**Scared in PDX**

**Scary Tales Performance and Open Mic; plus Costume Contest with Prizes**
7:00 pm Sat Oct 31
Lucky Lab Taphouse 1700 N. Killingsworth PDX

$10 suggested donation

Drop by for the kickoff to this monthly scary story performance & open mic, including a costume contest with valuable prizes! Your hosts Anne Rutherford & Norm Brooke, THE OREGON TELLERS, will chill your bones with a story or two. Then it’s your turn: tell us a story that scares you. Audience members have eight minutes to terrify the crowd (eyeball to eyeball turn: tell us a story that scares you. Bones with a story or two. Then it’s your turn: tell us a story that scares you.

After this Halloween kick-off Scared in PDX meets **every 3rd Thursday** at the Lucky Lab Taphouse starting November 19. More info: [www.oregonstellers.com](http://www.oregonstellers.com)

---

**Cerimon House Grand Gala - October 24th**

In 2012, the organization purchased the former Alberta Lodge, a building with a history of community relevance. Originally constructed by the Masons as a fellowship hall in 1924, the building served as the Masons’ convening space until 1986. The building was then sold to a Baptist Church congregation that worshipped there until 2007, after which the building sat vacant for five long years. With each passing year, the empty building suffered from a lack of maintenance and attention. It was only a matter of time before a development company would have eyed the building as a potential lot for skinny houses or a condominium.

With all of the new development spreading throughout NE Portland, demolition would have been the likely outcome for this once magnificent structure.

Enter Cerimon House, with a vision of providing programming that piques our curiosity, reveals the power of the arts to transform us, celebrates important life passages, and stimulates community engagement. With the support of the Concordia Neighborhood Association, Cerimon House purchased the building and promised the City of Portland that this beautiful 92-year-old community space would be re-opened, brought up to code, and re-opened as the home of an innovative nonprofit Humanities organization.

Cerimon House became the proud owner of the former Alberta Lodge in 2012. After which, a vigorous two-year capital campaign successfully raised the funds necessary to renovate this historically significant building, and now it is moments away from the renovation’s completion and preparing to open the doors to the Portland community. The original structure and charm of the building have been kept intact, while updates include five ADA-compliant restrooms, all new electrics and plumbing, and a new staircase to an emergency exit. Fresh paint, a repaired roof, and ample bike parking complete the restoration.

This building is one that’s been rescued from the wrecking ball, and will live on as a community resource and convening place for years to come.

**In celebration of the opening of the building as Cerimon House’s new home, the organization’s programming kicks-off with The Restoration Celebration!**

A Grand Opening Gala on October 24th, followed by The Macabre Charm of Charles Addams on October 25th. The fun continues into December with Charles Addams: Family and Friends, a spook-tacular exhibit. Re-opening events are made possible, in part, through the generosity of Pomegranate Communications, Inc., Concordia Neighborhood Association, and As Good As It Gets Catering by Cheryl’s on 12th. For ticket details on these and other events this Autumn, including Today I Am… with local Art Historian Bob Hicks, and 300,000 Clicks of a Camera: How LAIKA Makes an Animated Film with Mark Shapiro of LAIKA Studios, visit [www.Cerimonhouse.org](http://www.Cerimonhouse.org)

Cerimon House is a 501(c)(3) nonprofit Humanities organization and a harbor for artistic, educational, and civic events.

---

**Charles Addams Presentation**

**THE MACABRE CHARM OF CHARLES ADDAMS**

Sunday, October 25th - 5:00 pm @ Cerimon House

Join Cerimon House for a darkly humorous presentation on the life and works of the great American cartoonist, Charles Addams. This evening is a special opening event for the eight-week run of Charles Addams: Family and Friends, an exhibit of 52 original works, including illustrations of the beloved Addams Family and Addams’ witty & wonderful New Yorker comics. Our host for the night is Kevin Miserocchi, Executive Director of the Sea and Charles Addams Foundation. Mr. Miserocchi travels to us from the Addams Estate in Long Island, New York (otherwise known as “The Swamp”), to share wild and funny tales about the artist’s eccentric life. Be the first to see the West Coast premiere of the exhibit and celebrate the life of Charles Addams, whose macabre charm has indeed charmed generations.

Tickets: $25 suggested donation. Seating is limited. [reservations@cerimonhouse.org](mailto:reservations@cerimonhouse.org)

---

**CHARLES ADDAMS: FAMILY AND FRIENDS**

October 29 - December 13, 2015 Thur. & Fri. 4pm-8pm; Sat. & Sun.: 12pm-4pm @ Cerimon House

“They’re creepy and they’re kooky, mysterious and spooky!” A gorgeous exhibit of America’s favorite freaky family helps launch the grand re-opening of Cerimon House in style. Just in time for Halloween, Charles Addams: Family and Friends is an art exhibit of 52 original illustrations, which include images from The Addams Family, as well as many bizarre and beloved drawings penned for The New Yorker magazine. Cerimon House is honored to host the West Coast premiere of this exhibit by special permission from the Sea and Charles Addams Foundation.

Tickets: $10 General Admission - $8 students & seniors - Large groups & field trips please reserve: [reservations@cerimonhouse.org](mailto:reservations@cerimonhouse.org). Funding for this exhibit has been provided by Pomegranate Communications, Inc. and The Concordia Neighborhood Association.
Concordia Neighborhood Association
Meetings & Updates
Get the latest news at ConcordiaPdx.org

These committees have direct results on the Livability of our neighborhood—with your participation.

Board Meeting
Second Tuesday of the Month
October 13th at 6:30pm
McMenamin’s Kennedy School
Community Room

CNA Annual Meeting
Board Elections
November TBD at 7:00pm
McMenamin’s Kennedy School
Community Room

Finance Committee
For meeting times and location visit our website or email: ContactCNAboard@yahoo.com

Policies/Procedures
Contact Katie Ugolini
503-449-9690 for meeting time & place

Media Team
Newspaper and Website
Volunteer and join the media team as “Beat Reporters” or manage the CNA WordPress website.
Email: CNewsEditor@ConcordiaPDX.org

Social Committee
For next Meeting date and time, please contact Katie Ugolini at ktagelits@gmail.com or 503-449-9690

Land Use, Livability and Transportation Committee
Third Tuesday of the Month
October 20th at 7:00 pm
McMenamin’s Kennedy School
Community Room

The land use committee grants approval for neighborhood projects. To hear about and try to solve issues affecting quality of life in Concordia brought to us by community members.

Tree Team Meeting
First Thursday of Every Month
October 1st at 6 pm
Dining Area at New Seasons

CONCORDIA NEWS
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.

Concordia Neighborhood Association
www.concordiapdx.org
PO Box 11194
Portland, OR 97211

CONTACT US at our new email addresses!

CNA Chair
Isaac Quintero
chair@concordiapdx.org
503-351-4585

CNA Vice Chair
VACANT
vicechair@concordiapdx.org
503 545 2313

CNA Secretary
VACANT
secretary@concordiapdx.org

CNA Treasurer
Robert Bowles
treasurer@concordiapdx.org
503-490-5153

Crime Prevention Officer
Mary Tompkins
503-823-4764
mary.tompkins@portlandoregon.gov

Neighborhood Response Team Officer
Anthony Zoeller
503-823-0743
Anthony.Zoeller@portlandoregon.gov

~~~ Submissions ~~
The deadline for submissions is the 15th of the month prior to publication. Concordia News may edit for form and length.

~~~ Advertising ~~~
Business Manager
Please send ad inquiries to: Mary Wiley (advertising)
CnewsBusiness@concordiapdx.org

~~~ Editor ~~~
Please send article submissions to: Mary Wiley (newspaper)
CnewsEditor@concordiapdx.org

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

www.ConcordiaPdx.org
Visit the website of the Concordia Neighborhood Association for:
Community Events & News
Neighborhood Information & Blog

www.ConcordiaPdx.org

We invite you to volunteer in your community.

Never underestimate your ability to make someone else’s life better.
- Greg Louganis

Alone we can do so little, together we can do so much.
- Helen Keller

HELP WANTED
- Recording Secretary for Neighborhood Association Meetings
- Independent Contractor, Pay is $15/hour

Meetings usually held on Tuesday evenings around 7:00 p.m. in the Community Room of Kennedy School. Approximately 12 meetings a year. Meetings usually last about two hours. Duties include transcribing and typing minutes. Compensation is for attendance and generating minutes. Applicants asked to provide contact information and a brief outline of qualifications. Resume not required.

If interested, send email to east1@concordiapdx.org
Mayor Charlie Hales has appointed a 25-member Stakeholder Advisory Committee to assist the Bureau of Planning and Sustainability with the Residential Infill Project. The Residential Infill Project will evaluate Portland’s single-dwelling development standards to ensure that new or remodeled houses are well integrated and complement the fabric of neighborhoods throughout the city. Three primary topics to be addressed are:

- Scale of houses
- Narrow lot development
- Alternative housing options

The first meeting of the Stakeholder Advisory Committee was held on Sept. 15th. The committee will continue to meet each month as necessary through the duration of the project.

"Due to the large number of applications we received, we could not appoint everyone. However, we had some stellar candidates — too many in fact," Hales said. "This is a good problem to have."

The 25-person committee includes Portlanders involved in design, sales, or sales of single-dwelling homes as well as people interested in how residential infill affects or contributes to neighborhoods and the city as a whole.

Following a five-week recruitment and application process, Hales appointed the advisory committee to assist the Bureau of Planning and Sustainability with the Residential Infill Project. Nearly 100 applications were received from a wide range of people interested in offering their perspective on residential infill issues.

Members include Linda Ramsey, East Portland Action Plan (EPAP); Sarah Cantin, Scott Edwards Architects; Alan DeLaTorre, Portland Commission on Disability; Jim Gorter, Southwest Neighbors, Inc. (SWND); John Hasenberg, Oregon Remodelers Association; Marshall Johnson, Energy Trust of Oregon; Emily Kemper, Manufactured Street Real Estate; Douglas MacLeod, Homebuilders Association (HBA); Mary Kyle McCurdy, 1000 Friends of Oregon; Maggie Metzger, Habitat for Humanity; Rod Merrick, Merrick Architecture Planning; Rick Michaelson (pending); Neighbors West Northwest (NWNW); Michael Molinaro, Southeast Uplift (SEUL); Danell Norby, Anti-Displacement PDX; Vic Remmers, Everett Homes, Brandon Spencer-Hartle, Restore Oregon; Eli Spevak, Orange-Splot Construction, Barbara Strunk, United Neighborhoods for Reform; 1000 Friends of Oregon, the Portland District Coalition and United Neighborhoods for Disability; Anti-Displacement PDX. Vic Remmers, Everett Homes, Brandon Spencer-Hartle, Restore Oregon; Eli Spevak, Orange-Splot Construction, Barbara Strunk, United Neighborhoods for Reform (UNR), Teresa St. Martin, Oregon Remodelers Association (ORC), David Sweet, Central Northeast Neighbors (CNN), Eric Thompson, Homebuilders Association (HBA), Jutnin Wood, Fish Construction NW, Garlynn Woodsong, Northeast Coalition of Neighbors (NECN); Tatiana Xenelis-Mendoza, North Portland Neighborhood Services (NPS). In addition to community members representing residents from all parts of the city, the appointees also include homebuilding, architecture, historic, energy efficiency and real estate perspectives as well as aging and disabled, anti-displacement and land use interests.

Members were chosen from each Neighborhood District Coalition and United Neighborhoods for Reform, 1000 Friends of Oregon, the Portland Commission on Disability, Anti-Displacement PDX, the Energy Trust of Oregon, Scott Edwards Architects, Merrick Architecture, Oregon Remodelers Association, Homebuilders Association, Fish Construction NW, Orange-Splot Construction, Habitat for Humanity and Everett Homes.

"There are many facets to the issue of preserving and enhancing Portland’s unique neighborhoods," Hales said. "In addition to the Residential Infill Project, my Neighborhoods Initiative is addressing long-term citywide growth strategies through such efforts as the Comprehensive Plan Update, discouraging demolitions, and expanded affordable rental housing development to ensure Portland’s prized neighborhoods remain livable and affordable."

The Stakeholder Advisory Committee is just one element of an inclusive public engagement effort — including regular project updates, online surveys, public events and Town Halls — to seek input and fairly formulate policy recommendations for the Residential Infill Project. Bureau staff will work with a public outreach and facilitation specialist to reach other affected stakeholders and community members. In addition, the Stakeholder Advisory Committee meeting agendas, minutes and other meeting materials will be posted on the project website: www.portlandoregon.gov/ps/infill.

The City of Portland Bureau of Planning & Sustainability (BPS) has kicked off the Residential Infill Project, which will seek to develop an updated portion of the City’s Zoning Code that regulates single-family homes. The project is being guided by a 25-member Stakeholder Advisory Committee (SAC), to which I have been appointed by Mayor Hales as the representative for the Northeast Coalition of Neighbors (NECN). Concordia is one of the 12 neighborhoods represented by NECN.

According to the project summary:

"Cities change, and new houses and remodels or additions to existing houses are part of that change. Some people view this new development as meeting a market demand and housing need, as well as providing new investment and modernizing the city’s housing stock. Others see it as an unexpected change in the city’s single-dwelling neighborhoods and feel it is incompatible with existing character."

This project will evaluate Portland’s single-dwelling development standards to ensure that new or remodeled houses are well integrated and complement the fabric of neighborhoods. These five primary topics will be addressed: scale of houses, narrow lot development, and alternative housing options.

By late 2015, staff will develop options to address identified issues for each of the three topics. Beginning in 2016, the community will evaluate those options against defined project success criteria. Following some refinement, these concepts will be translated into zoning code regulations. These will be vetted again through the public hearing and legislative process for final adoption by the end of 2016.

For more information on the project, please visit: www.portlandoregon.gov/bps/infill.

There, you can learn more about the project, view documents and review stakeholder discussions. You can also sign up to receive future updates and notices of upcoming public events and hearings.

Concordia residents interested in discussing this or any other issue related to land use and transportation, are invited to attend the next Concordia Neighborhood Association Land Use and Transportation (CNA LU&T) Committee meeting, the third Wednesday of the month, 7pm, in the Community Room in the SE corner of McNemans Kennedy School. To join the mailing list, send an email to: pdx_cna_lu_and_t-committee@googlegroups.com
Groundbreaking Celebration Reflects Community Contributions to New Concordia University Student Housing. A new mixed-use development broke ground in Northeast Portland today, providing housing within the local community for Concordia University’s growing student population.

Located 15 blocks from campus, at Northeast 16th Avenue and Killingsworth Street, near the Alberta Arts district, the four-story development will include ground-level retail and 34 units, primarily for Concordia’s graduate students or married students, seeking studio, one-bedroom and two-bedroom apartments.

Concordia will be the master tenant on the 34 units, managing the 12-month student leases, including consecutive rental agreements, and aligned with students’ needs.

Initiated by Andrew Clark of Hugh Development in 2008, and developed by Urban Development Partners (UD+P) since 2013, the project team also includes: architects from Works Partnership Architecture, recipient of the 2013 AIA NW&P Region Emerging Firm award, Colas Construction, a local, minority-owned business, and Metro, the regional government agency.

Metro’s Transit-Oriented Development (TOD) program provides limited amounts of public funding to attract private investment to develop mixed-use, higher density housing and retail projects located near transit. The TOD program contributed $250,000 to the project to leverage $5.9 million in private investment.

“Metro’s contribution allowed us to create a high-quality, higher density residential building that includes attractive pedestrian-oriented retail,” said Eric Cress, co-founder of UD+P. “We were able to leverage Metro’s support to bring more private investment dollars and make the project a reality.”

Concordia’s approach to this student housing development is part of a growing national trend for urban university housing that is embedded within the community, not tucked away on campus, and fits Concordia’s commitment to service leadership and its mission to prepare leaders for the transformation of society.

“This is an exciting time to be able to rally around a shared vision of helping the University extend its reach into the community by providing much needed housing for their student population, while developing a property that will transform a neighborhood and energize the community,” said co-developer Andrew Clarke of Hugh Development.

“These apartments expand Concordia’s housing options, accommodating 10 percent more students on- or near-campus, and providing excellent housing at affordable prices, now in a unique setting,” said Maura Page, associate director of residence life and housing at Concordia University. “It’s especially rewarding to work with community partners who are making a significant investment in the community and who have a track record of responsible development.”

“This project is an example of how a local landmark, like a university, can become even more integrated with the character of the neighborhood by offering a place where students and community members can interact in day-to-day life. We were pleased to be part of such an experienced, professional team and excited about future possibilities as this building comes to life,” said Avi Ben-Zaken, co-founder at UD+P.

“A small boost can make a huge difference,” said Metro Councilor Carlotta Collette. “I’m proud of Metro’s investment in this project, which will make it easier for residents to walk and take transit where they need to go, whether it’s class at Concordia or destinations around the region. It shows how public-private partnerships and Metro’s Transit-Oriented Development Program can help build great communities.”

October is National Bully Prevention Month

Every October, schools and organizations across the country observe National Bullying Prevention Month. The goal: encourage communities to work together to stop bullying and cyberbullying by increasing awareness of the prevalence and impact of bullying on all children of all ages.

Monday, October 5th - Blue Shirt Day
Show your support and wear a Blue Shirt Day on the first Monday of every October -- this year on Monday, October 5th.

The Week of October 12th
Make friends with someone you don’t know at school. If you’re ever been isolated from others at school or you’re new at school and it took time to make friends, you know what it feels like to be left out. Or even if you were never isolated, imagine how it would feel.

Make friends with someone at school who you don’t know. Invite them to sit at your lunch table or join you in an after school activity. You probably wish someone had done that for you. Be a leader. Take action and don’t let anyone at school be in isolation.

The Week of October 19th
When you see someone being bullied, be brave and STAND UP for them. Bullies have been known to back off when others stand up for victims. If you don’t feel safe get the help of an adult immediately. Be part of the solution – not the problem!

The Week of October 26th
Students can participate by creating positive messages on posters and collaborating with them out to students at school or creating an act of kindness every day and challenging others to do the same. Make kindness go viral!

Find out more at: http://www.stompoutbullying.org/

October 9th and 10th
MAKE HISTORY! BE A PART OF PORTLAND’S BIGGEST PARKS VOLUNTEER EFFORT:
More than 1000 volunteers are joining forces at 45 sites – community gardens, parks, natural areas, and sports fields – across Portland for Parke Diem’s third year.

“Portland Parks & Recreation can only do the great work we do because of partnerships with the Foundation, and with our volunteers,” notes Portland Parks Commissioner Amanda Fritz, who will once again take part in several Parke Diem events. “Parke’s community gardens staff say that the volunteers at Parke Diem accomplish at least four months of work in just two days. I thank the Park and Park Foundation for bringing so many volunteers together in one coordinated two day effort.”

A half million volunteer hours each year supplement PPR’s dedicated workers with the shared goal of Healthy Parks, Healthy Portland...for all. Parke Diem is a grass-roots volunteer endeavor to help maintain our City’s beloved parks.

“Parke Diem isn’t just about our friends and neighbors getting out to volunteer,” says Portland Parks Foundation Board Chair Gina Eiben. “It’s an opportunity for all of us to see the significance of the parks that we love so dearly, and to pitch in to make a difference. Portlanders’ sense of community and generosity is celebrated at Parke Diem—it highlights our corporate and individual community members’ ownership of the health of our parks system.”

“It’s neighbors helping neighbors toward our shared goal of Healthy Parks, Healthy Portland,” says PPR Director Mike Abbati. “Parke Diem is an exciting way to make a real difference in the quality of life in our city. We thank our friends at the Portland Parks Foundation for leading the charge.”

PPR’s dozens of community gardens will enjoy numerous Parke Diem work parties. Other exciting Parke Diem projects include the renovation and maintenance of four baseball fields in Pier Park, the building of a set of stairs in Forest Park and the continuation of a project where volunteers will plant 10,000 crocus bulbs in Peninsula Park.

Parke Diem is led by a network of community volunteers and park friends groups. “Hoyt Arboretum Friends is excited to host Parke Diem for the third year,” says Heather Wilkinson, the Volunteer Coordinator of the Hoyt Arboretum Friends group. “Each year we bring in over one hundred people, some of whom have never even heard of the Arboretum. It’s a great way to introduce people to this museum of trees as well as getting much needed work accomplished. With 189 acres maintained by a few staff, volunteers are essential to the survival of our 2,000 tree species.”

Parke Diem is led by the Portland Parks Foundation, an independent, nonprofit organization formed in 2001, to bring resources for the long-term stewardship of Portland’s parks and park programs, and to ensure that they remain publicly supported. The Foundation works hand in hand with Portland Parks & Recreation, and is committed to building collaborations that strengthen Portland’s parks and neighborhoods. Parke Diem is the latest in a long line of initiatives designed to keep our park system among the best in America.

Visit the Portland Parks Foundation’s Parklandia page to see the Parke Diem sites and projects, and to sign up to volunteer. http://www.parklandia.org/parkedem
~ Business Highlights ~

**Construction Begins**

Construction begins on the NE Columbia Boulevard and NE 62nd Avenue Sewer and Stormwater Project.

In October, Environmental Services will start construction on a project to install a stormwater filtration system along Columbia Boulevard between NE 60th and NE 63rd avenues. Crews will begin work 175 feet west of Columbia and 63rd by installing a manhole and replacing public sewer pipe. Crews will then install a vault in Columbia at 63rd that will filter sediment and pollutants from stormwater runoff discharged through an outfall pipe into the Columbia Slough. The project will improve water quality, protect public health, and help restore fish and wildlife habitat. Construction is scheduled to begin the week of October 5 and last for about two months.

A project map is available at www.portlandoregon.gov/bocolumbia63rd.

**CONSTRUCTION SCHEDULE**

The city’s contractor will construct this project in two phases to ensure construction impacts. The first phase will be in a short segment of Columbia Boulevard about 175 feet west of NE 63rd Avenue. Phase one work hours will be 7am. to 4pm. Mon to Friday for one week.

The second phase is construction in Columbia Boulevard at NE 61st Avenue and final street paving. Phase two work hours will be 7:00 a.m. to 6:00 p.m. Saturdays and Sundays for up to five consecutive weekends. The construction schedule is subject to change due to underground conditions, weather, subcontractor schedules and availability of materials.

**TRAFFIC IMPACT**

Columbia Boulevard is a high-traffic-volume street and major freight corridor that serves commercial businesses, industries and a residential neighborhood. You can expect traffic delays, lane closures and restricted turning movements in the construction zone during construction.

Weekday construction hours will be 7a.m. to 4p.m.

Weekend construction hours will be 7am. to 6pm. Construction will reduce Columbia Boulevard to two lanes, one for each travel direction, between 60th and 63rd avenues during construction hours.

**WHAT TO EXPECT DURING CONSTRUCTION**

Construction creates noise, vibration and dust and may disrupt normal neighborhood activity.

You should expect traffic delays in and near the work area. Please be aware of traffic control signs that will be in place to guide traffic through the work area.

On-street parking will be restricted in and near the work zones to create a safe work environment and to stage equipment and materials.

FOR MORE INFORMATION: Please contact Joe Annet at 503-823-2034 or email Joe.Annett@portlandoregon.gov with “columbia63rd” in the subject line.

---

**Weatherization Workshops**

Free workshop where participants learn how to stop drafts in their home, especially around doors and windows to save energy and increase comfort. Great for renters too! Qualified participants receive a free kit of weatherization supplies. Register for the workshop at www.communityenergyproject.org or call 503.284.6827

Tues, Oct 6, 6-8pm - Community Energy Project, 2900 SE Stark St, Suite A, Portland, OR 97214

Wed, Oct 14, 6-8pm - Hollywood Senior Center, 1820 NE 40th Ave, Portland, OR 97211

Podasting Prevention Workshop

Free workshop where participants learn how to prevent lead exposure in their home. Great for households with children or pregnant women in housing older than 1978, or those concerned about lead exposure. Qualified participants receive a free kit of safety and testing supplies!

Register for the workshop at www.communityenergyproject.org or call 503.284.6827 x109

Tues, Oct 13, 6-7:30pm - Community Energy Project - 2900 SE Stark St, Suite A, Portland, OR 97214

Do-It-Yourself Insulation Workshop

This free workshop teaches participants how to weatherize a flat attic. Topics covered include safety, air sealing, ventilation, installing insulation, and incentives to help cover the cost of your project.

Learn more and register for the workshop at www.communityenergyproject.org or call 503.284.6827 x108

Sat, Oct 10, 10am-12:30pm - Midland Library - 805 SE 122nd Ave, Portland, OR 97233

Sat, Oct 17, 1-3:30pm - Hollywood Library, 4040 NE Tillamook St, Portland, OR 97212

Sun, Oct 25, 2-4:30pm - Belmont Library, 1038 SE Caesar Chavez Blvd, Portland, OR 97214

**Habitat for Humanity**

Habitat for Humanity Portland/Metro East invites low-income families to apply for a Habitat house during our bi-annual Open Application Round which will run from September 21, 2015 until October 16, 2015. Anyone interested in the Homeownership Program is encouraged to attend one of the three Homeownership Application Meetings, by contacting Reinaann DaRosa at 503-287-9529 ext. 19 or reinaann@habitat/portlandmetro.org, and online at http://habitatsportlandmetro.org/programs/homownership/

**Concordia CHHS Survey**

The College of Health and Human Services at Concordia University is interested in better serving our community and would like your input on what sorts of services and resources the neighborhood would like to have or see more of. We’re asking community members to fill out a free online survey to help us learn more about what community services and needs are the highest priority for you.

This is an anonymous survey, asking 6 questions of learning what programs and services would benefit the community.

The below link will give you access to the survey; it can be completed on public or private computers and smartphones that are connected to the internet. Thank you for collaborating with us to build a happier, healthier community!

https://www.surveymonkey.com/r/Z7BV26F

For more information contact: Rebecca Pinney, Concordia University, Rmjkenley@mail.cw.portland.edu, Phone (541)324-9412

---

**Home Workshops**

The Light The Night Walk - Taking Steps to End Cancer - The Light The Night Walk is a fundraising campaign benefiting The Leukemia & Lymphoma Society (LLS) and their funding of research to find blood cancer cures.

It’s about Community - Coming together for a common goal: friends, families and co-workers form fundraising walking teams. Millions of consumers also help by donating at retail outlets. Culminating in inspirational and memorable evening walks every fall, participants in nearly 200 communities across North America join together carrying illuminated lanterns to take steps to end cancer.

Portland - Oregon Convention Center
Saturday October 24, 2015 05:00 PM PST
Join a team, create a team, or individually walk.

FOR MORE INFORMATION: Please contact Reianna DaRosa at 503-287-9529 ext. 19 or of the three Homeownership Application Meetings, by contacting Reinaann DaRosa at 503-287-9529 ext. 19 or reinaann@habitat/portlandmetro.org, and online at http://habitatsportlandmetro.org/programs/homownership/

The only fool you need. 503.282.1841 • mac-bo.com

---

**Do-It-Yourself Insulation Workshop**

This free workshop teaches participants how to weatherize a flat attic. Topics covered include safety, air sealing, ventilation, installing insulation, and incentives to help cover the cost of your project.

Learn more and register for the workshop at www.communityenergyproject.org or call 503.284.6827 x108

Sat, Oct 10, 10am-12:30pm - Midland Library - 805 SE 122nd Ave, Portland, OR 97233

Sat, Oct 17, 1-3:30pm - Hollywood Library, 4040 NE Tillamook St, Portland, OR 97212

Sun, Oct 25, 2-4:30pm - Belmont Library, 1038 SE Caesar Chavez Blvd, Portland, OR 97214

**Habitat for Humanity**

Habitat for Humanity Portland/Metro East invites low-income families to apply for a Habitat house during our bi-annual Open Application Round which will run from September 21, 2015 until October 16, 2015. Anyone interested in the Homeownership Program is encouraged to attend one of the three Homeownership Application Meetings, by contacting Reinaann DaRosa at 503-287-9529 ext. 19 or reinaann@habitat/portlandmetro.org, and online at http://habitatsportlandmetro.org/programs/homownership/

**Concordia CHHS Survey**

The College of Health and Human Services at Concordia University is interested in better serving our community and would like your input on what sorts of services and resources the neighborhood would like to have or see more of. We’re asking community members to fill out a free online survey to help us learn more about what community services and needs are the highest priority for you.

This is an anonymous survey, asking 6 questions of learning what programs and services would benefit the community.

The below link will give you access to the survey; it can be completed on public or private computers and smartphones that are connected to the internet. Thank you for collaborating with us to build a happier, healthier community!

https://www.surveymonkey.com/r/Z7BV26F

For more information contact: Rebecca Pinney, Concordia University, Rmjkenley@mail.cw.portland.edu, Phone (541)324-9412

---


**Simplify Your Child’s Life**

“TOO MUCH, TOO FAST, TOO SOON” CREATES STRESS FOR KIDS

By “Simplifying a Child’s Life,” says Simplicity Parent Coach & Leader Yvonne de Maat

Parent coach and group leader Yvonne de Maat shares the simplicity formula with parents in a new workshop series designed for parents of children in the early years. Yvonne became a trained Simplicity Parenting Coach in 2011 and has been a Waldorf teacher for 20 years.

“Many of today’s behavioral issues come from childhood overload. The stressthat parents feel from being stuck doing life that is too fast” writes the author of Simplicity Parenting, Kim Payne. Through coaching and parenting groups, Yvonne helps parents simplify their routines and lives, allowing parents to see an improvement in their child’s behavior. The simplicity parenting philosophy teaches that many of today’s child behavior problems come from TMS - Too Much Stuff.

Simplicity Parenting is for all families living in today’s modern, fast-paced American culture. In the sessions, parents read the corresponding chapter in the book and then come together for an interactive class that sets up the walk through to create their own "simplifying menu" for their family, breaking it down into four layers: simplify the environment (books, toys etc), create rhythm (bedtime, meal time routines), simplify "simplicity menu" for their family, breaking it down into four layers: simplify the environment (books, toys etc), create rhythm (bedtime, meal time routines), simplify schedules and filter out the deluge of information from local arts & crafts and from nearly 125 vendors on the scenic Hood River waterfront. • Oct. 16, 1-6 p.m.; Oct. 17, 10 a.m.-6 p.m.; Oct. 18, 10 a.m.-5 p.m. • Tickets: $6/adults; $35/seniors & active military on Fri., $5 on Sat. & Sun.; free for children under 12 • 110 Portway Ave. Hood River, OR • Online: hoodriver.org/events/festivals/chamber-events/harvest-festival

West Coast Giant Pumpkin Regatta

There are no few fall harvest events more entertaining than a race between your friends and neighbors as they attempt to paddle giant pumpkins across a lake. Sound like fun? Be sure to drop by the 12th annual West Coast Giant Pumpkin Regatta in Tualatin, where regatta-goers will also be treated to a performance by the Tualatin High School Marching Band, a hilarious circus act by Heather Pearl, a visit from llamas Smokey and Rojo and arts, crafts and food vendors galore.

• Oct. 17, 10 a.m.-4 p.m.
• 8225 SW Nyberg St, Tualatin, Or
• Online: tulatinsenior.org/events/recreation/west-coast-giant-pumpkin-regatta-official-page

Wooden Shoe Pumpkin Fest

Not only can you load up on pumpkins at the Wooden Shoe Pumpkin Fest, you and your family can enjoy a corn maze, pumpkin cannon, duck races, slide, a hay pile and various activity tents for all ages and interests.

• Sept. 25-Oct. 31, Fri.-Sun. only, 10 a.m.-6 p.m.
• Tickets: $7/3 groups & up; $5/seniors; free for children 2 & under
• Wooden Shoe Tulip Farm, 33814 S. Meridian Rd.
• Woodburn, Or
• Online: woodenshoes.com/events/pumpkin-fest

**Planting Fall Cover Crops**

By Jolie Ann Donohue, The Gardening Goddess

Cover crops are sometimes known as “green manure.” Cover crops are quick growing and planted primarily to keep the soil organic for better soil health, or to add organic matter to the soil. In addition to adding organic matter to the vegetable garden, cover crops suppress weeds by providing competition, reduce erosion, and add nutrients.

Common cover crops are crimson clover, dutch white clover, fava beans, austrian peas and vetch are all members of the legume family. This means when they are used as a cover crop they actually return nitrogen to the soil. Legume plants are hosts to nitrogen-fixing bacteria and extract nitrogen from the air, converting it into a form that can be used by plants. Legumes are awesome! Fall is a great time to plant cover crops. Unless you are growing winter crops, you are probably cleaning up and harvesting your garden this month. But there is much you can do with the space you have. Instead of just letting your garden rest during the winter why not plant some cover crops? Cover crops grow on the variety of cover crop you choose, they are usually seeded September-November. Plant cover crop seeds by broadcasting; check seeding rates for individual varieties. The seeds need to be covered by soil and kept everly moist while germinating. Most cover crops need a full sun location.

This year on October 6th we planted crimson clover in our 2 raised beds we put to rest for the winter. With a daily light watering we were rewarded with germination in under 7 days! Crimson clover has the nitrogen-fixing powers of a legume, it forms a dense green carpet during the winter, it is easy to turn under in the spring, and it develops beautiful bright flowers in the spring that attract bees.

Fava beans are another excellent cover crop that grow into tall 3 foot vigorous plants with beautiful flowers. In addition to their nitrogen-fixing powers, fava beans have a deep taproot that loosens up those hard clay soils in Portland.

Olive oil rhizoid parsnip has the same beneficial taproot qualities as fava beans but has a dense mat of roots that makes family so you need to consider them in your garden crop rotation schedule. Rye germies fast and tolerates hard conditions. These dense mat of roots makes them excellent erosion controllers. You can pick up cover crop seeds at your local nursery or garden center. Plant them this fall and reap the rewards come next spring!

For more information please visit: jolieanndonohue.com or missileasinnkitchengarden.blogspot.com

**Gnome’s Home Opens in October**

This month the Alberta neighborhood will have a new learning hub for the whole family! There will be daily parent-child classes, after school classes for the older children, and parenting/home schooling classes for adults. For years the parents at Heart in Hand Preschool have been asking for wholesome classes for the younger siblings, and parenting and doll making classes for themselves. The idea of Gnome’s Home was born when the old preschool building opened up.

Now there is a place for neighbors to take classes, and also to teach classes. The parent classes will be led by experts in their field; yoga, Waldorf intro and Music through the Seasons. Afterschool activities is a priority, and the classes will be kept small to ensure a personal atmosphere. The adult classes will be taught by neighbors! If you have a skill to teach, please contact Yvonne de Maat at yvonne@heartinhandpreschool.com. The classes for the younger class in Gnome’s Home Distric District will also be changing. The classes for the younger class in Simplicity Parenting and a Doll Making class are on the schedule. The other focus is on Home Steading and in October we will have classes on using essential oils for children’s health (you will leave with a roller with essential oils) and a hands-on fermenting class. We are hoping to offer classes such as seed saving; tendon chickens, upcycling clothing etc. The prices for one time classes are only $10.

There will be a Grand Opening/ Open House on Thursday, October 1st from to 3 to 5pm. Meet the teachers, eat and enter into the raffle! Look us up at gnomehome.org for more information and registration!
Healthy Healing Relationship

By Penny Hill, LMT (OR. license #4527) can be reached through www.concordiamassagepros.com

My professional organization, Associated Massage and Bodywork Professionals (AMBPG), puts out several wonderful publications. Their recent issue of Massage & Bodywork (Sept/Oct) has a very important article in it. It is the story of how one woman became involved in an abusive sexual relationship with a predatory bodyworker, and I recommend anyone who gets therapy, of any kind, to read it. We have worked hard in Oregon and as a profession, to create systems for ensuring safety for our clients and ourselves. For example: we have a vigorous Massage Board to enforce laws, and therapists must display their license number with any form of advertising.

That of course does not preclude all problems, and there are many wonderful modalities and practitioners that are not overseen by our Massage Board. Indeed, licensing or not, does not protect anyone from unscrupulous nurses, doctors, or mechanics for that matter. But the healing relationship is special; and with the growing influence of alternative bodywork modalities, clients may have no clear idea of what is considered appropriate and usual. The Encyclopedia of Energy Medicine by Linnie Thomas lists well over 200 modalities, and whether they have credentialing or not, your safety rests in your hands, not the therapist's.

Whatever the therapy, or therapist, you have engaged to help you heal, you want to believe in it/them. You've entered this relationship with a problem you need fixed and a hope that this person holds some answer for you. This is the beginning of a power differential. The perceived authority of the therapist, the difference in clothed and unclothed, standing versus laying down, giving versus receiving, all add to the subtle power inequality in any bodywork session. To protect clients and therapists alike, a strong code of ethics and standards of care are critical.

At the outset, your therapist should do an intake with you. What are your goals for the session? What is the method that will be employed and how does it work. Is the practitioner credentialed? By whom? What can be expected. Will you be touched and where. All these questions and much more go into what's called informed consent. Let me reiterate this, there is no consent without information.

I continue to inquire throughout the session as to their comfort and needs, because that of course does not preclude all problems, and there are many wonderful modalities and practitioners that are not overseen by our Massage Board. Indeed, licensing or not, does not protect anyone from unscrupulous nurses, doctors, or mechanics for that matter. But the healing relationship is special; and with the growing influence of alternative bodywork modalities, clients may have no clear idea of what is considered appropriate and usual. The Encyclopedia of Energy Medicine by Linnie Thomas lists well over 200 modalities, and whether they have credentialing or not, your safety rests in your hands, not the therapist's.

In the beginning of a power differential. The perceived authority of the therapist, the difference in clothed and unclothed, standing versus laying down, giving versus receiving, all add to the subtle power inequality in any bodywork session. To protect clients and therapists alike, a strong code of ethics and standards of care are critical.

At the outset, your therapist should do an intake with you. What are your goals for the session? What is the method that will be employed and how does it work. Is the practitioner credentialed? By whom? What can be expected. Will you be touched and where. All these questions and much more go into what's called informed consent. Let me reiterate this, there is no consent without information.

I hear this from clients all the time: “you just do what you do.” Nonetheless, I continue to inquire throughout the session as to their comfort and needs, because consent is not given once. Sometimes when people are unclear where the appropriate boundary is, they defer to the therapist because “they know what they are doing.” Even if you’re unsure why you’re uncomfortable, stop the session and ask questions. Consent that is given can be revoked at any time. For example: we have a vigorous Massage Board to enforce laws, and therapists must display their license number with any form of advertising.

I hear this from clients all the time: “you just do what you do.” Nonetheless, I continue to inquire throughout the session as to their comfort and needs, because consent is not given once. Sometimes when people are unclear where the appropriate boundary is, they defer to the therapist because “they know what they are doing.” Even if you’re unsure why you’re uncomfortable, stop the session and ask questions. Consent that is given can be revoked at any time.

There are small things too, of course, in a session that may make you uncomfortable. Turn off the music? Sure! There’s a wonderful world of healers out there trained and able to help. To therapists and clients alike I say: go forth, have fun, heal well and be safe.

Healthy Healing Relationship

By Penny Hill, LMT (OR. license #4527) can be reached through www.concordiamassagepros.com

My professional organization, Associated Massage and Bodywork Professionals (AMBPG), puts out several wonderful publications. Their recent issue of Massage & Bodywork (Sept/Oct) has a very important article in it. It is the story of how one woman became involved in an abusive sexual relationship with a predatory bodyworker, and I recommend anyone who gets therapy, of any kind, to read it. We have worked hard in Oregon and as a profession, to create systems for ensuring safety for our clients and ourselves. For example: we have a vigorous Massage Board to enforce laws, and therapists must display their license number with any form of advertising.

That of course does not preclude all problems, and there are many wonderful modalities and practitioners that are not overseen by our Massage Board. Indeed, licensing or not, does not protect anyone from unscrupulous nurses, doctors, or mechanics for that matter. But the healing relationship is special; and with the growing influence of alternative bodywork modalities, clients may have no clear idea of what is considered appropriate and usual. The Encyclopedia of Energy Medicine by Linnie Thomas lists well over 200 modalities, and whether they have credentialing or not, your safety rests in your hands, not the therapist’s.

Whatever the therapy, or therapist, you have engaged to help you heal, you want to believe in it/them. You’ve entered this relationship with a problem you need fixed and a hope that this person holds some answer for you. This is the beginning of a power differential. The perceived authority of the therapist, the difference in clothed and unclothed, standing versus laying down, giving versus receiving, all add to the subtle power inequality in any bodywork session. To protect clients and therapists alike, a strong code of ethics and standards of care are critical.

At the outset, your therapist should do an intake with you. What are your goals for the session? What is the method that will be employed and how does it work. Is the practitioner credentialed? By whom? What can be expected. Will you be touched and where. All these questions and much more go into what’s called informed consent. Let me reiterate this, there is no consent without information.

I hear this from clients all the time: “you just do what you do.” Nonetheless, I continue to inquire throughout the session as to their comfort and needs, because consent is not given once. Sometimes when people are unclear where the appropriate boundary is, they defer to the therapist because “they know what they are doing.” Even if you’re unsure why you’re uncomfortable, stop the session and ask questions. Consent that is given can be revoked at any time.

There are small things too, of course, in a session that may make you uncomfortable. Turn off the music? Sure! There’s a wonderful world of healers out there trained and able to help. To therapists and clients alike I say: go forth, have fun, heal well and be safe.
Submit events to ChnewsEditor@ConcordiaPDX.org