Rebuilding Faubion for the future

Homes aren’t the only buildings being demolished and increasing in size in the Concordia neighborhood. A single story International style-influenced building has been torn to the ground and will be replaced by a gleaming three-story structure with room for up to 800 children from early childhood through eighth grade, aka James B. Faubion School.

Built in 1950, the school was constructed during a period of modernization and new construction initiated by Portland Public Schools (PPS) after World War II. In 1945, Portland voters approved a ballot measure to construct, improve, and rehabilitate its public school buildings. The ballot measure was a response to the explosive growth in school-age children that resulted from the arrival of defense plant workers and their families during the war, deferred maintenance needs and just in time for the oncoming baby boom after the war.

Fast forward to 2012: The citizens of Portland approved the PPS School Building Improvement Bond. The bond is funding $33 million for the project.

Concordia University, a private, nonprofit Christian liberal arts university, is contributing up to $15.5 million in building funding along with land and additional resources.

Concordia and Faubion have been neighbors for over sixty years with many Concordia education students completing a part of their field experience at Faubion. The collaboration between the two institutions increased eight years ago with the tenure of Faubion’s current principal LaShawn Lee and has resulted in improved learning outcomes for students in reading, math and science.

When the new Faubion School is completed in 2017 the oldest of its former pupils will be seventy-six years old and they certainly won’t recognize their former school. The new building, yet to be officially named by PPS, will house the Concordia College of Education and Faubion PK-8 School under one roof. Together, along with Trillium Family Services and other community partners, they will offer educational, health and social services aimed at creating a foundation of success for students. Faubion’s current pupils, temporarily at the Harriet S. Tubman site, can’t wait to move into their new home. “They were sad to leave the old Faubion, but are very excited to see the new building taking shape and for the future,” said Vice Principal Jennifer McCally.

Groundbreaking for the new Faubion School will take place in spring 2016. Todd Construction, the general contractor for the rebuild, plans on a work schedule from 7am-5pm, Mon-Fri, but work may occur on some evenings and some weekends as needed. At the old Faubion site there will be increased construction traffic in and around school grounds.

Check out www.ConcordiaPDX.org for more information, links and photos. Carl Jameson is a writer/director/videographer at Craftmaster Productions, a full service creative production company. He’s lived and worked in the Concordia neighborhood since 2001. Reach him by emailing carlj@craftmasterpro.com.
Chair’s Corner

Concordia Neighborhood Assoc.

Spring Forward!

ISSAC QUINTERO
President
Concordia Neighborhood Assoc.

Hi Neighbors,

I believe many of you found big changes in the February issue of The Concordia Newspaper, placing us on the map as far as local papers go. The Board’s “News Team” was instrumental in providing our Editor, Mary Wiley, the assistance she needed to give the Paper a new start in life. Thank you Steve Elder (News Team Chair and CNA Board Member) for organizing this effort and bringing on Susan Trabucco (News Team Member) for organizing this effort and bringing on Susan Trabucco who has the expertise to ensure a great future. I personally want to thank them and all of the folks who put out this paper every month as it is no easy task to do so. Being Chair for CNA, I am fortunate to have this opportunity to write to you each month, and this has given me a unique perspective on the value of a local paper that I had taken too much for granted.

While watching the presidential debates, I was in awe as to how the people have taken back the process and are bypassing the establishment. Regardless if you are on the left or right side of the political aisle, the political process is in for big changes. Seems that “The People” have had enough of Congress protecting their own vested interest, and that appears to be a real misstep by our constituents want. So while we wait and see what comes of all this, let us remember that it is our individual voices that have proven to be the ones who are agents of change. Both Bernie and the Donald have realized this and are going directly to the people to make their case, but we must also make our wishes known. This starts with one person speaking up to see who else shares their belief. At one time I had made efforts to contact my local representative, but like so many others I found the websws growing around my feet waiting for an opportunity to plead my case. However, I am fortunate to have become a member of the Board of Directors and now know that my voice and those of who I represent will appear in print for all to read. The Concordia News. Your opinions do matter, and when you share your beliefs and opinions in the Paper, you help prevent things from getting out of hand. Even more importantly, we can provide accurate information that people need in order to have a meaningful conversation for action. So regardless of your interests or concerns, write your article or series or letter to the Editor and submit it to the CNA News to begin making a difference in our world. A couple of other things I want to mention is that we are looking for another Board Member, hopefully someone who is familiar with the responsibilities of a Treasurer. We are also shy of a Vice-Chair at the moment. For those of who you are anticipating our neighborhood community Garage Sale, please note this year we are without an organizer for this even so if you are interested in helping out with this event, please let us know. The neighborhood Garage Sale will not happen if we don’t get a volunteer. Our next General Meeting will be on March 8th in the Community Room in the Kennedy School beginning at 7pm ending at 8:30pm. Chair for the moment.

Happy Daylight Savings on March 13th! ISSAC QUINTERO
President
Concordia Neighborhood Assoc.

“...let us remember that it is our individual voices that have power, and together we are the ones who are agents of change.”

Concordia Neighborhood Association
Board of Directors (Elected Jan 1, 2016)

East 1 | east1@concordiapdx.org  Steve Elder
East 2 | east2@concordiapdx.org  Mark Charlesworth
NorthWest 1 | nw1@concordiapdx.org  Irais "Ike" Harris
NorthWest 2 | nw2@concordiapdx.org  Ashley McKinney
SouthWest 1 | sw1@concordiapdx.org  Gailynn Woodson
SouthWest 2 | sw2@concordiapdx.org  Daniel Greenstadt
At Large 1 | al1@concordiapdx.org  Robert Bowles
At Large 2 | al2@concordiapdx.org  Donna Dennis
At Large 3 | al3@concordiapdx.org  Joe Culhane
At Large 4 | al4@concordiapdx.org  Ali Novak
At Large 5 | al5@concordiapdx.org  Chris Lopez
At Large 6 | al6@concordiapdx.org  Truls Neal

Concordia Neighborhood Association
Meetings & Updates

Board Meeting
March 9 @ 6:00 PM 7:00 PM
Second Tuesday of the Month
McMenamin’s Kennedy School Community Room

General Membership Meeting
March 9 @ 7:00 PM 9:00 PM
Second Tuesday Bi-Monthly
McMenamin’s Kennedy School Community Room

Social Committee
Vacancy for the Spring Egg Hunt or fund raising for the 2016 Fernhill Concerts in the Park. Contact. Katie Ugolini, 503-489-8960, Social@Concordiapdx.org

Finance Committee
Policies/Procedures visit our website or email: Treasurer@Concordiapdx.org

Media Team
March 10 @ 6:00 PM
Last Wednesday of the Month.
Volunteer and join the Media Team to work on the newspaper or Website. For more info & meeting location contact Susan Trabucco at susan@trabuccobiz or call (503) 440-7732

Land Use, Livability and Transportation Committee
March 16 @ 7:00 PM
Third Wednesday of the Month
McMenamin’s Kennedy School Community Room
LandUse@Concordiapdx.org

CNA Chair
Issac Quintero
(503) 352-4585  |  Chair@Concordiapdx.org

CNA Vice Chair
Vacant  |  Vицеchair@Concordiapdx.org

CNA Secretary
Vacant  |  Secretatry@Concordiapdx.org

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

Concordia Community Room
Rental  |  CommunityRoom@Concordiapdx.org

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

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

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

Advertising/Business Manager
Please send ad inquiries to Susan Trabucco CNewsBusiness@Concordiapdx.org

Editor
Please send article submissions to the Editor CNewsEditor@Concordiapdx.org

Northwest District
East District
Southwest District
Columbia Blvd.

Columbia Blvd.

OE 22nd Avenue
OE 20th Avenue
OE 18th Avenue
OE 16th Avenue
OE 14th Avenue
OE 12th Avenue
OE 10th Avenue
OE 8th Avenue
OE 6th Avenue
OE 4th Avenue
OE 2nd Avenue
NE 22nd Avenue
NE 20th Avenue
NE 18th Avenue
NE 16th Avenue
NE 14th Avenue
NE 12th Avenue
NE 10th Avenue
NE 8th Avenue
NE 6th Avenue
NE 4th Avenue
NE 2nd Avenue
NE Prescott

Rental
|  CommunityRoom@Concordiapdx.org

Happy Daylight Savings on March 13th!

Concordia Neighborhood Association

Our Concordia Newspaper is our most important tool to publicize the events in our neighborhoods. These events are not typically spontaneous but usually incubating in local neighborhoods. These issues only grow out of proportion when they not addressed locally. Having our local news and neighborhoods aware by posting current issues in our Paper is a sure way of preventing things from getting out of hand.

Our next General Meeting will be on March 8th in the Community Room in the Kennedy School beginning at 7pm ending at 8:30pm. We will be discussing the Mayor’s plans for siting homeless camps in our neighborhood. This should be a very interesting meeting for all, and I believe you will not be alarmed by the proposals but should attend to get properly informed.

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The egg hunt is on March 26!

A scene from the 2015 Concordia Neighborhood Association & American Legion Post 134 Spring Egg Hunt. Volunteers (still needed) hide 5,000 candy-filled eggs for children to find. This year the event will be held on Saturday, March 26 at 10 a.m. Eggs are discovered quickly, so be on time! Photo by Katie Ugolini

Summer concerts in Fernhill Park
A call to business owners, families, and individuals!

There’s no better way to spend a warm and breezy summer evening than gathering with friends and neighbors in Fernhill Park for music, dancing and family fun!

For the last eleven summers, the Fernhill Concert Series has been a smashing success — offering the finest musical talents that Portland has to offer free of charge! This year it all happens on four Friday nights starting July 8th through July 29th and ends with a big shebang on Tuesday August 2nd for our Concordia Neighborhood National Night Out!

The CNA Fernhill Concert Committee needs your help to raise enough money to fund all five concerts. We are looking for local businesses and individuals to donate anything they can to help make Trinity Lutheran Church and School launches capital campaign

In honor of its 125th anniversary, Trinity Lutheran Church and School, located at 5520 N.E. Killingsworth, has launched a three year capital campaign entitled Saved to Serve. Funds raised are dedicated to enhance Trinity’s outreach ministry to its neighbors (including the Casa de Trinidad foodbank, community garden, and educational offerings for non-native speakers), provide scholarships so that children from the neighborhood might attend Trinity Lutheran School, to pay for energy-efficient remodeling, and to enhance the programs of the church and school.

At the initial commitment event that was held on Sat., January 23, some $350,000 dollars was received in pledges toward a goal of $600,000. Concordia University began in the basement of Trinity church in 1905 when the church was located at N.E. Williams and Graham. For more information contact Dr. Charles Kunert, President, Trinity Lutheran Church and School at 503-288-6403 or by e-mail at office2@trinityportland.org; attention Dr. Charles Kunert.

The egg hunt is on March 26!
For decades the home of Bighouse Automotive and a U-Haul outlet, a 10,000 square foot parcel at the corner of NE 30th and Killingsworth in Concordia’s Fox Chase district is slated for the development of a mixed-use building, an outright use for the site under the City of Portland’s current code. 30th & K Properties, LLC, a Vancouver, Wash.-based company, recently purchased the property at 3009 NE Killingsworth from former owner David Bighouse. The project includes 30 apartment units and a small amount of ground floor retail space on all floors, and approximately 800 square feet of ground floor retail space on the SW corner of the lot. –Of the 30 apartments planned, 24 will have two bedrooms and two baths; the remaining units will have one bedroom. Rents will be market rate.

Spencer said the building will be constructed with quality components, and be very nice-looking. “I really think people are going to like it, and see it as an asset to the neighborhood,” he said. As is allowed by City of Portland code, and because of the relatively small lot size, no onsite parking is included in the plans. In keeping with Portland’s bike-friendly culture, however, two-wheeled commuters will be accommodated with ample bike storage.

On February 17 the development company presented its plans to the Concordia Neighborhood Association’s Land Use Committee to give committee members an opportunity to ask questions. “We want to be good neighbors to the people that live and work near the development,” Spencer said.

Architectural design work for the project is being provided by Portland-based Mackenzie, and Union Corner Construction of Vancouver, Wash., is the construction contractor. Both companies have experience in the neighborhood; most notably they have worked on Concordia University projects, including Hikken Community Stadium.

Susan Trabucco is a business communications consultant. She lives in the Beaumont Wilshire neighborhood, just a few steps from Concordia. Reach by emailing susan@trabucco.biz or call (503) 440-7732.

By Susan Trabucco CNA Media Team

The “Bighouse Building” and our neighborhood

At the invitation of your Concordia Neighborhood Association, new owner and 30th & K Properties, LLC developer Brian Spencer and Union Corner Construction Rick Porter met February 17th with the LUTC and approximately fifteen neighbors to present and discuss their plans for the 4-story apartment building slated to replace the auto and U-Haul business operated since 1928 by Ralph Bighouse and later his son Dave on the southwest corner of the NE 30th and Killingsworth “mini-business district.”

While many questions remain, perhaps the most important outcome from the candid discussion is Mr. Spencer agreeing to consider neighborhood design recommendations to improve both the look and presence of this substantial new building to be as compatible as possible with the long-standing unique character of the intersection near the heart of Concordia, while retaining the cost and schedule parameters of the project.

LUTC Chair Garlynn Woodsong and local architect Brian Symes are leading the formation of a “Concordia Design” team. If any qualified professional or neighbor is interested in this exciting effort – or just wish more information about the development – send email to landuse@concordiapdx.org.

A brief summary of the topics covered:

- Four Story Building Height: Though there is no historical precedence for any business structure above two stories on Killingsworth eastward from at least MLK Blvd., it has been property owners’ right to build to the 4-story, 45 foot maximum allowed by the CS Zone established by the last Comprehensive Plan in 1995. The 3-story, 35 foot CM1 Zone the 2035 Comp. Plan designates for this intersection unfortunately does not apply since the Plan’s proposed changes are not yet law.

- Traffic Safety and Parking Impacts: As the addition of the approximately 55 to 60+ new residents expected to occupy the 24 two bedroom and 6 one bedroom apartments, with no legally required on-site parking, will significantly increase both the already heavy traffic issues and light neighborhood parking situation, Mr. Spencer agreed to partner with CNA to work with the city to get a fully-functional traffic light installed, along with traffic calming and dedicated “carshare” parking places along 30th.

- Good Neighbor Agreement (GNA) Mr. Spencer also agreed to negotiate a GNA to address everything from the demolition and year+ construction process to building management and resident behavior expectations and problem remedies as needed.

The architectural rendering shows the current design of the a new mixed-use building to be constructed at N.E. 30th & Killingsworth.
Industrial real estate market report

By Isaac Quintero

Last month I provided a review of the current Retail real estate market where many of us look for a sign of economic vitality. This month I want to provide a window into the local Industrial real estate market. Industrial real estate typically follows the Retail by 6 months while it adjusts to demands for manufacturing activity or supply-chain inventories. It shows what industry is anticipating in terms of public-supply-chain inventories. It shows what it demands for manufacturing activity or supply-chain inventories. It shows what industry is anticipating in terms of public-supply-chain inventories.

We have been seeing high demand and low vacancy rates develop over the last 3 years and particularly a spike in pricing over the last 12 months due in part to an uncertain political landscape, concerns over global economies and OPEC Oil pricing. But by and large, the U.S. has been doing well and appears to be on a solid footing for now. I believe the Industrial real estate market in Portland will continue to remain stable through the remainder of the year. We will have a much better idea of what to expect when we know who will be sitting in the White House and what happens to oil prices.


The Average 2015 Portland Industrial market ended 2015 with a vacancy rate of 4.8% and rental rates ended the fourth quarter at $7.09 per square foot per year ($0.596/sf/mo.).

A closer look at the industrial market is represented by Airport Way and Columbia Corridor properties:

1. Warehouse Market Statistics
   - Airport Way vacancy stands at 1.3% with rental rates quoted at $6.23/sf/yr. ($0.527/sf/mo.)
   - East Columbia Corridor vacancy is 6.3% with rental rates quoted at $6.70/sf/yr. ($0.558/sf/mo.)

2. Submarket Statistics
   - Airport Way vacancy is at 10.5% with rental rates quoted at $11.17/sf/yr. ($0.93/sf/mo.)
   - East Columbia Corridor vacancy is 5.8% with rental rates quoted at $14.18/sf/yr. ($1.18/sf/mo.)

Sales Activity:
   - The average price per square foot equated to $72.83 per square foot.
   - Cap rates were lower in the first quarter at $7.09 per square foot per year ($0.596/sf/mo.).

The 2015 final quarter showed considerable growth in demand for manufacturing space in the Portland area, with a number of projects moving forward. The warehouse sector continues to see strong demand, with vacancy rates remaining low and rental rates increasing.

For additional information please call Isaac Quintero, Principal Broker Magellan Properties, Inc at 503.351.4585.
Everyone in Concordia has had the opportunity to watch a house be torn down to make way for new houses, duplexes, and “skinnies”, for better and/or for worse. This is the continued chronicle of my personal experience.

Construction on the “modern brownstone” has been going strong now for months. It is a daily part of our lives that impacts the entire street. Whatever it is, my attempts to remain neutral and “not let it bother me” are beginning to break and I think it is time for a good rant rather than a building progress report.

The building is an eyesore blotting out the sun and supplanting green space. Yes, beauty is in the eye of the beholder but there are some features to this development that are simply factual. On a street of quaint houses, this cubist design is like a large brick in a bed of round river rocks. The size of it and garbage.

I sell. Then again, maybe the value of the duplex next door by the time my house anytime soon. Maybe my place. I am also not planning to sell my house and devo in the first place. I am also not planning to sell my house anytime soon. Maybe my home value will be increased because of the duplex next door by the time I sell. Then again, maybe the value would have appreciated anyways. It is completely hypothetical at this point.

As I get to the end of this entry, I realize in the greater context of the world’s problems, how Portland does residential development is a pretty minor thing. However, framing the issue as a pro vs. anti argument is an overly simplistic way to stifle any sort of discourse about regulations. I am not against building but I personally believe it should be in harmony with the neighborhood it occurs in. Portland’s few regulations mean that huge monoliths can replace quaint homes. For those who make the argument that an owner should be able to do whatever they want with their property, my perspective is this: the Ayn Randian, “me-only” paradigm sells-out and otherwise diminishes core Portland values such as interconnectedness, community building. These “homes” price out the poor and working class as well as detract from the aesthetics and livability of Concordia. I believe we can do better to maintain unique Portland neighborhoods and protect our most vulnerable neighbors while allowing thoughtful and mutually beneficial construction to occur.

Part 6: Flooding concerns, Sunday workday, nasty interactions, and garbage.
Land use attorney opens doors in Fox Chase area

By Susan Trabucco, CNA Media Team

Stepping in the door to land use attorney Spencer Q. Parsons’ office, one gets a decidedly different vibe than that of most law offices. No dark-paneled wood or receptionist counter barring the way to casual entry here. Instead, visitors to this recently opened law office will find a smiling Parsons jumping up to greet them from within a light and airy office finished in mostly subdued and soft tones. From the washed concrete floors, natural-wood window and door trim and creamy walls to the surprising blast of candy-apple green drapes framing the many large windows, the overall effect creates an atmosphere of approachability.

A Portlander of 23 years, Parsons is a Concordia resident who lives with his family near NE 31st and Ainsworth. His office is only a few blocks away in the Fox Chase business district of the Concordia neighborhood, located on the bottom floor of a vintage brick building that had been condo-ized for sale. His wife, Maria Los, owns the retail vintage clothing shop, Half Pint. By 2014, Half Pint outgrew the space, and Los moved the operation to North Mississippi Avenue, leaving the spot available for Parsons. Two years of remodeling work done largely by Parsons, and the space was ready for the debut of his private practice last month.

Parsons earned his undergraduate and law degrees from University of Oregon. After graduating from law school he began practicing at the Portland firm of Beery, Elsner & Hammond and worked with many local governments, including Happy Valley, North Plains, Fairview, Hillsboro and others. Much of this work involved land use issues. Parsons then worked as Assistant County Counsel for Columbia County, providing legal counsel to the county’s Board of Commissioners; Planning Commission; Land Use and Planning Department; Forest, Parks and Recreation Department; Road Department; and the Office of Animal Control.

Now on his own, Parsons’ primary practice area is real estate and land use law. He works to help clients understand existing land use law – how they can – or can’t – legally address a perceived problem, and how to interpret land use law for a desired project.

“People will say they don’t like what they are seeing happen in their neighborhood, but they don’t know what, if anything they can do about it,” said Parsons. Parsons sees himself as a kind of “translator” and a liaison for clients who have to navigate a complex land use process.

“I think of myself as a peace-maker. I advise my clients to tell government staff to drop the jargon and talk to them like they are an eight-year-old,” said Parsons. “My hope is to focus on the nexus between the law and land use.”

Parsons’ secondary law emphasis is working on behalf of clients who have the need to address government in any matter. “If someone has to go before city or state government, it can be intimidating; my aim is to inform and get people through the process.” On the government side, he might provide assistance with applications for small business contractors, the public contracting process, city permit requirements, or even barking dog problems. Find Parsons at his office located at 5400 NE 30th Ave., Suite 106. For more information call (971) 279-2018 or visit his website, www.SQPLaw.com.

Susan Trabucco is a business communications consultant. She lives in the Beaumont Wilshire neighborhood, just a few steps from Concordia. Reach her by emailing susan@trabucco.biz or call (503) 440-7732.

“My hope is to focus on the nexus between the law and land use.”

Spencer Parsons, Attorney
It was an exciting year in 2015 for the economic development agency — Our 42nd Avenue. Small business activity by our clients and community partners was significant, with Morel Ink opening its first retail quick-printing and mailing services shop and Red Sauce Pizza launching in what was formerly Bob’s Rocket Pizza. Also, Cat Six Cycles, which sells and repairs bicycles, celebrated its second year in business!

New late last year is GO42, Our 42nd Avenue’s space for small business start-ups on the corner of 42nd and Sumner. Kristen Dilley brings Nightingale Acupuncture to the neighborhood; Inger McDowell brings With Love, From PDX; Vida Djojegoe opened Essential Quality Care, and Rachel Hestmark brings Hestmark Designs. Rachel also runs a youth entrepreneurship program to teach kids concepts such as product development and marketing. Contact Rachel at hestmarkdesigns@gmail.com for more info.

In other business-related news, Our 42nd Avenue hosted business breakfasts featuring Mayor Charlie Hales and PDC Chair Tom Kelly, and 180 community members were able to connect with employers through the twice-annual Fresh Chance Career Fair, in partnership with Straight Path, Inc. Additionally, the Cully Farmers Market closed out its 4th successful season with new-neighborhood serving programs including senior volunteer vouchers, neighbor vouchers, double-matching SNAP benefits, and a pop-up library.

Early last year Our 42nd Avenue launched the Read Ahead Literacy Initiative in partnership with Rigler School, which trained and deployed 52 reading tutors across the community. Plans for 2016 include the groundbreaking of 42nd Avenue’s first community plaza in February, a process that began in 2015 with the gathering of community input.

Also, Mulu Terefe, the neighborhood’s employment and training advisor, will be hosting job clubs and employment related workshops throughout 2016! Job seekers should contact Mulu by calling (971)722-2140.

Our 42nd Avenue makes strides in 2015, more in store for 2016

By Laura Waddick
Community Engagement Manager
Our 42nd Avenue

“Journalism will kill you, but it will keep you alive while you’re at it.”
—Horace Greeley

Feel Alive - Write for Us!

Laura Waddick is the Community Engagement Manager for Our 42nd Avenue, a non-profit economic development organization “by the community, for the community,” which works for the benefit of the Concordia, Cully and Beaumont-Wilshire neighborhoods. Submitted photo.
The Alberta District and its bungalow grocery

First of three parts: Understanding the neighborhood’s early beginnings

By Doug Decker

This is the first of a three-part series about the early days of the Alberta business district, written by Northwest Portland neighborhood historian Doug Decker. To read more of Doug’s research and writing—or to read the full text of Decker. To read more of Doug’s research about the early days of the Alberta district in the northeastern section of Portland, but it is now a great residence and business district and a center, with nearly 40 stores and 10,000 people. In the old days the few people in the Alberta district waded through mud and threaded thickets to their modest homes built on lots that were selling from $20 to $40 each.

“One handicap for the district is that part of Alberta street was laid out too narrow, but proceedings have been started in the City Council for the widening of the street, and all new buildings have been set back to conform to the new line. The street railroad company has promised that when the street has been widened it will lay a double track and make further improvements over the present schedule of 21 minutes to the west side.”

-From The Oregonian, January 9, 1910

If you opened up the real estate section from any Sunday edition of The Oregonian during these early days you’d find a flurry of advertisements for Alberta’s desirable lots. The new streetcar provided access, the lots were affordable compared to other new subdivisions elsewhere in town, money was relatively available to loan during the rising economy of 1910, and people were flocking to the area.

Of course, this caused its problems, documented a few months later in the June 26, 1910 edition of The Oregonian:

-From The Oregonian, June 26, 1910

GROWTH IS MARKED

Alberta District Becoming Too Big for Facilities.

NEW WORK IS NECESSARY

New schools, Larger Mains and Below Streets Are Required by the Great Taxpayers of People to That Section.

On East Thirtieth Street, between Alberta and Holmby Streets, there is a wonderful growth, and many sales of residence lots are being made. This section of the East Side will lead many of the older ones in the street of homes. On both sides of Alberta street, storehouse buildings have been erected, as the need for East Thirtieth Street District for the Improvement of Alberta street between East Thirty-seventh and East Thirty-eighth streets with hard-surface has been hit and work will soon begin. Detail from a story that ran in The Oregonian, June 26, 1910.

Alberta citizens demand school

And by the end of 1910, Alberta was becoming so populated, that neighbors were demanding the city build a school. The problem of education infrastructure lagging behind neighborhood development was a trend across the eastside, which was successfully raised and driven by active and engaged parents (particularly moms). One might think this equation would be clear enough for neighborhood developers (homes + kids = need for schools), but their focus was on business and the sales of lots represented profit while the construction of school buildings represented only cost. During those early years, Secretary Wagnon, a promoter through-and-through, preferred to focus on the immediate positives:

“One cannot get beyond the sound of the hammer or the sight of piles of lumber in this district.”

We like that sound-picture and can absolutely imagine what it must have been like on a weekday morning, closing your eyes anywhere along Alberta and hearing hammering and construction in every direction. That little detail tells its own story.

Market fairs spring up

Against this backdrop of growth and growing pains, local residents started some new traditions with unintentional echoes in the life of the district today. Market fairs for produce and hand-made products were springing up mostly as a matter of necessity for local residents. The open-air markets were a temporary fixture, but steady retail was shoring up its presence in the district. That’s where our bungalow grocery story will begin in Part 2: construction of a store connected to a house at the northwest corner of NE 27th and Going, right in the heart of the construction boom.

Next up: In Part 2, 105 years ago, an older Irish couple moved to the neighborhood and opened a men’s clothing shop, which quickly becomes a neighborhood grocery.
**HELP WANTED!**
on the
CNA Media Team

Social Media Manager
Website Content Editor, Breaking News
Reporter - General
Writer - Feature
Proofreader

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www.concordiaPDX.org/GetInvolved

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**You are invited**
**To Hear the Greatest Love Story**
**of All Time.**

St. Michael’s Lutheran Church
6700 NE 29th Ave.
Portland

Good Friday Service - March 25th - 7:00pm
Easter Morning Service - March 27th - 10:00am

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**Happiness conference in the world.**

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You tell us. We tell everyone.

If it’s relevant to the neighborhood, we want to know...and tell!

Send News To:
CONCORDIA NEWS
CNewsEditor@ConcordiaPDX.org

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**You, your mood & your gut**

By Penny Hill, L.M.T.

Say what? While you would rightly expect that the bacteria in your gut influence your digestion, and related things like gassiness and food intolerance, there is more evidence piling up about how they do so much more. The microbiota, which is the collection of all the various bacteria in your gut, has many functions: it helps make vitamins, combat bad bugs, and plays an important role in immune functions. The presence or absence of these bacteria has been linked to obesity, and inflammatory bowel disease. They also may help alleviate the toxic side effects of prescription drugs. But they may be doing way more than that.

Work in Mark Lyte’s lab on the Texas Tech University Health Sciences Center has... found that the guys (sic) here in the gut make neurochemicals. The two million unique bacterial genes found in each human microbiome can make the 23,000 genes in our cells seem paltry. We are, at least from the standpoint of DNA, more microbial than human. Also, of the two kg by weight of bacteria in our gut, 2/3 of it is unique to us, making it as identifiably ours as a fingerprint.

The two kg by weight of bacteria in our gut, and changes in the gut in turn influence social anxiety. “Also, as a side note, the research also found that exercise was related to reduced social anxiety.”

Fermented foods are a good source of probiotics. Other than smoking and drying, fermenting was the only way for earlier peoples to preserve foods. You’ll be familiar with many of them: miso, yogurt, sauerkraut, kimchi, kefir, and tempeh. Our modern diet and exposure to drugs and other chemicals maybe be putting both our physical and mental health at risk.

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**Bringing happiness to Alberta Street**

Portland Happiness Center and businesses on NE Alberta Street are partnering to create the first street to invest in happiness in the nation. In 2009, Portland was rated as one of the least happy cities in the country, according to a U.S. economic well-being survey from MainStreet.com, a personal finance site. Also, according to a 2014 study, Portland has one of the highest teenager and adult depression and suicide rates in the nation. Our city could be happier - much happier. According to Portland Happiness Center’s founder Rodrigo Baena, companies and organizations that invest in wellness in the work environment experience a significant increase in productivity levels, improve relationships and naturally end up attracting more clients.

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In the meantime, it may be wise to do as our ancestors have done: ferment. There is a wonderful, if overwhelming in it’s comprehensiveness, book called Nourishing Traditions, by Sally Fallon. It is a great source of information about fermenting foods, making broths, and so much more. Home fermenting is a bit time consuming but not difficult. A jar, cut up veggies, and some sea salt will get you going. Food may be once again prove to be one of our greatest medicines. Penny Hill, L.M.T., may be reachable through our directory at ConcordiaMassagePros.com.
The importance of warmth in early childhood

By Jennifer Allison

Warmth is often talked about in Waldorf education because it is a cornerstone in early childhood development. Why? It embodies a myriad of aspects that our children need in order to grow into healthy human beings. We can start with the obvious: Love. Our children have an intrinsic need to know that our love is unconditional for them. They thrive when they feel they can make mistakes and we will still extend our warmth, compassion, and hearts towards them. We are called as parents to let our children know they are carried by our love, even when we don’t feel like it, even when we desperately want them to get out the door in the morning and we are met with a request that slows us down! We can offer a warm hug and a reminder to take a deep breath.

Another reason warmth is so important is its physical impact on the body’s ability to grow, adapt, and transform as our children go through their life processes. When children are small, they do not have the same reserves of energy that adults have, and what they do possess is going towards the development of their internal organs and developing body. They also do not have the ability to distinguish being hot from hot the same way adults do. We very often hear the young child say, “I am not cold, I don’t need a coat,” when it is cold outside and we know it. Children have a higher metabolic rate than adults, and so they will feel warm most of the time. Also they tend to be in a much dreamier, imaginative state of being until age 7, which adds to the sense of not being fully in their body. Dressing a child in something with a big box of anything is dump it all out. This can create a mess too big for toddlers. If your child likes to dump things out, encourage them to dump out just one set, like blocks. Putting things back in the box can be great fun!

Establish guidelines for play. In our daycare, it works for the children to play with one ‘set’ at a time in a specific area. Far from being limiting, this inspires the children to get the most out of each material. The expectation to clean up independently before moving on takes absolute consistency from caregivers, but once the routine is established, it allows the children freedom to choose, offers caregivers opportunity for positive feedback, and reduces ‘empty’ time that can lead to dangerous boredom.

Rachel Ivey is a mother, owner and operator of Room To Grow Childcare and researcher of all things home and child. For tips, and advice on thriving with children, please feel free to contact roomstogroupland@gmail.com.
NOURA MINT SEYMALI
LOUDON
BIRDS OF

Register for the workshop at www.
or those concerned about lead exposure.
Great for households with children or
how to prevent lead exposure in their home.
Free workshop where participants learn
Lead Poisoning Prevention Workshop
Community Energy Project
Light refreshments will be provided. Suitable

Watershed at Slough 101
Saturday, March 12, 9 am -12:45 pm
Water Pollution Control Lab

The Future Families of Vernon Mix is the
to meet current Vernon families and
learn all about all the awesome
goods going on at the school.
We’re an engaged group of parents, teachers,
and community members working hard to
make sure our kids have a great place to learn.
Join us on the Mix on March 6th to learn more
about our great school and community,”
Linda Corliss, Vernon parent and PTA
member.
Learn more about Vernon IB World School
at the Future Families of Vernon Mix on
March 6 and 26, 2016 at McMennamin
Kennedy School Community Room.
For more information, please contact
Lindsey Corliss at (503) 750-6670, or
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Columbia Slough
Thursday April 7th, 5:00pm - 7:00pm
Saturday April 9th, 9:00am - 1:00pm
Help connect people to nature by being
a volunteer leadleader!
Each year the Columbia Slough Watershed
Council hosts dozens of educational
paddling events that expose adults and
children to the wonders of the Columbia
Slough. Orientation Part 1 will focus on
the logistical aspects of this volunteer
team. Orientation Part 2 on the following
Saturday will include on-water skill
building. Volunteers must attend each
session. Scheduling is flexible. Volunteers,
are expected to commit to 1-2 programs per
month over the paddle season (May through
August) with the option to continue with
Fall programming.
Whitaker Ponds Park, 7040 NE 47th Ave
Visit www.columbiaslough.org

Community Cooking @ St. Mike’s
March: Irish Foods!
1st Thursday: Mixed Greens with Pear
and Goat Cheese Salad as well as Sausage
and Apple Quiche --Join us to make the meal
and eat the meal.
3rd Thursday: Reuben Soup plus Potato
and Leek Soup --Join us to make these soups,
eat these soups, and take portions home to
put in your fridge or freezer for later use.
Contact Rachel Schwetter at r.mikea@
kitchencommons.net or 503-997-2003 with
questions or to RSVP!!

Neighborhood Events

Guardiano Gallery
February 25-March 27
2939 NE Alberta, 97211, 503-281-9048
MAIN GALLERY
Denise Anderson specializes in painting
domestic scenes and racial incidents that
seem familiar. He finds the Portland area, with
its people and places, a great resource for his
painting inspiration. His desire is to elevate
the activities of daily life, those mundane
scenes where the moment becomes the subject.
Marcia Smith creates ceramic sculpture.
She calls her cast of characters: “Phantasmagorical.” She is drawn to the
dualities of life, evoking a place between the
tangible and the intangible for their family.
They can conjure up engaging pleasures or unpleasant fears.
FEATURE AREA
James M. Lilly creates wall sculptures
with paint & wood. He has termed them as
“relics” since that seems to most accurately
describe their format and purpose. The
surface of the frame is painstakingly faux
painted as weathered wood, steel, stone
or concrete. A center section spotlights an
object or creature(s) of significance, and
various.
Verum Ultimam Gallery
April 1st, Friday, from 6PM-8PM
Opening Reception
if you love art and love the neighborhood...it
would be foolish to miss this one.
The Pull of the Print, A juried exhibition of
Printmaking. In their humble space at
McMenamins
Kennedy School Community Room.
McMenamins
3573 NE 33rd Ave.
Each Family of Vernon Mix offers current
and prospective Vernon families a casual
opportunity to learn more about
Vernon and the community that supports
our neighborhood school.
Neighborhood families can enjoy
complimentary snacks and talk to
prospective and current Vernon families about:
- Preparing their child for kindergarten.
- Determining whether Vernon is the right
place for their family.
- Getting involved and meeting other
Vernon families.
Families are encouraged to come to the
mixer to learn more about Vernon:
- Global International Baccalaureate
(IB) program and how IB students often
outperform students from other programs.
- Weekly special classes including art, music,
PE, library, technology, Mandarin and
Spanish.
- On site before and after-care programs
offered by the YMCA and SUN (Schools
Uniting Neighborhoods).
- Two vibrant, active school gardens and a
Garden Studies teacher.
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The Concordia Neighborhood
Association &
American Legion Post 134 presents the
SPRING EGG HUNT
SATURDAY, MARCH 26
FERNHILL PARK
(Playground along NE 37th Ave.)
The Hunt begins at 10 am SHARP!
Don’t be late, it ends in a flash!
Volunteers Needed To:
- Stuff 5000 plastic eggs w/candy
Friday, March 25th at 6pm at American Legion Post 134
2104 NE Alberta St
- Hide 5000 candy-filled eggs on
March 26th at 8:00 A.M at
Fernhill Park, NE 37th
Contact: Katie Ugolini at kugolini@gmail.com or 503-449-9690

Back Fence PDX: Mainstage OUTCASTO/LEFT BEHIND
The future of the world: privilege. The Color of NOW will present The Color of Privilege, the second program in a new,
ongoing, multimedia lecture/discussion series that invites you to an evening of performance and panel discussion on the
topics of race, privilege, oppression in Portland and the world.

The Color of NOW, emceed by Paul Susi presents “The Visiblity of Privilege” at Cerimon House 5331 NE 23rd Ave. Admission is free.
Paul Susi is an educator, activist and theater artist. Past events for the evening event that stimulates conversation and thinking on the topics of privilege and oppression in Portland and the world.

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Pierre Bensusan
TRACIE BUNDY
I PUT A SPELL ON YOU A TRIBUTE TO NINA SIMONE
BY THE ADRIAN MARTIN SEXTET
FEATURING LAHRONDA STEELLE
ALTAN
LOUDON WAINWRIGHT III & CAROLINE COTTER
BIRDS OF CHICAGO
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