NET prepares for disaster response

In a disaster your first round of help will come from nearby, very nearby. The members of the all-volunteer Concordia-Vernon-Woodlawn Neighborhood Emergency Team (NET) practice regularly to lead that effort. NET members are trained by the Portland Bureau of Emergency Management and Portland Fire & Rescue to respond to events such as earthquakes, floods, severe winter storms, hazardous material spills and other citywide/regional emergencies.

In the event of a large-scale disaster, the city’s 71 active NETs aim to act as first responders until the arrival of adequate emergency services. NETs aren’t new to Portland, which in 1994 was the third city in the country to form them. “Neighbors are close and are usually the first on the scene,” explained Amy Gard, Concordia/Vernon/Woodlawn NET leader. “It’s been documented that everyday citizens are typically responsible for 92 to 98 percent of rescues in disaster situations. NET just helps prepare them to be better at it.”

Recovery following a disaster is greatly aided when residents are prepared individually and can coordinate with their neighbors. Find resources on preparedness and resiliency at PrepOregon.org.

Most of NET’s preparations focus on responding to a Cascadia Subduction Zone earthquake. Scientists predict a 97 percent probability this zone will rupture again within the next 50 years, producing a 9.0-plus earthquake in Portland.

“Understandably, not everyone can devote the time to being an official NET member,” Amy said. “But, as a team of 32 people tasked with helping the 17,000-plus others in our neighborhoods, we need everyone’s participation— even if it is just preparing their own household.

“One thing is that we would love for every household in Concordia to have water and food storage to last at least two weeks. “NET training and membership is a commitment, but offers great opportunities to assist in real-life emergencies,” she added. For example, NETs assisted Portland Fire & Rescue in securing perimeters following the October 2016 gas explosion in northwest Portland, and during the past winter’s multiple downed power lines. NETs benefit from the learning experience these incidents provide, better preparing us for larger-scale emergencies that may occur.

“Preparing at all levels will make Portland a more resilient community.”

Here’s how you can help

A visit to PortlandPrepares.org offers you help preparing your household and your neighbors for disasters. It also provides information about becoming a Neighborhood Emergency Team (NET) member. NET membership requires attending monthly meetings, seven 3½-hour sessions of basic training, plus at least two advanced/refreshers classes each year.

The website also shares information on how you can support the Concordia-Vernon-Woodlawn NET. In-kind donations of supplies and equipment, and financial contributions are tax deductible.

Support also comes from Fred Meyer shoppers who direct their Rewards Accounts to benefit the NET without affecting the rewards those shoppers accrue for themselves. The NET’s organization number for Rewards is 81109.

Another opportunity to help is by becoming a basic earthquake emergency communications node (BEECN) volunteer. BEECNs are communications nodes located throughout the city that will deploy within 72 hours of a disaster affecting citywide communications. This training can be completed in an afternoon.

For details about the NET, how you can help it and how it can help you, contact ConcordiaNETs@gmail.com.
I’m hearing increasing concerns about how to address and interrupt hate and oppression. In my work at Northeast Coalition of Neighborhoods (NECN), we receive requests for information on myriad types of services and support. They range from housing, land use, accessing city and county services and local environmental issues to accessing equipment for block parties or finding community grants.

Recently there have been more requests like, “What can we do to support people threatened with violence, hate, bullying and overall oppression?” As a small nonprofit organization, we ask ourselves and act upon those questions.

I personally feel there are different entry points for different people, based on their own comfort and experience in interrupting these situations. Those vary by age, experience and privilege status. Learn more by Googling “interrupting hate.” One video I like is “Don’t Be a Bystander: 6 Tips for Responding to Racist Attacks” by Barnard Center for Research on Women.

Watching videos, viewing other online sources and reading books help, but practice and human interaction make the difference. Opportunities to engage on these topics further may help you understand your role as an ally.

Being an ally is, in itself, a privilege. I must be willing to continue to be open to education and new practice. To end oppression, I must understand it. So finding ways to understand privilege, access, historic inequities and historic trauma of marginalized groups is critical.

I recommend Resolutions Northwest, a local northeast Portland nonprofit that offers workshops and trainings to resolve conflict and advance racial and social justice. They offer sliding scale fees for some workshops.

Communities, whether bound by association or by location, are partnering with Oregon Humanities Project to build Community Conversations. A skilled facilitator helps communities explore topics like race, power and privilege. Sabih neighborhood recently hosted one on immigrants and refugees. People from other neighborhoods attended and all brought food and perspectives, shared stories, and made acquaintances.

Safety begins with community, and community cannot happen when we are stuck in our shells of safety. So start where you can, whether it’s a book, a video, training or organizing a program for your community.

Maybe you’ll grow into learning methods of direct action, skilled observation and conflict de-escalation. Maybe you’ll just know how to hold space with that one person needing a friend for that one moment.

Never underestimate how far just one simple act can go in another’s life. Please do what you can to make our community safer for everyone.

Jessica was raised in Concordia and lives in nearby Vernon neighborhood. Reach her at Jessica@NECosten.org.

By Jessica Rojas
NECN community & environmental engagement manager
Concordia murals
Green thumb – not paint – makes this mural vibrant

By Nancy Varekamp

The study investigators chose to focus on brain health intervention in progress in Portland and aims to boost cognitive health within the African-American community. The Sharing History Through Active Reminiscence and Photo-imagery (SHARP) study asks African Americans who are 55 and older to engage in conversation about what it was like to live and work in those communities.

Participants will view images of the African-American community in Portland from the 1940s to 2000s, and then engage in conversation about what it was like to live and work in those communities.

By promoting both individual memory health and community memory, the study will explore the role that community memory plays in individual health.

By promoting both individual memory health and community memory, the study will explore the role that community memory plays in individual health. The study’s long-term goal is to maintain and increase cognitive health of participants through a multi-layered approach, including physical activity – walking at a comfortable/moderate pace – plus socializing, conversational remembrance and health education.

The study investigators chose to target the African American community with healthy aging interventions because data point to disparities in prevalence of Alzheimer’s disease and other dementias among African Americans compared to white Americans. African Americans face special challenges in maintaining brain health with higher rates of chronic diseases, like hypertension and diabetes, that are risk factors for cognitive health.

Most notably, qualitative data have shown African Americans have a lower perceived risk of Alzheimer’s disease despite their elevated risk. The SHARP project is sponsored by the CDC-funded Prevention Research Center and Oregon Health & Science University. If you would like to contribute your family images to the SHARP program, contact Raina Croff at Croff@ohsu.edu or (503) 494-2367.

– Contributed by OHSU

Study aims to boost cognitive health

A first-of-its-kind study focusing on brain health intervention in progress in Portland and aims to boost cognitive health within the African-American community.

The Sharing History Through Active Reminiscence and Photo-imagery (SHARP) study asks African Americans who are 55 and older to engage in conversation about what it was like to live and work in those communities.
Faubion slates Aug. 29 opening

By Madeline Turnock, Concordia University

ack to school takes on a whole new meaning this month for students at the new Faubion School + Concordia University, a 3 to PhD® community.

The grand opening is Tuesday, Aug. 29, from 3 to 5 p.m. at 2930 N.E. Dekum St. A brief program begins at 3:30 p.m., and neighbors are welcome. Learn more at 3toPhD.org.

For the past two years, Faubion School served students at an alternative location on North Flint Avenue.

“We've felt homesick off-site the past two years, and now Faubion School is looking forward to being 'back home' in the neighborhood with a brand new footprint,” said Faubion school principal Jennifer McCalley. “This is a unique opportunity to realize our shared vision for a safer, healthier, more educated community.”

Concordia University College of Education Dean Sheryl Reinisch agreed. “The collaboration with Portland Public Schools’ Faubion School and the university has inspired how we prepare leaders and teachers for the 21st century.”

3 to PhD aims to become a new national model in which committed partners work together with schools to ensure every student has both educational and wrap-around services needed to “pursue highest dreams,” better known as PhD. Founding partners in 3 to PhD include: Concordia University, Faubion School, Trillium Family Services and Kaiser Permanente.

The new 138,000 square-foot-facility, and those it serves, is capturing the hearts and minds of an entire generation.

The new environmentally-friendly building includes the Concordia University College of Education; the Kaiser Permanente 3 to PhD Wellness Center; an early childhood education center; science, technology, engineering, art and math (STEAM) and maker spaces; a food club with organic products from Pacific Foods of Oregon; access to mental and behavioral health from Trillium Family Services; and more.

“The is a unique opportunity to realize our shared vision for a safer, healthier, more educated community.”

– Jennifer McCalley

The north entrance on Dekum Street will welcome Faubion School students and families when the new Faubion School + Concordia University, a 3 to PhD® community, opens this month. Rendering courtesy of 3 to PhD

Have you checked out CNA’s new Facebook page?

The all-new page continues to keep you informed of CNA activities and your neighbors’ comments. It also invites you to update your neighbors and them to share posts with you. Check out the page for:

• CNA Board meeting invites & meeting minutes
• Neighborhood events
• CNews story highlights
• Community discussions

Visit Facebook.com/groups/ConcordiaPDX/ today.
CNA wants polluting oil recyclers shut down

By Garlynn Woodsong
Chor, CNALUTC

September general meeting focuses on parking

On-street parking is the focus of the meeting in the middle of the month of the Wednesday, Sept. 6, Concordia Neighborhood Association (CNA) general meeting. Local neighbors are invited to speak to the parking issues Concordia is experiencing currently, and which will continue to intensify as new development brings additional residents and visitors to the neighborhood. It begins at 7 p.m. in the McMenamins Kennedy School Community Room.

Better Housing by Design project continues

The project to update the city’s R3, R2, R1 and RH zones continues, with staff releasing the concept report in July. It is available at PortlandOregon.gov/bps/article/645265. Major topics include:
- Increasing residential outdoor spaces
- Fostering more pedestrian-friendly street frontages
- Addressing building scale and allowances for diverse housing options
- Prioritizing affordable housing development bonuses

Construction of 20s bikeway nearly complete

Residents may have noticed the 20s bikeway, now visible largely on 32nd Avenue through Concordia with its new pedestrian crossings at Ainsworth, Killingsworth, Alberta and Prescott streets. No further improvements are planned by the city for the bikeway at this time. That’s despite previous advocacy by CNA for traffic diverters to prevent cut-through automobile traffic from turning on to the bikeway when arterials experience congestion.

Residents express street safety concerns

Several residents expressed concern and alarm at the July LUTC meeting about speeding vehicles, accidents and unsafe behavior on 33rd Avenue from the overpass to Holman Street. Many parked cars have been hit, and more than one totaled. Residents requested fire-friendly speed bumps, stop signs, traffic signals and pedestrian crossing beacons, plus replacing on-street parking with bicycle lanes.

Homeless village potential discussed

Are Concordia neighbors open to locating a homeless village – such as Dignity Village, Right 2 Dream Too, Benton Women’s Village or Hazelnut Grove – within Concordia? If so, where? If not, why? Neighbors at the July CNA meeting seemed to come to a rough consensus that compassion dictates CNA examine if it has the capacity to do something beneficial. Three potential locations were discussed:
- Vacant land surrounding the 42nd Avenue and Lombard Street overpass
- Vacant land surrounding the 33rd Avenue and Lombard Street overpass
- Land left vacant by Adams High School, south of Fernald Park, west of 42nd Avenue

The first two sites are owned by Oregon Department of Transportation and the third by Portland Public Schools. Each site would represent excellent opportunities for government agencies to help provide solutions to the homelessness crisis.

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

Land use, transportation & livability update

Concordia News

August 2017 | Page 5

Businesses and jobs are replaceable. Human lives are not.
The parade kicks off the 2017 Alberta Street fair at 11 a.m. Saturday, Aug. 12. Kids gather at 10:30 a.m. for the prompt beginning of the parade from 21st to 30th avenues. Photo courtesy of Alberta Main Street

Fun, family friendly and free. It’s the 20th annual Alberta Street Fair, presented by car2go, Saturday, Aug. 12, from 11 a.m. to 6 p.m. between 11th and 30th avenues. The main stage and beer garden, both at 11th Avenue, continue until 9:30 p.m.

“The fair showcases the best of the community – and features a multicultural mix of activities and performances for all ages, unique goods and delicious food from Alberta Street businesses and over 300 vendors,” said Sara Wittenberg, executive director.

“It is one of Portland’s most beloved neighborhood street festivals, drawing more than 25,000 people each year,” Sara reported.

As usual, festivities begin promptly at 11 a.m. with a children’s parade between 15th and 21st avenues. Children gather at 10:30 a.m. at the Alberta Co-op parking lot. Following the parade, and until 6 p.m., World of Smiles Pediatric Dentistry offers the Kids’ Corner at 18th Avenue with children’s activities and entertainment.

The free fair supports building a vibrant and healthy Alberta Street community. Suggested donations of $2 are accepted at the information booth at 1722 N.E. Alberta St. and at the beer gardens.

“Please consider walking, biking or taking public transportation to the Alberta Street Fair. Sara suggested. “Extra bike parking will be provided, courtesy of New Seasons Market.”

Donations still needed to put concert series in the black

The final installment of this year’s Fernhill Concert Series is only a few days away, and Concordia Neighborhood Association (CNA) is still short just a few hundred dollars of the $20,000 needed to pay the topnotch performers.

Have you enjoyed the four concerts so far? Help CNA pay the bills before plans go into the making for the 2018 series.

Show up at Friday’s concert, enjoy the sights and the sounds of Colectivo Son Jarocho de Portland, and then pop cash or a check into the basket when it’s passed your way during intermission. (Stick around for The Lego Batman Movie).

Or visit ConcordiaPDX.org/concerts today and make a donation online.

Sept. 24 labyrinth tour begins and ends at Cerimon House

The Cerimon House labyrinth, featured in the July CNews, plays an integral part in an all-day Sunday, Sept. 24, tour led by Labyrinth Network Northwest. The tour departs from Cerimon House and tour members will have the opportunity to walk its labyrinth when they return from four Estacada-area labyrinths.

These stops are at Estacada Public Library, Happy Valley City Hall and two private residences. Included in the registration fee are a continental breakfast, transportation and a happy hour. The lunch stop at a food cart pod is not.

For details about the registration fee and to join the tour, visit LabyrinthNetworkNorthwest.org.
Event urges less driving, more biking

A.J. Zelada believes Concordia experienced a bicycle first – even for Portland – in July with a bicycle event in the New Seasons parking lot. So the successful event will encore again next month. The lifelong bicyclist has lived in northeast Portland for 15 years and in Oregon since 1981, served on the Oregon Department of Transportation Bike & Pedestrian Advisory Committee and is now a member of the Multnomah County Bicycle & Pedestrian Advisory Committee. “We think bicycling to grocery stores will reduce the number of local car trips,” he said. So he’s teaming with New Seasons, PBOT and three local bicycle product vendors to show Concordians how at the two Safe Routes to Groceries events.

Reviews by participants were good and A.J. hopes to stage a repeat event in September. According to A.J., half of an average car’s trips are less than three miles. Additional research reports 30 percent of Oregon’s population is obese. So he recommends – to reduce both air pollution and body weight – bicycling to grocery stores instead of driving. “We’re dramatically becoming a very sedentary society, and I think we could have success targeting a specific group, like grocery shoppers.” – A.J. Zelada

their safest routes to stores. They also are helping participants make free panniers – best described as bicycle saddle bags – from plastic buckets. Also on hand at the July event were:

• North Street Bags displaying panniers for carrying groceries and more
• Clever Cycles’ display of bicycles built for carrying groceries and kids
• Gladys bikes’ “library” of bicycle seats to help you identify which conforms to your needs

For details about a September event, contact A.J. at AJZ@zelada.com.

A.J. Zelada, event organizer, and Tanya Leib, Concordia New Seasons community coordinator, take a spin in a cargo bike. Look for them again for another Safe Routes to Groceries on Sept. 23. Photo by Nancy Varekamp

The Smith family now has two buckets to use as bike panniers – bicycle language for saddle bags – for future grocery shopping trips. Buckets, hardware and instructions were courtesy of the Portland Bureau of Transportation booth at the Safe Routes to Groceries event in July. Photo by Nancy Varekamp

Carla’s Italian Ice will be at the September event with free Italian ice to reward all you bike riders. You’ll wind up getting fresher food because you’ll probably go twice a week instead of buying on Monday what you’re eating the next Sunday. “You’ll wind up getting fresher food because you’ll probably go twice a week instead of buying on Monday what you’re eating the next Sunday.”

“You’ll also see your neighborhood at a slower pace, notice the houses, notice the people. You can literally knit your community by your presence when you’re out active on the street.” – A.J. Zelada

PBOT ambassadors are distributing maps of bike-friendly streets at the events and helping bicyclists identify

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By Nancy Varekamp
Chimes Editor

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James Dixon is no newcomer to serving up barbecue. He’s excited about the location of his new Dixon’s Rib Pit Bar-B-Que on 42nd Avenue. Photo by Tyler Bullen

James Dixon is a dedicated supporter of north-east Portland’s small business scene, having owned multiple businesses – including 30 years serving barbecue.

Born in Madera, California, James arrived in Portland in 1971 after serving two years as a Marine. He viewed Portland as a complete turnaround from California’s Central Valley. “It was hot and dry there, and Portland is green, with fresh air and stuff growing.”

He began work here as a pastor, and still serves at the Broken Church of God in Christ United, as well as the jurisdictional pastor for the church in Washington state.

James bought his first restaurant at Interstate Avenue and Jarrett Street in 1989. He acquired a second location at 9th Avenue and Broadway Street, and ran both with the help of his family.

MAX construction on Interstate in 2004 changed traffic patterns on the street and prompted him to close that location in favor of one on Alberta Street, first in the Rexall Building at 24th Avenue and later in a food cart. He’s always served barbecue – beef brisket, pulled pork, pork ribs and chicken. By sticking to the basics, he aims to keep the quality of the food high.

He considers his life successful, claiming he’s accomplished nearly everything he’s wanted. His aspirations for his business on 42nd, however, aren’t fulfilled yet. James plans to move into a full cart with outdoor seating at some point, but intends to remain outside the adjacent building, which will be occupied soon by Los Pepitos Tacos.

Throughout his time in northeast Portland, James has seen many changes, but still considers Portland the ideal place to be. “You can have it the way you want it here, even now. If you know what you want, you can make it happen here.”

In 2016, He was excited to locate on 42nd Avenue, where he’d been eyeing what he considers the right situation for years. James is a dedicated supporter of north-east Portland’s small business scene, having owned multiple businesses – including 30 years serving barbecue.

The new business marks a third newcomer to the block’s restaurant scene in the past 18 months, following Pizza Jerk and Red Sauce, which both opened in 2016. He was excited to locate on 42nd Avenue, where he’d been eyeing what he considers the right situation for years. James is a dedicated supporter of north-east Portland’s small business scene, having owned multiple businesses – including 30 years serving barbecue.

By Tyler Bullen
CNA Media Team

James plans to move into a full cart with outdoor seating at some point, but intends to remain outside the adjacent building...
Movement patterns may leave mark on tissues

I’ve been writing about patterns a lot recently—patterns of thought, of movement, of reactions. Some of the patterns serve us well. They are all the automatic habits that get us up; dressed; washed; and to our daily activities via car, foot or bike. We don’t have to think about them. We learned these habits so well and so long ago that we don’t know we ‘know’ them anymore.

There are patterns in our movements as well. We hunch over at the computer, we sit with one hip cocked at a funny angle in our favorite chair. These physical habits of movement and stillness leave their mark in our tissues. Some areas are too tight, others too flaccid. This all leads to pain and fewer options for freedom of movement. Uninterrupted, these patterns shape our bodies and it can become very difficult to change them.

Here is an exercise I recommend to break up these patterns:

1. Sit with your eyes closed and take a few relaxing breaths.
2. Start with one finger of one hand and start moving it around, flexing and extending it. Think of every way you can move that finger.
3. Now, add the next finger and the next.
4. Get the other hand involved, then wrists and elbows.
5. Think of all the new ways you can move your fingers, hands and arms.
6. Extend this to your waist and legs.
7. Bounce around and fling your arms about without controlling them. Move like a totally unselfconscious little kid.
8. When you are finished, assess how you feel. Did you find some surprising movements, or restrictions?

When I suggest this exercise to clients, very often they ask about yoga or tai chi—which are still very structured movements. Let go, laugh and move freely like no one’s watching!

You can reach Penny Hill, LMT and EFT health coach, at RisingSunMassage.massagetherapy.com. She is also a founding member of The Concordia Area Massage and Bodywork Professionals.

Bright paint brightens local street, spirits

The intersection of 21st Avenue and Going Street glows with color now, thanks to a July 15 volunteer effort. “We hope this street painting will help brighten the hearts of many and make the community a more beautiful place,” said Sarah Schumacher, a project volunteer. Photo by Rob Rogers
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Heat-related ills spoil fun

Playing outside is a must for summer. The sun feels good while having fun. Prevention measures safeguard against hot weather health problems and keep the fun going.

A child’s skin surface area is a greater percentage of their body weight compared to an adult’s, making them more at risk for hot weather problems. Heat cramps and heat exhaustion are sun exposure problems that can be avoided by knowing the symptoms and taking quick action.

Heat cramps are usually felt in the arms, hands, legs, feet or shoulders. No one knows the exact reason why heat cramps happen. The universally accepted explanation is: muscles have been over worked and/or the body has lost significant fluid and is in need of rest, more fluids and salt.

Heat exhaustion is a whole-body experience, when our natural cooling system begins to shut down. We experience, when our natural cooling system begins to shut down. Look for nausea, vomiting, skin feels clammy or cool to the touch. They may complain of headache or be cranky, irritable, or they may get really thirsty. Any combination of these symptoms are warnings your child is suffering from heat exhaustion.

Take these simple actions to avoid more serious problems:

- Cool: get out of the sun and find shade
- Fluids: drink cool water, lots
- Rest: take a break in the shade to drink cool water
- When in doubt: call your doctor for advice or further action

Remember, our children are always watching. In the morning, suggest they wear loose fitting cotton clothing with short sleeves while you get dressed in the same. Have them take water rest breaks with you in shade.

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

Aging gracefully

Now is the perfect time of year for reaching out

Living in the northern part of the United States has many virtues, not the least of which are the wonderfully long hours of light in the summer. It is a great time to beat sunny, pleasantly warm days as we enjoy time with our families and neighbors.

And, as we enjoy the fresh fruits and vegetables that are so available at our local markets, we should take time to remember that some in our neighborhoods don’t have adequate shelter, food and other basic necessities.

It is also a time when many young people are out of school without enough opportunities to earn a little pocket money, have some fun, or sometimes a place to be.

This is where you come in. What can you do to help bring your community closer together and help others? Do you have a teen who could perform safely for a little extra cash? Are you up for helping to organize old fashioned house “calls” on older adults who might enjoy visits and someone with whom to share some iced tea?

Now, if you think this is just more “do good” talk, remember that research says one important factor in mortality and morbidity rates is social isolation. What better way to avoid isolation than to reach out to others – not only to give, but to receive the gifts of others’ time, attention and interest in ourselves?

It is within your power to create opportunities for reciprocity to occur all around you.

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

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Concordia News
The question:
I’ve heard that immigrants ran a lot of the local businesses in our neighborhood long ago. What can you tell us about that? – Allison Wykhuis

The historian reports:
It’s not possible to overstate the important role immigrant families played in shaping both the residential and commercial feel of our neighborhood in its earliest days.

If you take a spin through the early census documents from 1900 to 1940, you’ll see just about everybody was from somewhere else. That makes sense since the neighborhood didn’t even exist as a neighborhood prior to 1905. Many European countries were well represented here in Concordia, particularly among those running small businesses. Watchmakers from Norway. Shoe repairmen from Italy. Grocers from Great Britain and Ireland. Dairy operators from Switzerland.

It’s interesting to read early accounts of naturalization ceremonies, which were covered by The Oregonian, when dozens or hundreds of new Portlanders from all around the world received their citizenship and were welcomed and encouraged by local officials including the mayor, judges, members of Congress.

We’ve gone back through city directories of the late 1920s and early 1930s and count 208 businesses along Alberta between MLK Boulevard and 33rd Avenue, many of which were run by immigrants.

An analysis like this also turns up some interesting trends about the types of businesses in the neighborhood.

Here’s a listing from the early 1930s, in descending order by type: 15 grocery stores, nine beauty shops or barbers, seven shoe repair shops, seven tailors or sewing shops, four butchers, four bakers, four pharmacies, four filling stations, four variety stores, four sweet shops, three hardware shops, three auto repair garages, three dentists, three furniture stores, two doctors, two radio shops, two restaurants, and two theaters – including the Alameda Theatre, now known as the Alberta Rose Theatre.

Additionally, there were also one ice delivery station; one dairy; and a hodgepodge of single shop fronts for plumbers, electricians, painters, real estate agents, sign shops, pool halls, watchmakers, a hat shop and others, including quite a few residences.

A busy streetcar line connected these businesses with local residences and beyond.

For more information and photos of some of the neighborhoods old small businesses, check out Doug’s website at AlamedalHistory.org and search for “storefronts.” For general history about the neighborhood, visit his blog there. If you have a question for the neighborhood historian, email CNewsEditor@ConcordiaPDX.org.

Here’s a 1931 photo of a Concordia business operator who was an Italian immigrant, Frank Carlo, proprietor of the shoe repair shop at 2215 N.E. Alberta St. Photo courtesy of City of Portland Archives and Records Management

Here’s Halver B. Olsen, Norwegian watchmaker and jewelry repairman, standing in front of his storefront at 2112 N.E. Alberta St., where the building still stands. He and his wife Marie lived in the upstairs apartment in the early 1930s. Photo courtesy of City of Portland Archives and Records Management

By Doug Decker
Historian

Ask the historian

Butchers, bakers here – no candlestick makers
**CNA hosts pollinators workshop on Oct. 11**

Concordia Neighborhood Association is partnering with the East Multnomah Soil & Water Conservation District to host the Pollinator Workshop on Wednesday, Oct. 11, from 6 to 8:30 p.m. in the McNemans Kennedy School Community Room.

Although the workshop is free, registration is required and seats fill up quickly for these popular workshops. Visit EMSWCD.org/workshops-and-events/upcoming-workshops/ to register.

The workshop will focus on how gardens are pollinated by a variety of insects that help flowers set seed, and help fruit and vegetable plants produce edible harvests.

You will learn about the different kinds of pollinators – including flies, beetles, moths and butterflies – that might be living in your garden. You’ll receive help discovering a plant palette to help attract them, and information on how to provide them shelter, water, nesting and overwintering sites.

**Community BBQ Celebrating Concourse Event Calendar**

**NATIONAL NIGHT OUT**

**FRIDAY, AUG. 4, 4:30 - 10:25 PM**

**LOCATIONS:** Dekum Court & Fernhill Park

**DETAILS:** Page 6

Saturday, Aug. 5, 1 - 3:30 pm

**COMMUNITY BBQ CELEBRATING SUMMER**

**LOCATION:** St. Michael’s Lutheran fellowship hall, 6700 NE 29th Ave.

Join with others for a community BBQ celebrating summer.

**DETAILS/RSVP:** Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2003

Saturday & Tuesday, Aug. 5 & 15

**LEAD POISONING PREVENTION WORKSHOP**

**LOCATION:** Community Energy Project, 2900 SE Stark St.

Learn how to prevent lead exposure in your homes, especially homes older than 1978 with children, pregnant women & others concerned about lead exposure.

**DETAILS:** Page 6

Friday, Aug. 5, 10:30 am - noon

Aug. 15, 6:30 - 8 pm

**RACE TALKS**

**LOCATION:** McNemans Kennedy School gymnasium

**DETAILS/RSVP:** Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2003

Friday, Aug. 11, 6 - 9 pm

**SHABBAT IN THE PARK**

**LOCATION:** Fernhill Park

Grab your picnic blanket or lawn chairs, pack up your dinner, & join Congregation Shir Tikvah, Portland’s only eastside Jewish congregation. Live music precedes the start of Shabbat with songs, prayers & Challah, with more music to follow.

**DETAILS:** Office@ShirTikvahPDX.org

Saturday, Aug. 12, 11 am

**ALBERTA STREET FAIR**

**LOCATION:** Alberta Street between 11th & 30th avenues

This is the 20th street fair & all the favorite vendors are back.

**DETAILS:** Page 6