises to plug-in a patch-a-thon all holes, leaving nary a trace. Search “Tim metal” on NextDoor to find the thread, get in touch.

Hurtful graffiti brings show of support: Neighbor whose home was tagged with unkind words receives dozens of messages of support, along with offers to help scrub, remove, repaint. Community 1, vandals 0.

ACLU accepts ICE pix: Concerned neighbor shares photo of Immigration and Customs Enforcement checking papers in downtown Portland. Neighbors chime in with suggestions to document ICE actions using a phone or camera like any law enforcement action, and report to the American Civil Liberties Union of Oregon’s immigration hotline via a text or call to 971-412-ACLU.

Carrie is a Concordia resident and lives on 29th Avenue. As a freelance writer with a penchant for poetic prose, she tries to look for the humor in everyday life. She also is a mom and world traveler, who, with her partner, owns a company that restores and repurposes vintage homes. Contact her at Wurd-Gurk@gmail.com.
NECN staffer returns to her northeast roots

On 71st Avenue, adjacent to the parking lot where the King Farmers Market is held through the growing season, a brick building houses the Northeast Coalition of Neighborhoods (NECN). Twelve north and northeast Portland neighborhoods — including Concordia — comprise NECN. It’s one of seven neighborhood coalitions affiliated with the Portland Office of Neighborhood Involvement.

NECN works with community groups and residents on a variety of issues that affect life in the city’s neighborhoods, including land use and transportation, crime prevention and safety, schools, environmental problems, and housing.

Each day since starting with NECN last July, longtime northeast Portland resident Jessica Rojas works diligently as community and environmental engagement manager. Rojas, who has a degree in environmental science, said her role is one of the biggest challenges of her career — not to tell people what to do, but rather to find out what people want, and to support them in their efforts.

“I like it when people come to the table, regardless of their position on a subject. It creates opportunities in our district for people to become more literate in environmental issues and to build more community cohesion,” Rojas believes community cohesion is one of the biggest challenges of the changing face of north and northeast Portland neighborhoods. With more affluent people moving in, she said it’s important for people to get to know each other and to look out for each other, like when she was growing up on Alberta Street in the 1980s.

“When I moved back to the neighborhood after college, I pushed myself to reach out to people who are from a different class and age. I was rewarded by meeting very interesting people,” Rojas believes there is an over-arching reason for community connection. “People want to feel at home, and to feel a sense of place. That’s what connecting provides.”

— Jessica Rojas

 Alberta Street gets Earth Day spring cleaning

April 22 is the seventh annual Alberta Street Operation Clean Sweep, presented by Pacific Power and organized by Alberta Main Street (AMS). It’s an opportunity for friends and neighbors to get involved with their community and spruce up Alberta Street.

Rain or shine, volunteers will focus on removing litter, clearing storm drains, weeding and snatching bus stops and removing graffiti along Alberta between MLK Jr. Boulevard and 33rd Avenue.

Volunteers of all ages are welcome, from student groups and church groups to local businesses, area residents and neighborhood community members.

“Operation Clean Sweep gives participants an opportunity to give back and get involved with their community,” said Sara Wittenberg, AMS executive director. “It is always wonderful to see people of different ages and backgrounds come together and work toward a common goal.”

Volunteer check-in is 10 a.m. at Alberta Central, 18th Avenue and Alberta, and clean up starts at 10:30 a.m. Volunteers will be assigned to designated tasks and areas.

Reach her at Jessica@NECoalition.org or 503.388.5030. To learn more about NECN, visit NECoalition.org.
Impulse control is answer to cyberbullying

Diallo Lewis, a Grant High School vice principal, provided some insight on bullying, how cyberbullying can easily get out of control and how saying “no” can be a game changer.

Here’s a quick review of the universal definition of bullying: the action is aggressive or hurtful, repeated, perception of harm is real and a specific person/group is the target.

Which kids are most at risk for bullying or cyberbullying? “Just about anyone, for just about anything, from attire to a random social media posting,” he said. “There’s no clear pattern.”

“Kids are struggling with what is appropriate to post,” he added. “A post that a sender believes to be harmless is perceived as a friendship breaker to the recipient.” It might be an issue of impulse control, the inability to resist the urge to click “send.”

Saying “no” to the urge to click “send,” to bully, to disrespect someone — via word, action or deed — can be a game changer. It takes practice and might feel awkward, at first.

Practice and awkwardness are part and parcel of growing up, of becoming a digital citizen taking responsibility for their actions.

In 2014, Portland Public Schools surveyed 5th, 7th and 10th graders, plus their families, teachers and school staff. The resulting “Successful Schools Survey” offered this pulse on schools’ climate:

• Grant High School students reported, within a 12-month period, they were negatively impacted by cyberbullying four times or more.

• 94 percent of Grant staff reported bullying was a problem among students.

• 38 percent of parents felt bullying was a problem.

• Self-identified racial and ethnic minority background families expressed more concern about bullying than their European-American counterparts.

These resources can help you, your child and any young adult navigate the social and digital landscape.


• “Our School/Race Forward,” PPS.net/Page/9652

• “Portland Public Schools: Successful School Survey 2014-15: Student, Staff, Parents,” PPS.net/Page/9679

• “Think Out Loud, Grant High School Filmmakers, SxSL (South by South Lawn) Student Film Festival,” OPB.org/radio/programs/think-out-loud/article/portland-grant-high-school-filmmakers-white-house/


• “Digital Citizenship,” CommonSenseMedia.org/video/educators/digital-citizenship

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 503.244.7892.

Heart in Hand Preschool

Waldorf in the neighborhood since 2002

OPEN HOUSE EVERY FIRST WEDNESDAY!

PARENT-COLDLASS STARTING MONTHLY

@ Gnome’s Home
gnomeshome.org

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28th ANNUAL YOUTH SOCCER CAMPS!

“Youth camps will be held at the Concordia University
HILKEN COMMUNITY STADIUM, TUOMINEN YARD 2715 NE Liberty, Portland, OR

Register Today!: cu-portland.edu/concordia-youth-soccer-camps
In spring 1990, Ecumenical Ministries of Oregon (EMO) opened its doors to the nation’s first free-standing, community-based program committed to serving people who are low income and living with HIV. Nearly 27 years later, the HIV Day Center continues to serve the needs of people living with HIV.

It’s located in the Ainsworth United Church of Christ building, near 29th Avenue and Ainsworth Street. According to center literature, it’s one of EMO’s HIV Services programs that strive to address basic needs of individuals living with HIV/AIDS in a manner of respect, compassion and safety.

Hours are 9 a.m. to 3 p.m. Mondays, Tuesdays, Thursdays and Fridays. All services provided by the day center staff and volunteers are free, and include hot breakfasts and lunches, internet access, Wi-Fi, laundry machines, clothing, hot showers and hygiene supplies.

Volunteer practitioners and students also provide massages, haircuts, foot care and acupuncture. Additionally, information and referral services, and knowledgeable, compassionate staff support are available to help clients access other resources available for people living with HIV.

Jesse Herbach has been with EMO’s HIV Services for the past 3½ years. He points out the core of the project is best illustrated through the intangibles clients receive at the center.

“When people are less isolated and more engaged with their peers, their health outcomes are better,” he said. “The center provides a place where people with vastly different backgrounds create strong friendships.”

People seeking services at the center often show up for just meals and clothing initially. “What keeps them coming back are the relationships that get built,” Jesse explained. They befriend other clients, volunteers and staff members.

If you’re interested in volunteering with the HIV Day Center or the Daily Bread Express, its companion program for home-delivered meals, contact Mika Mulkey at MMulkey@EMOregon.org or 503-460-3822.

Another way you can help is by participating in the Thursday, April 27, Dining Out For Life. More than 30 restaurants in the Portland metro area will donate a portion of their proceeds Thursday, April 27, to the HIV Day Center and other local HIV services. For a list of the restaurants, visit DiningOutForLife.com/portland.

Do you want an agent who knows the neighborhood? No one sells more homes in 97211 than us.

The Mark Charlesworth Real Estate Team is here to help you sell your home for the most money, in the least time, with the fewest problems.

CALL TODAY!
503-807-9911
charlesworthhomes@gmail.com
Artist decompresses her career

When Gail Owen’s career field was exported by her employer to other states, she moved to Portland and launched a mid-career change – from engineering/manufacturing to fine art.

Growing up in a family full of craftsmen – along with art school training in college – art comes naturally to the Concordian. She relies on the business sense she picked up in 20 years in product support/logistics in a large manufacturing company to create and follow a business plan.

Gail also relies on her neighborhood to supply the subjects for her art. The artworks are hand-pulled prints carved and manually inked on shipboard lino- leum plates that capture images of the plant life she and her dog encounter on their walks around the neighborhood.

Three years ago, Gail and husband Don moved to Portland from Seattle after she lost her high-stress job. “Living in Portland was on the top of our bucket list, so we moved here,” she said. “And I suggested he take some time to decompress.”

The move she decompressed, the more Gail realized it was time for a career shift. She was accomplished at woodworking, sculpting and painting, and hand pulled print multiples satisfied all three requirements. So she crafted them into a business model for her new career.

The only technology she applies to her business is the computer from which she launched her e-commerce site GailOwen. us. Everything else is powered by hand, from rolling the press to hand sewing prints together.

“Hand pulled printing is old school and goes back, before the Gutenberg press, when woodcuts and metal etching were the only way to reproduce an image,” she pointed out.

Gail’s work can be seen at Guardino Gallery this month, and she is curating a hand pulled print interpretive of 20 Portland colleagues at the Multnomah Library 3rd floor Collins Gallery June 24 through Sept. 3.

Gail is pleased with her new career and considers it a social commentary. “I see my art work as a stand to bring manufacturing and fair trade back to this country and community in my own small way.”

“My little respite to decompress turned into something too powerful to let go.” — Gail Owen

Community reduces one’s isolation, stress

Isolation and loneliness are huge stress factors in Western society, and they apply to all demographics, from young to old and poor to rich. Stress is an indicator for many diseases and it hinders recovery from diseases.

Reducing one’s sense of isolation, therefore, can make a difference in health and happiness.

Lucky for us, Portland is a hotbed for community-oriented initiatives nearby. A few examples in our neighborhood include the Concordia Neighborhood Association – ConcordiaWellness.com – and is a founding member of Concordia Area Business Association – ConcordiaAreaBusiness.com – and is a founding member of Concordia Area Business Association.

Conviviality is healing. To be healed we must come with all the other creatures to the feast of creation.”

In 2003, Wendell Berry wrote in “The Art of the Commonplace: The Agrarian Essays,” “Healing is impossible in loneliness; it is the opposite of loneliness. Conviviality is healing. To be healed we must come with all the other creatures to the feast of creation.”
Alberta Park begins as 17,000 leased acres

The historian reports:

In this the second of three profiles on local parks, we’re focusing on Alberta Park.

The Alberta area exploded with growth just after the turn of the last century:
• Commercial development booming along Alberta Street
• A vibrant home building business across the nearby neighborhoods
• A major streetcar line – packed with commuters – serving these new communities carved out of the fields and forests northeast of downtown.

Through its community clubs – of which there were many – locals began calling for development of parks as early as August 1907. That’s when the Portland Parks Board heard a plea from local priest Father James H. Black to purchase land for a park in the Alberta area before real estate values jumped. It was advice city council did not act upon.

In November 1912, locals petitioned the city, saying the more than 14,000 new residents of the area deserved a safe place to recreate.

By 1917, the last unblotted stretch of land in the area was the 17 acres bounded by 19th and 22nd avenues and Killingworth and Ainsworth streets. They were owned by Moy Back Hin, a successful Chinese business leader who owned substantial real estate in this area and downtown.

Hin agreed to lease the property to the city starting in 1917 to serve as a park. Quickly, baseball diamonds, a club house, walking paths and restrooms were built on the property.

In 1920, with the parcel in popular public use, Hin offered to sell it to the city for $65,000, which was refused. Then the city offered to buy it for $39,333, which Hin refused.

City council responded on March 23, 1921, with an ordinance condemning the property and ordering it taken over by the city. After a jury trial, Hin was paid $32,000 and the property was taken over as a “public necessity.”

Hundreds of references in newspapers of the day referred to the new parcel as Vernon Park, but April 9, 1924, the city passed an ordinance renaming it Alberta Park. By then it was known for its baseball diamonds, home to city league games that frequently drew thousands of spectators.

In the late 1920s, Portland Public Schools tried to acquire the southern five acres of the park to build the new Vernon School, but was overturned by city council.

In the 1930s, despite a fractious encounter with the neighborhood, the city did allow use of the southwest corner for a new fire station.

Next month: The history of Fernhill – from dumping ground to city park. In the meantime, do you have a question for the neighborhood historian? We love solving mysteries. Contact CNewsEditor@ConcordiaPDX.org with your question, and we’ll ask Doug Decker to do some digging.
Concordia community events calendar

Saturdays, April 8, 15, 22, 29, 10:30 am
STORY TIME
Location: Concordia University, Jody Thurston NW Center for Children’s Literature
All interested children & parents are welcome to share books, sing songs & tell interactive stories. Reading sessions are about 30 minutes allowed every other week by themed crafts. Sessions are drop-in basis.
Details: cu-portland.edu/about/events/campus-calendar

Thursday, April 3
WORDS IN RED ART EXHIBIT OPENS
Location: Concordia University George R. White Library & Learning Center, 2800 NE Lincoln Ave.
In the Red Letter Edition of some King James translations and some newer versions. You're to take your Bible to see that Jesus are printed in red ink. This exhibit features artistic renderings depicting these words. This is the third traveling exhibit by Masterpiece, whose exhibits feature art executed with traditional and representative standards of artistic and technical excellence with personal interpretations. The exhibit features artists from across the United States and will travel to many cities on the West Coast and in the Southeast.
Details: Reception is Sunday, April 9, 2-4 pm.
CPL, 9009 N Foss Ave.

Wednesday, April 11, 6:30 am
CHILDREN’S VIGIL
Location: Charles Jordan Community Center, 3000 NE Alberta
A vigil to show solidarity with those in our area affected by lead exposure. If you have questions or need help with the yards, please come. Volunteers are needed. Suggested donations: $9/carload, $17/U5, $25/pick-up, or van.
Details: cunorthграниgerec.org, 541.510.4761

Saturday, April 22, 9 am - 1 pm
NATURESCAPING BASICS
Location: Lushingcape, 3926 NE Vancouver Ave.
Naturescaping is the practice of designing outdoor spaces that help your garden thrive. Presented by East Multnomah Soil & Water Conservation District.
Details: RSVP: Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2003

Saturday, April 29, 6 - 8 pm
STEAM FAIR
Location: Vernon Elementary School, 3044 NE Killingsworth St.
Vernon’s STEAM & Art committees present a day of fun for all ages! The fair features educational and fun activities that help kids to understand the fundamentals of science, technology, engineering, art and math. The fair will feature outdoor activities such as recycling, reusing and disposing of, and shop tool, training and gloves will be provided. Tools, tools, tools! Lunch will be provided.
Details: RSVP: Keisle.greer@columbiaslough.org, 503.281.1132

April 3, 6, 19, 22
LEAD POISONING PREVENTION WORKSHOPS
Location: NE Portland Tool Library, 5431 NE Killingsworth St.
Participants learn about how to prevent lead exposure in their homes, especially homes older than 1940, with children, pregnant women & others concerned about lead exposure.
Details/registration: communityengenyproject.org, 503.284.6872 ext. 109
Location: Monday, April 3, 2 - 5 pm, Eastay WIC Clinic, 600 NE 28th St., Gresham
Thursday, April 6, 4:30 - 5:30 pm, Northeast WIC Clinic, 3329 NE Martin Luther King Jr. Blvd.
Details: Evening Wednesday, April 5, 8:30- pm, Communi-ty Energy Project, 2800 SE Stark St.
Saturday, April 22, 11 am - 12:30 pm Portland Library, 805 SE 122nd Ave.

Thursday, April 6, 6 - 8 pm
ST. MIKE’S KITCHEN
Location: St. Michael’s Lutheran Church kitchen, 6700 NE 29th Ave.
Join others in the kitchen to share a meal & enjoy a variety of dishes that are well suited for an Easter celebration.
Details/RSVP: Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2003

Thursday, April 6, 11 pm
WOMEN’S MOTHERS OF PRESCHOOLERS
Location: St. Michael’s Lutheran Church kitchen, 6700 NE 29th Ave.
Join other mothers to share the joys and struggles of raising preschoolers, and to plan for ways to make these years, 5-6 and 7-8, enjoyable.
Details/RSVP: Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2003

Saturday, April 8, 9 - 11 am
POLLINATORS WORKSHOP
Location: NE Portland Tool Library, 5431 NE 20th Ave.
Participants learn about the different kinds of pollinators that may be living in their gardens, discover a plant palette to help attract them during super bloom to consider ways to provide shelter, water, food and supportive habitats. Workshop is hosted by NEPTL and presented by East Multnomah Soil & Water Conservation District.
Details/registration: “Upcoming Workshops” at emswcd.org/workshops-and-events/

Tuesday, April 11, 6 pm
RACE TALKS
Location: McMenamins Kennedy School gymnasium
These opportunities for dialogue about race in Oregon – both historically & the current time – are presented by McMenamins History & Donna Maxey; doors open: 6 pm; discussion: 7 pm.
Details: racedirector@emswcd.com

Wednesday, April 12, 3:30 - 5 pm
3 TO PHD OVERVIEW
Location: Concordia University
This program will provide details about the 3 to PHD program, due to launch in a few months at the all-new Fabouin Elementary School.
Details: 3toPhD.org or faubionbond.pps.net, or follow on Twitter and Instagram: @3toPhD

Thursday, April 13, 11:45 am
ST. MIKE’S KITCHEN
Location: St. Michael’s Lutheran Church fellowship hall, 6700 NE 29th Ave.
Seniors are invited to enjoy bean and ham soup and side dishes along with the company of other seniors.

Saturday, April 15, 10 am (sharp)
CONCORDIA SPRING EGG HUNT
Location: Fernhill Park, playground along NE 37th Ave.
Ever seen 300 children scour the park for 6,000 handheld plastic eggs? Don’t blink – it lasts no longer than 10 minutes at this event sponsored by CNA and American Legion Post 134.
Details: ConcordiaPDX.org

Saturday, April 15, 10 - 11 am
CULLY COMMUNITY EASTERN EGG HUNT
Location: Trinity Lutheran Church & School, 5520 NE Killingsworth St.
Cully Abbertons & Trinity Lutheran Church & School present the 11th Annual Cully Community Easter Egg Hunt, complete with candy and prizes for three age groups: 2-4 years, 5-6 and 7-8. Adults are allowed to help only the youngest age group to hunt for eggs. Arrive 15 minutes early.
Details: 503.288.6403, trinitylutheranportland.org/about-us/news-events/

Saturday, April 15 & 29
BENEFICIAL INSECTS WORKSHOP
Location: Various
Learn about plant types & management practices that provide food, water & shelter to attract & sustain the beneficial insects that help your garden thrive. Presented by East Multnomah Soil & Water Conservation District.
Details/registration: “Upcoming Workshops” at emswcd.org/workshops-and-events/

April 15: Lushingcape, 3926 N Vancouver Ave.
April 29: Northeast Community Center, 1630 NE 38th Ave., 1 - 3:30 pm

April 16, 8 - 9 pm
STEAM FAIR
Location: Vernon Elementary School, 3044 NE Killingsworth St.
Vernon’s STEM & Art committees present an evening of PYP & MYP STEAM Fair projects, judged, awarded & on display; robot construction; hands-on, inquiry-based activities; art activities & student gallery display; garden tours & bee planting, & more.
Details: Ashley Black, abracadabra@pps.net

Wednesday, April 19, 6:30 - 8:30 pm
NATIVE PLANT WORKSHOP
Location: Charles Jordan Community Center, 9009 N Foss Ave.
This workshop offers an introduction to common native plant communities, shows examples of species that do well in similar growing conditions, shares successful planting tips that will help them thrive & more. It’s hosted by the Columbia Slough Watershed Council and presented by East Multnomah Soil and Water Conservation District. You’ll leave with lots of information to decide which native plants will work with your yard.
Details/registration: 503.281.1132

Thursday, April 20, 6 - 8 pm
ST. MIKE’S KITCHEN
Location: St. Michael’s Lutheran Church, 6700 NE 29th Ave.
Join others in the kitchen to share a meal featuring asparagus quiche and spring greens quiche and then prepare a spring greens quiche to take home to your fridge or freezer.
Details/RSVP: Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2003

Saturday, April 22, 10 am - 1:30 pm
ALBERTA MAIN STREET OPERATION CLEAN SWEEP 2017
Location: 18th Avenue and Alberta Street
The all-volunteer, seventh annual clean up on Alberta Street offers an opportunity to give back and get involved with the community. It also offers pizza lunch, Salt & Straw ice cream andaffle prizes donated by local businesses.
Details: CNews Page 8, albertamainstreet.org

Saturday, April 22, 9 am - 3 pm
CULLY EARTH DAY NEIGHBORHOOD CLEANUP
Location: Trinity Lutheran Church parking lot, 5520 NE Killingsworth St.
Bring household items and bulk waste to recycle, reuse and dispose of, and shop the neighborhood yard sale. Volunteers are needed. Suggested donations: $9/carload, $17/U5, $25/pick-up or van.
Details: cullynighbors.org, 541.510.4761

Saturday, April 22, 9 am - 1 pm
NATURESCAPING BASICS
Location: Lushingcape, 3926 N Vancouver Ave.
Naturescaping is the practice of designing (or redesigning) your landscape so it reduces water use & decreases stormwater runoff while saving you time, money & energy. East Multnomah Soil & Water Conservation District’s introductory workshop introduces the core concepts of naturescaping. Even if you decide to enlist the help of a contractor, you’ll have the framework and the knowledge to effectively communicate the vision you have for your yard. Class will visit a nearby naturescaped project to see design principles in action. You’ll receive a comprehensive workshop notebook to help you get started.
Details/registration: “Upcoming Workshops” at emswcd.org/workshops-and-events/

Saturday, April 22, 10 am
STEWARDSHIP THURSDAY
Location: Wilkes Headwaters Natural Area, 15401 NE Fremont St.
Columbia Slough Watershed Council celebrates Earth Day with Portland Parks and Recreation. Help plant and mulch native plants. Event runs rain or shine. Snacks, tools, training and gloves will be provided.
Details/registration: keisle.greer@columbiaslough.org, 503.281.1132

Sunday, April 23, 3 pm
CONCORDIA UNIVERSITY ANNUAL SPRING MUSIC CONCERT
Location: Michael’s Lutheran Church, 6700 NE 29th Ave.
The concert features all Concordia University performing ensembles, and is directed by William Kuhn, Kurt Berentsen, Zeke Feltrow and Casey Boczoi.
Details: cu-portland.edu/about/events/