**CNA Mission Statement**
To connect Concordia residents and businesses — inform, educate and report on activities, issues and opportunities of the neighborhood.

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

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

**Concordia Neighborhood Association**

**May 2017**

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**TYLERS MAKE MORTGAGE DOABLE**

By Nancy Varekamp

CNews Editor

Mallory and Greg Tyler wanted to move from southeast Portland to Concordia in 2015. It was close to Mallory’s childhood home, and it’s where they wanted to raise their then-nine-month-old daughter.

Property was difficult to afford, so they looked for — and found — a home in northwest Concordia that could accommodate short-term Airbnb rentals in the daylight basement.

“That’s the only way we could afford to live in this neighborhood,” Mallory explained.

The daylight basement has a separate entrance, egress, plumbing and a fireplace. “It was pretty dated, so we did some fixing up and even did a seismic retrofit,” she said.

Work occurred between March and July 2015. Then the Tylers applied to the city for short-term rental permits. The process wasn’t difficult, but very slow, and it was October before they could open the doors to guests.

“It isn’t available for long-term rental because we entertain family from Spokane and Alabama frequently,” Mallory pointed out.

Visitors have come from 10 countries in North, Central and South America; Asia; Europe; the Mideast; and Australia.

Lengths and reasons for their stays differ, according to Mallory. “Some come for an early flight out of PDX. They come for Blazers games, concerts, job interviews and to check out colleges. One Japanese family stayed here two weeks. Another family from Minnesota has become really good friends and have stayed with us three times.”

“Sometimes we never see our guests after they check in, and sometimes we hang out with them. We just follow their lead.”

Mallory has a full-time job and Greg works part-time. “So he does the greeting and check-ins, and sometimes we hang out with them. We just follow their lead.”

Mallory has the cleaning. “Some say they want to do it too.”

City requirements included notifying neighbors in advance. “No one’s had any complaints, and we ask guests to be considerate of one neighbor’s request about where to park,” Mallory reported. “The neighbors seem to be really down with it. Some say they want to do it too.”

Mallory loves being back in the neighborhood. “People seem to use Airbnb for the ‘Portland experience.’ So we use our Airbnb to expose people to our neighborhood.”

“We decorate it with local artists’ works and, in the guest book, every- thing is in our neighborhood — places on Dekum, Alberta, Killingsworth, Missis- sippi. If you Google ‘places to visit in Portland,’ you aren’t likely to find the places we recommend.”

**Editor’s note:** This is another installment in the CNews continuing series on housing challenges and solutions in Concordia.

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**HELP BRING CONCERTS TO THE PARK THIS SUMMER**

The Fernhill Concert series is just two months away and $6,950 is still needed for this popular summertime opportunity. Sponsorships are available and individual donations are also sought.

Take a look at which local businesses have already registered as sponsors on Page 8, give them your thanks, and visit ConcordiapDX.org to learn how to join them.

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**IN THIS ISSUE**

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**MULTICULTURAL CHALLENGES**

Yashica Island says everyone has a story.

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**NE TOOL LIBRARY**

Locals borrow as many as 900 tools per week.

See Page 7

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**EGG HUNT DRAWS 250-PLUS**

The action was fast paced at last month’s CNA Spring Egg Hunt.

See Page 8

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**CONCORDIA SPRING CLEAN UP**

May 20

PCC Workforce Training Center

NE 42nd & Killingsworth

The annual Concordia Neighborhood Association Spring Clean Up is Saturday, May 20, 8 a.m.–12:30 p.m.

Drop off items you no longer need or want.

Volunteer to help by emailing Social@ConcordiapDX.org.

See Page 6 for details.

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CNews is what it is thanks to all of you

I’ll soon celebrate my first anniversary with CNews. So I jumped at the opportunity to use this column to celebrate the many people who make CNews a pleasure to edit. I know better than to name anyone specifically without bearing the risk of omitting someone unintentionally. However, you know who you are. So please know your contributions and your support are inestimable.

I truly believe CNews is the best newsletter of any Portland neighborhood association. Visit PortlandOregon.gov/ONI/28385 to check individual associations’ websites and their newsletters. CNews goes beyond the typical definition of newsletter. It aspires to be an actual newspaper that covers one small-yet-mighty slice of the city.

The people who produce CNews aren’t all professional writers, reporters or photographers. They are, however, highly knowledgeable citizens who understand the concerns of their neighbors. They are passionate about the issues that face the neighborhood they are proud to call home.

We stand on the shoulders of the people who came before us to produce a publication for and about Concordians. The time and efforts of our forebears are the foundation of CNews, and those people are a constant inspiration to our current Media Team. We also appreciate the patience, guidance and support of the CNA Board of Directors and its committees, the members of which participate in CNews behind the scenes and in print.

We wouldn’t be here – literally – without the financial commitment of our advertisers to cover the costs of producing this publication.

I saved the best for last. CNews wouldn’t be possible without our readers. You tell us what you like and what you don’t like. You recommend stories that will interest you and your neighbors. You give your business to our advertisers so they can continue to support us. We need even more help from you. Please continue to support our advertisers, and tell them you saw their ads. If you own a business and don’t yet advertise, please consider buying ads.

We need even more help from you. Please continue to support our advertisers, and tell them you saw their ads. If you own a business and don’t yet advertise, please consider buying ads. Please suggest more stories, and please volunteer to write stories and shoot photographs. We can’t do this without you – all of you.

I’m at CNewsEditor@ConcordiaPDX.org, and I want to hear from you.

CNA Board of Directors
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CNA VOICES

By Nancy Varekamp
CNews Editor

The time and efforts of our forebears are the foundation of CNews, and those people are a constant inspiration to your current Media Team.

Contact LandUse@ConcordiaPDX.org Board Meeting
Contact MediaTeamLead@ConcordiaPDX.org

Submissions to CNews: Submit nonprofit news & events to MediaTeamLead@ConcordiaPDX.org

Advertising: CNewsBusiness@ConcordiaPDX.org, 503.891.7178

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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.

May Special Events
The At The Hearth Conversation Series
George Nakata Experiences in an American May 7th at 7pm Concentration Camp in Columbia
Zach Krahmer Laying Down Arms: A Peaceful Transition May 11th at 7pm in Columbia

Visit: cerimonhouse.org

May 28th 1:00 – 4:30pm: Labyrinth Walk On the final Sunday of each month, visit this popular and unique community event. It’s a large-scale contemplative walking pattern. Unplug. Focus. Restore.
The left section of this four-panel mural on 29th Avenue at Alberta Street was commissioned by Darryl Joannides, owner of Cork Wine Shop, more than four years ago. Breanna Field designed and painted it, and repaired the right panel after it was tagged with graffiti.

**Artist:** Breanna lived in Portland on and off for several years, and has since lived in Central America, Down Under, and currently is in Denver. Breanna loves interacting with people who pass by while she paints a mural. “You see a new side of a community. It inspires conversation, connection. Also, as someone who moves around a lot, it is a way I can leave a mark on a place – a way I can say, ‘I loved it here. I cared about this place.’”

**What the mural represents:** “It’s my story of Portland, the light and life I found in those clouds, the forests that brought me alive, the roots I put down there,” Breanna said. “I knew I had found a special thing in Portland – the way people embrace their surroundings and really take hold of life. I grew an open-minded confidence there that I carry with me wherever I go.”

**Fun fact:** The panel on the far right was tagged across the sharecropper’s face during the time Breanna painted her panel, and she was hired to repair the damage. “Stroke by stroke I covered the awful and careless tag. So many people with coffee, strollers, groceries, on bicycles, all stopped to say how they loved the sharecropper, how sad they were when it was destroyed, and how grateful they were to me and to Darryl that we cared enough to fix it.

“I fell deeply in love with the Alberta neighborhood during that time, and I am far more proud of my involvement to save that piece than I am of my own mural.”

Dan Werle lives in Concordia with his wife, Anna, and their dogs.
CU multicultural director has come home full circle

Everyone has a story. So says the Concordia University (CU) Office of Multicultural Services web page.

And so does Yashica Island, Diversity and Intercultural Engagement director. This is hers.

Yashica attended Benson High School with the goal to become a physician. She accessed to fulfill program requirements. “Pharmacists told me I was only allowed to cashier,” she recalled. Heartbroken, but undaunted, Yashica switched gears to OSU’s master’s program in elementary education and teaching, with a focus on science and mathematics. Later she taught science, technology, engineering and math (STEM) classes at a predominantly white Northwest high school.

“The students were great, though parents – were unsupportive. They regularly challenged me on my lesson plans, expertise, credentials, etc.” After three years, Yashica moved on to the college level.

How does a person with a strong teaching and STEM background wind up being a university multicultural center director? “I want to provide support that helps any student weather the challenges of being a person of color in higher education in Oregon.”

— Yashica Island

earned a bachelor’s degree in chemistry and a minor in mathematics from Southern Arkansas University.

She returned to the Northwest and enrolled in the Oregon State University (OSU) doctor of pharmacy, pharmaceutical sciences program. Three years into the four-year program, the doors of the pharmacy sector slammed shut. Yashica couldn’t secure a mentor, internship site, or financial aid. “I wanted to bring some historical resources. I want to bring some historical perspective of place, of what this community is,” she said. “Being black and being a Portland native prepared me for this position since I have firsthand knowledge of the terrain, the subtleties of race dynamics and how the dysfunctions play out.”

Yashica became the Multicultural Center director in January. “The center is important because dominant culture people – white people – are afraid of interacting with people they see as different. White people don’t seek out people of color and engage socially. They have the option of hiding in the comfort of their social bubble, which creates problems on both sides of the equation.”

It’s been a long journey back to her home digs, eight blocks from her childhood home at 18th Avenue and Holman Street. The CU she remembers as a child now holds the CU Multicultural Center, race issues in higher education, conduct, and safety trainings for parents and childhood education, conducts health literacy trainings for families, and is a housing market shift.”

Karen, OCCD master trainer, early childhood education, conducts health and safety trainings for parents and childcare staff via Child Care Resource and Referral of Multnomah County. She may be reached at 5CornersFamily@gmail.com or text 609.244.7892.

Editor’s note: For resources about the Concordia University Multicultural Center, race issues in higher education and in Oregon, and bias in healthcare, visit ConcordiaPDX.org/multicultural-resources.
On-street parking reform foiled by city council

Most Portlanders who live in single-family homes are long accustomed to parking their cars on the street in front of their house, for free. As our city continues to grow and evolve, however, the ability to continue to do so is changing, especially in our more popular neighborhoods, such as Concordia.

Residents living near popular restaurants and retail clusters, such as Fox Chase at 30th Avenue and Killingsworth Street, or Alberta Street west of 30th Avenue, know they will be competing with visitors for on-street parking spaces during popular meal hours as well as special events, such as Last Thursday.

New infill development is steadily increasing pressure on the supply of on-street parking spaces. One example is the new 30-unit building at Fox Chase Corner for which no off-street parking is required (per current city code).

These pressures have been recognized by Portland Bureau of Transportation (PBOT) staff members, who have been working behind the scenes for years to develop parking management strategies. In 2016, PBOT launched the Citywide Parking Strategy, which was built around the concept of parking management as an important part of re-establishing an ongoing positive relationship between CNA and PBOT.

The goal was to provide tools to allow commercial areas and adjacent neighborhoods to manage their growth to promote both economic development and livability. This program would have included variable parking pricing for commercial centers and corridors, as well as a new companion parking permit program available for use by adjacent residential areas.

These tools were designed to be used in sequence so as areas grow, PBOT could work with the public to address parking needs in a way that deploys the tools in a logical sequence — using simpler solutions first before implementing, if at all, the more involved systems of permits and paid parking.

The CNA LUTC had recently opened a dialogue with PBOT staff on how to begin deploying the parking toolbox to help Concordia deal with our increasing parking challenges.

Unfortunately, at its meeting on December 15, 2016, Portland City Council unexpectedly declined to adopt these proposals into policy.

So now, without an adopted set of parking policies to help us cope with the growing demands on our limited on-street parking supply, the CNA LUTC is beginning our own process, in conjunction with other neighborhoods, to determine how best to convince city council their failure to address the city’s parking challenges has not erased the need to do so.

Stay tuned for more information soon on opportunities to participate!

Land use, transportation & livability update

The goal is to foster housing that helps meet Portland’s diverse housing needs in middle-density zones.

Concordia University (CU). We are identifying key issues arising from CU’s daily activities and steady campus expansion that impact the community’s livability needs directly.

Better Housing by Design initiative progresses

In lieu of our normal meeting, LUTC members joined more than 20 people April 19 at the Northeast Coalition of Neighboring Communities’ (NECN) session asked many questions and provided a wide range of thoughtful feedback on:

- Front garage limitations, along with associated parking options and front entrance requirements
- Parking setbacks in higher density zones
- Alternative development options for inner neighborhoods

A final public workshop is scheduled June 3 for code concepts. Then input will be compiled, and the entire process will conclude with public hearings and adoption planned this autumn and winter.

For more information, or to provide input directly, visit PortlandOregon.gov/betterhousing or call 503-823-7798.

Concordia residents are always welcome at CNA LUTC meetings, every third Wednesday – except December – at 7 p.m. in the McMenamins Kennedy School Community Room. For more information, visit ConcordiaPDX.org/category/land-use-livability, send your questions to LandUse@ConcordiaPDX.org or call 503-823-7798.

Concordia News

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CNA SPRING CLEAN UP
Saturday, May 20
8 a.m. – 12:30 p.m.

PCC Workforce Training Center at NE 42nd & Killingsworth

Spring cleaning comes to Concordia, and CNA will dump, recycle and/or find new homes for your household items.

ACCEPTED MATERIALS
• Household waste
• Metal
• Styrofoam (no peanuts)
• Plastics (see story on this page)
• Furniture
• Electronics
• Lamps
• Batteries
• Mattresses
• Clothes
• Bicycles
• Other household items

PROHIBITED MATERIALS
• Hazardous waste
• Construction, demolition, roofing & remodeling debris
• Kitchen garbage
• Residential yard debris
• Commercial landscaping materials
• Waste & recyclables collected curbside
• Light bulbs
• Refrigerators & freezers
• Large appliances/white goods
• Tires, rocks & concrete
• Paint & oil

SUGGESTED DONATIONS PER LOAD:
Car: $10
Truck, van, SUV: $15
Large truck: $20
Oversized load: $30
Electronics & batteries: $5

All proceeds support CNA’s mission to organize human and physical resources, build community and enrich livability here.

SPECIAL FEATURES IN 2017
“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.

“A-Sharp Tool” Professional tool & knife sharpening: Look elsewhere on this page for details.

THANKS TO THE CNA SPRING CLEAN UP’S GENEROUS SPONSORS

Don’t use dull blades for your home spring clean up

Bring your kitchen and garden tools to the May 20 CNA Spring Clean Up for professional sharpening. Between 8 a.m. and 1 p.m., 1Sharptool Edge Service will donate a percentage of the proceeds from sharpening:

• Knives
• Pruners
• Pocket knives
• Hoes
• Scissors
• Loppers
• Garden shears
• Chisels
• Machetes
• Axes
• Shovels
• Rotary mowers

Services are first come first served. Prices start at $6.25 for garden tools and $7.50 for kitchen knives. 1Sharptool Edge Service accepts cash, checks and credit cards.

For details, contact 1Sharptool Edge Service at 360.606.7062 or visit 1Sharptool.com.

Concordia News
Tools available for your own spring clean up

It’s the busy season at the North-east Portland Tool Library. According to Robert Bowles, a founding member of the library, that’s going to continue through summer. “On our busiest days we loan 600 tools, and an average day will see 200 to 400 tools go out the door.”

That’s all within the nine hours the library is open weekly; Tuesdays and Wednesdays 5:30-7:30 p.m. and Saturdays 9 a.m.-2 p.m., except holidays.

“Our clientele come from all income levels and the library empowers our neighbors to maintain a sustainable, thriving community.” — Robert Bowles

Redeemer Lutheran Church is the current fiscal sponsor of the nonprofit, all-volunteer organization in its base-ment at 5431 N.E. 20th Ave., but just last month the tool library became its own 501(c)(3).

Although 7,000 northeast Portlanders 18 years and older are library members, Robert estimates 2,500 of them are active borrowers of the library’s 3,000 tools. Those tools range from cement mixers to welders to screwdrivers.

About 20 volunteers staff the library and – just like the tools – more are always needed. Since the library doesn’t offer instruction on use of the tools, volunteers need no experience.

Visit NEPTL.org for details about free membership, volunteering and donating tools. The “Tools” tab on the home page offers an inventory.

“Our clientele come from all income levels and the library empowers our tools,” he reported. “A couple of people have even built guitars.”

Individual borrowers are limited to seven tools for seven days. People working on group projects are permitted to check out more than seven tools at a time.

Robert is proud of the library he and several others helped found nine years ago. “Concordia resident Eric Fair-Layman took the idea from the North Portland Tool Library and started finding people to help start one in north-east Portland.”

Since then, the library has grown leaps and bounds in membership, volun-teers and tools. It sponsors a few classes and workshops each year. Members even helped two other tool libraries in south-east Portland get started.

Letter to the editor

Thanks for helping get the word out on bullying

To the Editor,

I wanted to give a public “shout out” and “Thank you so much” to the people who helped me craft my three article series on bullying. I could not have done the series without their generosity of spirit, time and insight.

Nancy Varekamp, Dan Werle, Carrie Wenninger, Suzaan Trabucco and Will Goubert, Concordia News Media Team; Judi Martin, district ombudsman, Portland Public Schools, Rick Kirschmann, assistant director of school climate and discipline, Portland Public Schools; Ben Keefer, principal, Vernon School; Daillo Lewis, vice principal, Grant High School; Dawn Menken, author, “Raising Parents Raising Kids;” Bernadette Janet, Chris Lopez, Kelly Zakis, community members; Tressa Graham, my cousin; and Priscilla Carlson, my wife.

Much love and gratitude.

— Karen Wells

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.
CNA Spring Egg Hunt lures 250-plus children

An estimated (i.e., too many to count) 250 children joined the Concordia Neighborhood Association Spring Egg Hunt last month. The action lasted for about 10 minutes while the children swarmed Fernhill Park in search of 6,000 candy-filled plastic eggs.

Those eggs were stuffed by about 30 volunteers the previous day, and hidden in the park by about 17 volunteers on hunt day. The event was sponsored by the neighborhood association and American Legion Post 134. Additionally, Saturday morning volunteers were treated to juice and donuts by Mark Charlesworth Real Estate Team - Keller Williams Portland Central. A goodie basket was donated by Dutch Bros., along with hunt day coffee and hot chocolate for volunteers.

Please become a sponsor for Fernhill Concert Series

Business sponsors and individual donors are still needed for this summer’s Fernhill Concert Series. At press time, Concordia Neighborhood Association was still $6,950 short of the budget required for five concerts every Friday in July and at the Neighborhood Night Out the first Friday of August.

Individual donations – even $5 and $10 is a big help – are needed. To donate online and/or for instructions for check donations, visit ConcordiaPDX.org/concerts.

Business sponsorship commitments are needed ASAP, but payment is not due until June 1. Contact Chariti Montez, concert production manager, at Concerts@PortlandOregon.gov or 503.823.5059.

Current business sponsors:
Champion Sponsors $3,000
• Concordia Neighborhood Association
• Vacasa
Major Sponsors $1,250
• Inventif Solutions
Good Neighbor Sponsors $300
• Concordia University
• Frock
• Gazelle Natural Fibre Clothing
• Living Cully
• Lombard Animal Hospital
• Our 42nd Avenue
• St. Michael’s Lutheran Church

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Contributing Sponsors $800
• Amelie Marian, Hasson Company Realtors
• Mark Charlesworth Real Estate Team - Keller Williams Portland Central
• McMenamins Kennedy School
Good Neighbor Sponsors $300
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• St. Michael’s Lutheran Church
It’s better here in some ways, not in others

Editor’s note: This story is reprinted with permission from Hey Neighbor, the NECN newsletter. Some of Marcia Cole’s answers were trimmed to fit space. For the entire story, visit ConcordiaPDX.org/marcia-cole.

How long have you been in this neighborhood?

I was born in Portland, my mother was of Irish descent from Canada and we grew up in southeast in my early years. Being a hairstylist, one of my clients had gotten a good deal on this house and she wanted to move in. I rented the house in May of ’76, and I purchased it in December of ’96. During the ’80s, none of my friends hung out here, they would either drop me off or pick me up. There weren’t restaurants on Alberta like there are now. By the time crack cocaine infected the neighborhood, I had bullet holes in the back of my garage which I’m kind of proud of...we all lived through that, and we all tried to still be good neighbors.

Do you remember when there were other clubs in the neighborhood?

My significant other was a founding member of a biker club, “Brothers Free.” During those times, there were many struggling low-income families that many people who were displaced, were many were screwed out of their houses. It is when taxes went up and they couldn’t refinance, I feel concerned that many were screwed out of their homes. I think back when I came into the neighborhood and there was nobody of my age bracket and that was white, so I could tell it kind of might have been a big deal at the time. I remember that there were many established households around here in ’76. People were neighborly but it was also like, “mind your own business,” and so that’s how it’s different now. People are more outgoing now, but when people ask me if I think it’s better now, in some ways yes, but in some ways no.

I was of Irish descent from Canada and we grew up in southeast in my early years. Being a hairstylist, one of my clients had gotten a good deal on this house and she wanted to move in. I rented the house in May of ’76, and I purchased it in December of ’96. During the ’80s, none of my friends hung out here, they would either drop me off or pick me up. There weren’t restaurants on Alberta like there are now. By the time crack cocaine infected the neighborhood, I had bullet holes in the back of my garage which I’m kind of proud of...we all lived through that, and we all tried to still be good neighbors.

What is sad about gentrification is many people who were displaced, were older than me, they had owned their homes, stuck through all the horrible times and had to deal with the drive-bys. It is when taxes went up and they couldn’t refinance, I feel concerned that many were screwed out of their houses. Do you remember when there were other clubs in the neighborhood?

My significant other was a founding member of a biker club, “Brothers Free.” During those times, there were many struggling low-income families that appreciated the Easter egg hunt. These bikers would get these kids outside all day and every year. One can hear these big burly bikers on a megaphone as they fed the neighborhood, they also held a toy donation run around Christmas.

Resident spotlight

JFR Foundation Ageless Award goes to Sen. Margaret Carter

May is Older Americans Month, celebrated nationally since 1963 when President John F. Kennedy signed the proclamation recognizing and honoring the contributions of seniors. Both Portland and Multnomah County have already signed proclamations for 2017. Organizations serving older adults have many special events planned and those interested should contact Elders in Action or their local service center to get details about those.

In keeping with Older Americans Month, it is fitting one of north-north east’s own older Americans, state Sen. Margaret Carter, was honored with the 2017 Ageless Award by the Jessie F. Richardson Foundation. The Ageless Award is given to persons 75 and older who demonstrate living a life with purpose. Keren Brown Wilson, Ph.D., is president of the Jessie F. Richardson Foundation. Based in Clackamas, 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.

Margaret Carter moved to Portland in 1967 with her five children. She put herself through college and graduate school, and she spent 27 years as a counselor at Portland Community College. In 1984 she ran for state office and became the first African American woman elected to the Oregon Legislature, where she spent the next 28 years serving in either the House or Senate.

Margaret’s work as an educator, counselor, legislator, civic leader and volunteer have shaped not only Portland but the whole state of Oregon. At age 82, she continues to work and volunteer in Portland and Salem. Margaret is a true model of living a life with purpose.
Try body tapping practice

Tapotement, or tapping, is one of the five main strokes of Swedish massage. Tapping translates to “light blows.” In massage there are several types of tapotement. Various types are administered using the flat hand (slapping), loose fists or the familiar hacking using the edge of the hands in a quick series of alternate karate chop like movements. It produces a series of quick muscle contractions that can bring blood and energy to a weak muscle, or drain excess energy from a tight contracted muscle.

Another useful form is cupping. Form the hand into a cup-like shape by bending the fingers toward the heel of the hand, then slap the cup on the back over the lung area. This percussion clears congestion. We tap baby’s backs to soothe them.

Tapping on the body is a technique also found in Qigong. It is stimulating for the flow of blood and energy. The following is a very soothing and stimulating routine. In sets of three passes:

• With flat hands and medium pressure, slap down the front of the torso.
• Using the right hand, slap from shoulder to wrist, the top and bottom sides of the left arm, repeat on other side.
• Return to the left side and slap from under the arm to the waist.
• Repeat the action on the right side.
• Slap down the outside of the legs, from hip to knee.
• With loose fists tap gently on the low back.
• Finish with some tapping on the top of the head. Massage and tug on the ears.

Give this a try in the morning to get the energy flowing for the day, or as a pick-me-up anytime.

Penny, LMT and Certified EFT Practitioner, may be reached at PennyHill@CoachesConsole.com.

By Penny Hill
Rising Sun Massage

Art Corner

The question:
How did our three closest parks – Fernhill, Alberta and Wilshire – come to be?
— Calley Dodero

The historian reports:
In this, the third of three profiles on local parks, we’re focusing on Fernhill Park. If you’ve ever appreciated the wide open spaces of Fernhill Park, the soccer fields, dog park, tennis courts or playground, you have Portland voters in 1938 to thank, and a determined parks bureau staff in the 1950s who acquired multiple individual parcels to make up today’s 25-acre park.

The 1938 vote approved a tax levy for parks and playgrounds that led to a 10-year program of acquiring and enhancing open spaces in Portland neighborhoods. Using the new funds, the city’s acquisition of property from willing sellers in the area began in August 1940 with a 10-acre parcel bought for $7,125 from A.W. Jackson. It included the densely-forested ravine area that is now the dog park.

Prior to 1940, the surrounding area was almost all farmland and orchards stretching west to Kennedy School, south to Killingsworth and north to the banks of the Columbia Slough.

Often referred to as “truck farms,” because the produce was sold out of the back of trucks at busy intersections and small markets around town, these fields produced vegetables for Portland households. One farm near the corner of what is today’s 41st Avenue and Holman Street was owned and run by a Japanese immigrant family, as were others in the area. During World War II, Japanese farming families were removed from their land and placed in internment camps in southeast Oregon and central California.

As the park took shape through the late 1940s and early 1950s, locals referred to it as Ainsworth Park. That’s a name that appears frequently in real estate advertising of that era. On July 14, 1954, the city council passed an ordinance officially naming the area Fernhill Park. That’s a name that was not in local usage prior, but that may take its meaning from the hills on the north side of the park.

Construction of Adams High School just southeast of the park in the mid-1960s caused quite a stir and protest from the neighborhood. More than 150 angry neighbors turned out at a Portland School Board meeting Sept. 4, 1964, to raise awareness that 26 homes had to be demolished to make room for the school, as well as three duplexes, a local greenhouse/nursery known as Knapps, and a PGE substation. Despite strenuous protest, school construction went ahead.

When high school enrollment dropped in the early 1980s, the building was repurposed as a middle school, which lasted 18 years before being closed in 2000 due to health concerns about mold. The building sat empty and was frequently vandalized until it was torn down in 2006, leaving the large open space south of the track.

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. Check out his blog for more on local history, including further details on the history of Fernhill, Wilshire and Alberta parks at AlamedaHistory.org.

You can thank 1938 voters for Fernhill Park

By Doug Decker
Historian

You can ask your questions of Doug in person. See Page 12 for details.
CONCORDIA COMMUNITY EVENTS CALENDAR

May 1, 4, 20
LEAD POISONING PREVENTION WORKSHOPS
Locations: Various
Participants learn how to prevent lead exposure in homes especially homes older than 1978 with children, pregnant women & others concerned about lead exposure.
Details/RSVP: multnomahcounty.org/concordia,
303.284.6827 ext. 109

May 1, 2 - 3 pm East County WIC Clinic, 600 NE 8th St., Gresham
May 4, 4:30 - 5:30 pm, Northeast WIC Clinic, 3526 NE Martin Luther King Jr. Blvd.
Saturday, May 20, 10:30 am - 12 pm Energy Project, 2900 SE Stark St.

May 4, Thursday, 4 - 8 pm
ST. MIKE’S KITCHEN
Location: St. Michael’s Lutheran Church kitchen, 6700 NE 29th Ave.
Join others in the kitchen to cook & eat sincronizados, chicken avocado & chipolote soup, green bean salad with feta cheese & burrito bowls in celebration of Cinco de Mayo.
Details/RSVP: Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2003

May 5, Saturday, 9 - 1 pm
NATURESCAPING BASICS
Location: Columbia Slough Watershed Council Building, Whittaker Ponds Nature Park
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 Dis

May 7, Sunday, 11 am
URBAN COMPOSITIONS ART EXHIBIT
Location: George R. White Library & Learning Center, Concordia University
Opening reception for the latest art exhibit This exhibit – which continues through June 30 – features photography from the Inner Light Photographic Society. Celebrating 31 years, the diverse group includes more than 20 photographers who work in wide range of photographic styles & media. The exhibit also features multiple award-winning & nationally recognized artists Lyn Nance-Sassser & Stephen Sassser. The unusual images are superimposed on 1950s vintage tourist street-maps, accompanied by graphic icons pinpointing the precise locations of the choice features.
Details: cu.portland.edu/about/events/campus-calendar

May 8, Tuesday, 5 - 8 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: racetalkspd.org

May 11, Thursday, 11:45 am
ST. MIKE’S KITCHEN
Location: St. Michael’s Lutheran Church fellowship hall, 6700 NE 29th Ave.
Seniors are invited to enjoy homemade soup & side dishes along with the company of other seniors.
Details/RSVP: Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2003

May 12, Friday, 7 - 9 pm
OFF THE COUCH EVENTS
ACTIVITY NIGHT
Location: St. Charles Catholic Church gymnasium, 5310 NE 42nd Ave.
Differently-abled individuals, 18 & older, are invited for games, crafts, dancing & snacks. Admission is $7 per participant & first companion is free.
Details: offthecouchevents@gmail.com, 503.702.2394

May 14, Sunday, May 7, noon - 1 pm
URBAN COMPOSITIONS ART EXHIBIT
Location: George R. White Library & Learning Center, Concordia University
Opening reception for the latest art exhibit This exhibit – which continues through June 30 – features photography from the Inner Light Photographic Society. Celebrating 31 years, the diverse group includes more than 20 photographers who work in wide range of photographic styles & media. The exhibit also features multiple award-winning & nationally recognized artists Lyn Nance-Sassser & Stephen Sassser. The unusual images are superimposed on 1950s vintage tourist street-maps, accompanied by graphic icons pinpointing the precise locations of the choice features.
Details: cu.portland.edu/about/events/campus-calendar

May 15, Monday, 5 - 8 pm
EVERYDAY CANOE THE SL OUGH
Location: Whittaker Ponds Park
Bring the whole family for a safe & fun canoe trip on the slow-moving Columbia Slough. We have some canoes set up in a “bama” configuration – safe for new paddlers, infants & grandparents alike. Families may also borrow regular canoes & kayaks. The boat, lifejacket, paddle are provided. Enjoy the water, plants, & wildlife from the best seat possible! Three trips are scheduled that evening.

May 17, Wednesday, 6 - 7:30 pm, Northeast Tool Library, 5431 NE 20th Ave.
Saturday, May 20, 12:30 - 2:30 pm, Commun

May 18, Thursday, 4 - 8 pm
ST. MIKE’S KITCHEN
Location: St. Michael’s Lutheran Church kitchen, 6700 NE 29th Ave.
Join others in the kitchen to prepare chicken enchiladas & then prepare an entire chicken enchiladas cassette to take home to your fridge or freezer.
Details/RSVP: Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2003

May 19, Friday, 7 - 9 pm
OFF THE COUCH EVENTS
ACTIVITY NIGHT
Location: St. Charles Catholic Church gymnasium, 5310 NE 42nd Ave.
Differently-abled individuals, 18 & older, are invited for games, crafts, dancing & snacks. Admission is $7 per participant & first companion is free.
Details: offthecouchevents@gmail.com, 503.702.2394

May 20, Saturday, May 7th, by calling 503.374.7048 or emailing

Friday, May 19, 7 - 9 pm
OFF THE COUCH EVENTS
ACTIVITY NIGHT
Location: St. Charles Catholic Church gymnasium, 5310 NE 42nd Ave.
Differently-abled individuals, 18 & older, are invited for games, crafts, dancing & snacks. Admission is $7 per participant & first companion is free.
Details: offthecouchevents@gmail.com, 503.702.2394

Saturday, May 20, 8 am - 12:30 pm
CNA SPRING CLEAN UP
PCC Workforce Training Center at NE 42nd & Killingsworth
Concordia Neighborhood Association will dump, recycle and/or find new homes for your household items. Read all the details on Page 6.

Hawaiian Lei Making Class
Flowers In Flight
1413 NE Alberta St.
June 3rd, 2017 4-6pm
Let’s kick off Summer with a fun & engaging lesson in Hawaiian Lei making, just in time for graduations & weddings!
Enjoy a glass of sangria & a noch, all while learning how to prepare & string orchid blossoms into the perfect celebratory Lei.
Get details & RSVP by phone or email, by calling 503.374.7048 or emailing

The MADS Album Release
WANDERLUST + 3 LEG TORSO PRESENT A MOTHER’S DAY CIRCUS
May 2017

THE BOBS FINAL SHOW IN PORTLAND
ALBERTAROSE THEATRE.COM 503.764.4131 3000 NE ALBERTA

THE MADS FROM MYSTERY SCIENCE THEATER 3000

TONY FURTADO ALBUM RELEASE + DEAN

RODNEY CROWELL + WANDERLUST

WANDERLUST + 3 LEG TORSO PRESENT A MOTHER’S DAY CIRCUS

RHODES HOWARD ROUND THE WORLD + AMY MILLER

MORTIFIED PORTLAND

CATIE CURTIS CD RELEASE CONCERT

ROY ROGERS & THE DELTA RHYTHM KINGS

THE HAROLD & MAUDE SQUAD TWO SHOWS

LIVE WIRE RADIO WITH LUKE BURBANK

ALBERTAROSE THEATRE.COM 503.764.4131 3000 NE ALBERTA

SCIENCE ON TAP FRAC TAL SIGHT USING RETINAL IMPLANTS TO RESTORE SIGHT TO THE BLIND

THE MADS FROM MYSTERY SCIENCE THEATER 3000

TONY FURTADO ALBUM RELEASE + DEAN

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