



CONCORDIA NEWS

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

August 2017



Friday, Aug. 4

At Dekum Court & Fernhill Park

- Celebrate community
- Join the parade to Fernhill Park
- Bring your dinner or buy it there
- Groove to Colectivo Son Jarocho de Portland
- Watch The Lego Batman Movie

See Page 6 for details

CNA Mission Statement

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

Concordia News

is a free monthly publication of the Concordia Neighborhood Association. Newspapers are delivered to all residences and many community locations in the Concordia neighborhood.

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NET prepares for disaster response



By Steve Elder
CNA Media Team

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."

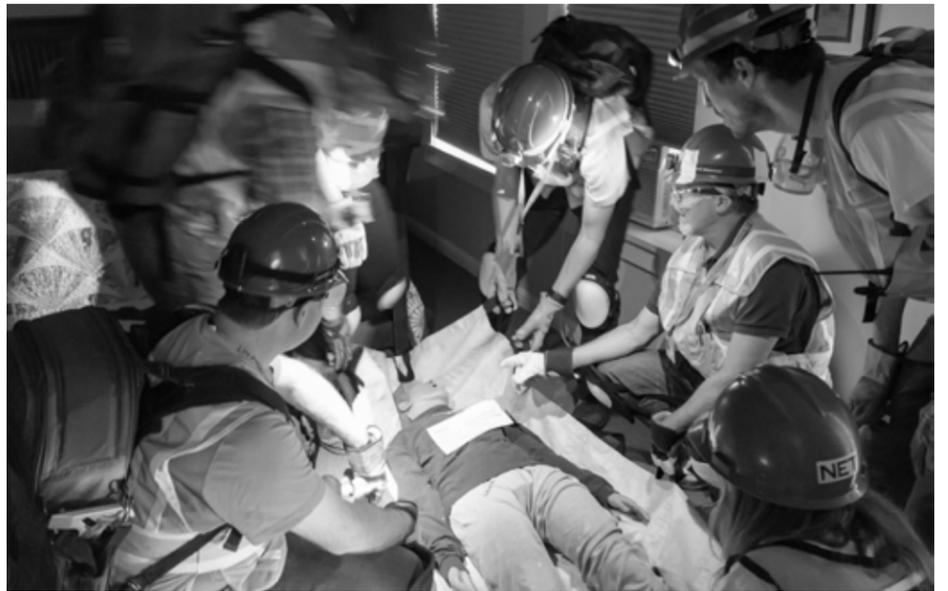
Recovery following a disaster is greatly aided when residents are prepared individually and can coordinate with their neighbors. Find resources on preparedness and resiliency at PrepOregon.org.

Most of NET's preparations focus on responding to a Cascadia Subduction Zone earthquake. Scientists predict a 37 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



At a recent training session, NET members practiced rescuing an unconscious person from a damaged building. From left to right, they are Brett Schaerer, Jason Fitch, Erin Cooper, Robert Taylor, Tom Phillips, Ben Weber and Sue Rideout. Photo by Chris Baker

"It's been documented that everyday citizens are typically responsible for 92 to 98 percent of rescues in disaster situations."

— Amy Gard

perimeters following the October 2016 gas explosion in northwest Portland, and during the past winter's multiple downed power lines.

More recently, NETs worked with several state and federal agencies to help in the asbestos cleanup following a May warehouse fire.

"The agencies we support benefit from our assistance," Amy pointed out. "And 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/ refresher 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

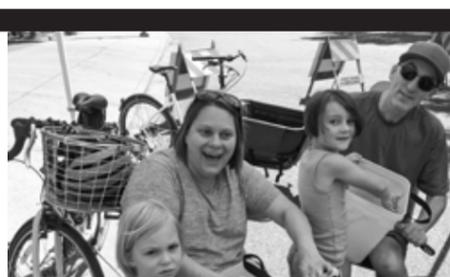
shoppers who direct their Rewards Accounts to benefit the NET without affecting the rewards those shoppers accrue for themselves. The NET's organization number for Rewards is 81103.

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.



3 TO PHD OPENS DOORS
3 to Ph.D® slates Aug. 29 grand opening at Faubion School.



IDENTIFY SAFE ROUTES
Grocery shopping via bike can be safe and healthy.



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James Dixon has the recipe, passion for ribs and more.

CNA VOICES

By Jessica Rojas
NECN community & environmental
engagement manager



Understand your role as ally to de-escalate hate

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 for 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 hold Community Conversations. A skilled facilitator helps communities explore topics like race, power and privilege.

Sabin 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@NECoalition.org.

Concordia Neighborhood Association

MEETINGS

Board Meeting

1st Wednesday of the month
Wednesday, Aug. 2, 7-8:30 p.m., McMenamins Kennedy School Community Room

General Meeting

Wednesday, Sept. 6, 7-9 p.m., McMenamins Kennedy School Community Room

Social Committee

If you'd like to help plan fun, community-building events, contact Katie Ugolini, 503.449.9690 or KTUgolini@gmail.com.

Media Team

1st Tuesday of the month, Tuesday, Aug. 1, 6 p.m. McMenamins Kennedy School Community Room
Contact MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee

3rd Wednesday of the month
Wednesday, Aug. 16, 7 p.m.
McMenamins Kennedy School Community Room
Contact LandUse@ConcordiaPDX.org

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SUBMISSIONS & ADVERTISING

Submissions to Concordia News: Deadline is the 10th of the month preceding the upcoming monthly publication. Contact CNewsEditor@ConcordiaPDX.org

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

Advertising: CNewsBusiness@ConcordiaPDX.org, 503.891.7178

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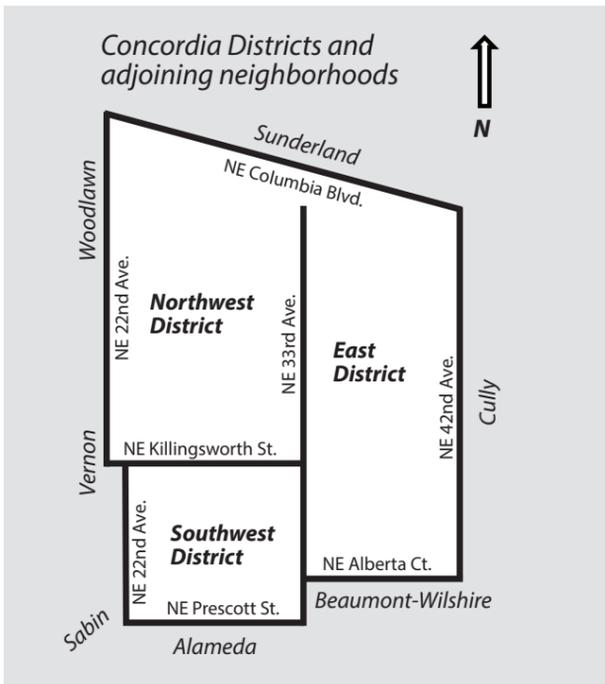
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- At Large 5 | AL5@ConcordiaPDX.org Truls Neal
- At Large 6 | AL6@ConcordiaPDX.org Heather Pashley

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Concordia murals

Green thumb – not paint – makes this mural vibrant

By Nancy Varekamp
CNews editor

Gwen Reed Thrasher’s mural on 26th Avenue at the corner of Alberta Street was the first on Alberta to require irrigation. The green wall is about eight by eight feet and consists of a few score plants, each in its own three-by-four-inch module of soil.

The property owner became interested in green walls in 2012 when she attended a sustainability workshop hosted by Alberta Main Street. Portland Development Commission provided guidance and a grant to help with the installation costs.

SolTerra Systems, based in Seattle, installed the support system – including the drip irrigation – and the greenery. Gwen is especially pleased with the frame around the plants. “It gives the impression the plants are sprouting out from the wall.”

Local landscaper Ken Staples took over maintenance duties recently, and he has added color spots of annual flowers.

Gwen receives plenty of comments – all positive – on the growing mural. “People take pictures of each other in front of it, and once I saw a tour bus stop here for a group photo.”

She is pleased with the beauty of the wall and proud of having the first green wall on Alberta. Gwen is also thankful for its effect on graffiti. That east-facing wall fell victim to taggers about twice a week before the green wall was installed. In comparison, it’s been tagged only twice so far this year.

“That’s another thing I learned in the workshop,” Gwen explained. “When you have a great, big, empty wall, it’s an invitation for graffiti artists to express themselves. But, when they see something of beauty on the wall, they know art has already happened there.”



Study aims to boost cognitive health

A first-of-its kind study focusing on brain health intervention is 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 community memory building while walking through historically black neighborhoods in north and northeast Portland.

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

CNA Board meets first Wednesdays

The Concordia Neighborhood Association Board of Directors directors has changed its regular board meeting date so it no longer conflicts with RACE TALKS, which is held on the second Tuesday of each month.

Beginning Aug. 2, the board meets the first Wednesday of each month from 7 to 8:30 p.m. in McMenamins Kennedy School Community Room.

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Slough Regatta on tap Aug. 6

Join the Columbia Slough Watershed Council for the 23rd Annual Columbia Slough Regatta – an on-the-water paddle festival like no other – Sunday, Aug. 6 from 10 a.m. to 2 p.m.

The regatta celebrates recreation opportunities on Portland’s hidden gem of local waterways, the Columbia Slough. It’s not actually a race. Instead, this family-friendly event is a fun paddle for experienced and novice paddlers alike.

The event features complimentary 45-minute canoe and kayak rentals, preceded and followed by activities.

This year’s regatta launches from the Multnomah County Drainage District at 1880 N.E. Elrod Dr.

A donation is requested and advance registration is required at ColumbiaSlough.org or by calling 503.281.1132.

Participants with their own human-powered watercraft and safety equipment also are welcome to register. Crews will be available to help unload and transport boats.

– Contributed by Columbia Slough Water Conservation District

Faubion slates Aug. 29 opening



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

By Madeline Turnock, Concordia University

Back 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 univer-

sity 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

envisioned Faubion as the “heartbeat of the community.” Concordia University stepped up to help by providing mentors, tutors, coaches, recess help, student teachers and more.

Then, in November 2012, voters approved the first school district capital improvement bond which partially funded the Faubion School rebuild. Concordia University and its supporters are contributing an additional \$15.5 million to the total cost of the \$48.8 million project.

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.

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

– Jennifer McCalley

highest dreams,” better known as PhD.

Founding partners in 3 to PhD include: Concordia University, Faubion School, Trillium Family Services and Kaiser Permanente.

Faubion School and Concordia University have been neighbors in education for 63 years. With only 102 steps between them, collaboration and partnership increased in 2008 when LaShawn Lee became principal and

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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
Chair, CNA LUTC

Concordia Neighborhood Association (CNA) recently expressed its concerns to Gov. Kate Brown regarding toxic air emissions from oil recycling operations near the Expo Center.

Emissions from two facilities – American Petroleum Environmental Services (APES) and Oil Re-Refining Co. (ORRCO) – are hazardous to human health, according to a June 27 feature in the Portland Tribune.

CNA requested the governor halt the operations of both facilities immediately.

Although recycling used motor oil is a worthy cause, operation of an industrial facility for this purpose cannot come at the expense of public health – regardless of its positive economic impact. Businesses and jobs are replaceable. Human lives are not.

According to the Tribune, a draft permit is currently under review for APES that may allow the emission into the local air shed of as many as 11 pollutants that could cause cancer: arsenic, beryllium, cadmium, nickel, ethylbenzene, formaldehyde, naphthalene and possibly hexavalent chromium.

The draft permit apparently would also allow the release of up to 255 grams of chromium per year, of which roughly half is estimated to be in the form of hexavalent chromium.

The California Air Resources Board

calculates that annual release of 2 grams of that can cause an extra 10 cancers per million people over 70 years. The 125-plus grams of hexavalent chromium the permit would allow – multiplied by the permit's five years – would result in the emission of up to 625 grams, which could result in more than 3,125 additional cases of cancer here over 70 years. This is from the operations at just one of these two facilities.

CNA has urged the Department of Environmental Quality (DEQ) to deny this permit until such time as the applicants develop operations plans and air quality controls to ensure there is absolutely no potential for ill-health-related

side effects.

To guarantee this outcome, CNA demands that no permit be issued until an independent investigation into emissions from APES is completed, the results are analyzed, and an analysis is shared with the community.

CNA requested the governor to:

- Issue an immediate cease and desist order for both APES and ORRCO
- Require DEQ not to issue a permit until an independent investigation of emissions has occurred
- Initiate an independent investigation of Oregon's DEQ to determine
 - Why DEQ is allowing dioxin and hexavalent chromium to be emitted into a residential area
 - Who was responsible for allowing the removal of the thermal oxidizers in 2006
- Require DEQ to issue a citation for the past 11 years of violations related to operations without valid permits

The CNA Board of Directors takes this matter very seriously. It will continue to work with other neighborhoods and community organizations to protect the health of this community.

*Businesses and jobs are replaceable.
Human lives are not.*

allow burning of waste oil containing small amounts of chromium, arsenic, lead, cadmium, PCBs, and a category of chlorinated chemicals known as halogens. Burned together, PCBs and halogens produce a catalytic reaction that potentially results in the release of dioxin (and/or dioxin-like compounds), PCBs and benzene. According to a source quoted by the Tribune, "A peanut butter jar full of dioxin would be enough to kill the entire planet."

Further, the draft permit would apparently allow the emission of sulfur dioxide (SO₂) at more than 10 times the typical concentration emitted by oil refineries across the country. It would

Land use, transportation & livability update

By Garlynn Woodsong
Chair, CNA LUTC

September general meeting focuses on parking

On-street parking is the focus of the Wednesday, Sept. 6, Concordia Neighborhood Association (CNA) general meeting. Local experts 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's available at PortlandOregon.gov/bps/article/645263. 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, Kenton 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 Fernhill 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.

What's Selling in Concordia?

184 Homes sold in RMLS in last 12 months as of July 11th

7.1% Increase in Average Sale Price since 2016

Avg. Sale Price in 2016: \$469,377
 Avg. Sale Price currently: \$504,283
 Avg. Days on market: 22

This information provided by Mark Charlesworth, Concordia resident & Broker Keller Williams, Portland Central. charlesworthhomes@gmail.com · 503.807.9911

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Alberta Main Street 20th year promises fun Aug. 12



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.

Live music comes from stages at 11th, 21st and 30th avenues. Family-friendly beer gardens are at 11th and 29th avenues.

"The fair could not succeed without its committed volunteers," Sara said. "For putting on a great community event, each volunteer receives a super cool T-shirt, a ticket good for one beer in the beer garden, and an invitation to our annual volunteer appreciation party after the event."

Visit AlbertaMainSt.org to register as a volunteer and/or for the event's full schedule.

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.

Those 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.

The tour is a fundraiser for Labyrinth Network Northwest, a not-for-profit organization, and registration deadline is Sept. 1.

For details about the registration fee and to join the tour, visit LabyrinthNetworkNorthwest.org.

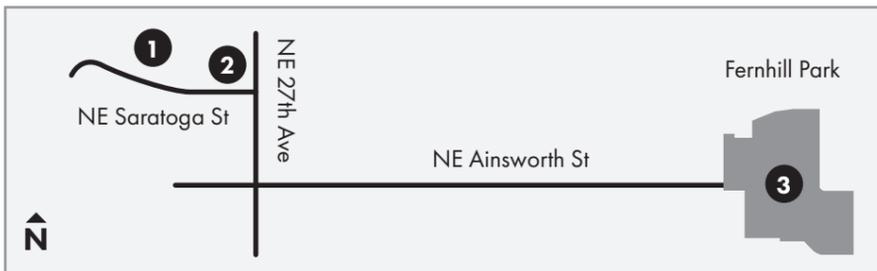


Friday, Aug. 4

At Dekum Court & Fernhill Park
Police • Community Partnerships

Join us to celebrate our community and to get to know your neighbors.

All are welcome – food, beverages & entertainment available. Bring your whole family!



4:30 – 5:45 p.m.: Bike decoration station is open at Dekum Court 1

Trash for Peace will help you get creative & decorate your bikes, trikes & strollers for the Kids Parade.

5:45 p.m.: Parade to Fernhill Park starts 2

- Head south on 27th to Ainsworth
- Turn east on Ainsworth Street
- End at Fernhill Park

6 p.m. at Fernhill Park 3

- Children's art activities by collage
- Balloon artist
- Henna artist
- Explore a firetruck & meet local firefighters

6:30 – 8:15 p.m. 3

Colectivo Son Jarocho de Portland brings its traditional AfroMexican folk music to the Fernhill Park stage.

8:15 – 10:25 p.m.: The Lego Batman Movie shows at Fernhill Park 3

Buy a Picnic Dinner!
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And THANK YOU to our amazing concert series SPONSORS! This year's Fernhill Concert Series was made possible by the generous donations of neighborhood businesses & organizations. Thanks to our generous Fernhill Concert Series sponsors. We couldn't do it without them:

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- Our 42nd Avenue • St. Michael's Lutheran Church

INDIVIDUALS

Many thanks to the scores of individuals who keep the Fernhill Concert Series going by donating.

Event urges less driving, more biking



By Nancy Varekamp
CNews Editor

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



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



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

“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

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.

“People think of bicycling as athletic, like the Tour de France. We may have less of that perception in Portland, where more people are likely to use bikes as transport to the library or to work. Unfortunately too few of us think of them as transport to nearby grocery stores.”

He hopes Safe Routes to Groceries will change that. “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.”

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

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.

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Thursday, August 3 BATTLE OF THE LAWYER BANDS

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Gym • 7 p.m.

Tuesday, August 8
RACE TALKS: An Opportunity
for Dialogue
Williams Avenue's
Black History Corridor
Gym • 6 p.m. doors; 7 p.m. event

Thursday, August 10 TONY SMILEY

Loop ninja
Gym • 7 p.m.

Thursday, August 17 EXTRA CREDIT BEER TASTING

5 p.m. 'til the beer is gone
Boiler Room Bar • 21 & over

Thursday, August 17
NEW BREED
BRASS BAND
As part of Great Northwest Music Tour
Funk, rock & jazz
Gym • 7 p.m.

Thursday, August 24 MAURICE AND THE STIFF SISTERS

Pop glam rock
Gym • 7 p.m.

Monday, August 28
HISTORY PUB
Theater • 6 p.m. doors; 7 p.m. event

Thursday, August 31
MAKE MINE
A DOUBLE
Opera Duets
Gym • 7 p.m.

Saturday, September 16
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Movement patterns may leave mark on tissues



By Penny Hill
Rising Sun Massage

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

- Sit with your eyes closed and take a few relaxing breaths.
- 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.
- Now, add the next finger and the next.
- Get the other hand involved, then wrists and elbows.
- Think of all the new ways you can move your fingers, hands and arms.
- Extend this to your waist and legs.
- Bounce around and fling your arms

Some areas are too tight, others too flaccid. This all leads to pain and fewer options for freedom of movement.

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:

about without controlling them. Move like a totally unselfconscious little kid.

- 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



By Karen Wells
CNA Media Team

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

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

Alberta Park on Killingsworth Street at 22nd Avenue offers wonderful shade on hot days. Also, during the week Port-

Heat exhaustion is a whole-body experience, when our natural cooling system begins to shut down.

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. Look for nausea, vomiting, skin feels clammy or cool to the touch. They may complain of headache or be cranky, irritable, or they

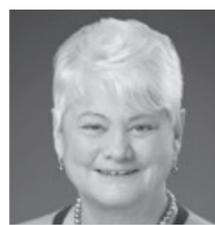
land Parks and Recreation hosts Free Lunch + Play programs from 11 a.m. to 3 p.m. through Aug. 25.

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 Resource and Referral of Multnomah County. She may be reached at 5CornersFamily@gmail.com or text 619.244.7892.

Aging gracefully

Now is the perfect time of year for reaching out



Keren Brown Wilson

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 hard to beat sunny,

pleasantly warm days as we enjoy time with our families and neighbors.

And, as we enjoy the fresh fruits and

a teen could perform safely for a little extra cash?

Are you up for helping to organize old fashioned house "calls" on other 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

What can you do to help bring your community closer together and help others?

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 few extra tomatoes or berries to share with someone? Do you have a chore

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.

Keren, 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

Ask the historian

Butchers, bakers here – no candlestick makers

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:



By Doug Decker
Historian

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 Theater, 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 AlamedaHistory.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

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Concordia community events calendar

Thursdays, Aug. 3, 10, 17, 24, 31, 4 - 8 pm
CULLY FARMERS MARKET
Location: 42nd Avenue & Alberta Street
 Meet & support the farmers of the Cully neighborhood, & enjoy the eclectic music featured in this season's band line up.
Details: cullyfarmersmarket.org, Lexey at 520.730.9701

Thursday, Aug. 3, 6 - 8 pm
ST. MIKE'S KITCHEN
Location: St. Michael's Lutheran Church kitchen, 6700 NE 29th Ave.
 Join others in the kitchen to cook & eat a variety of Swiss dishes.
Details/RSVP: Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2003



Friday, Aug. 4, 4:30 - 10:25 pm
NATIONAL NIGHT OUT
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.
 Participants learn how to prevent lead exposure in their homes, especially homes older than 1978 with children, pregnant women & others concerned about lead exposure.
 Aug. 5: 10:30 am - noon
 Aug. 15: 6:30 - 8 pm
Details/registration: communityenergyproject.org, 503.284.6827 ext. 109

Saturday & Thursday, Aug. 5 & 17
LEAD-SAFE HOME PROJECTS WORKSHOPS
Location: Community Energy Project, 2900 SE Stark St.
 Before any demolition, scraping, sanding or remodeling in pre-1978 housing, check out this class. Great for people who want to do a small project that may involve exposure to lead paint or a small construction project in an older home.
 Aug. 5: 1 - 2:30 pm
 Aug. 17: 6:30 - 8 pm
Details/registration: communityenergyproject.org, 503.284.6827 ext. 109

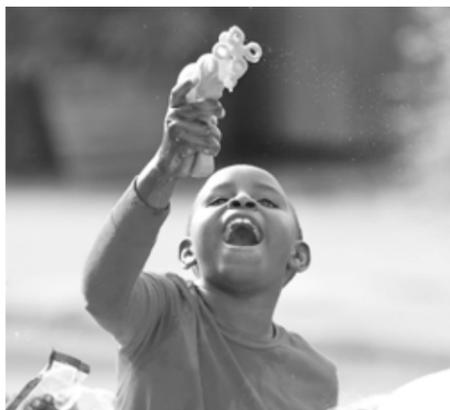


Sunday, Aug. 6, 10 am - 2 pm
23RD ANNUAL COLUMBIA SLOUGH REGATTA
Location: Multnomah County Drainage District, 1880 NE Elrod Dr.
 Sponsored by the Columbia Slough Watershed Council, the regatta celebrates recreation opportunities on Portland's hidden gem of local waterways.
Details: See Page 4

Tuesday, Aug. 8, 6 pm
RACE TALKS
Location: McMenamins Kennedy School gymnasium
 These opportunities for dialogue about race in Oregon – both historically & the current time – are presented by McMenamins History & Donna Maxey; doors open: 6 pm; discussion: 7 pm.
Details: racetalkspdx.com

Thursday, Aug. 10, 6 - 8 pm
ST. MIKE'S KITCHEN
Location: St. Michael's Lutheran Church kitchen, 6700 NE 29th Ave.
 Join this cooking group that focuses on plants & health.
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 events are back.
Details: Page 6

Thursday, Aug. 17, 6 - 8 pm
ST. MIKE'S KITCHEN
Location: St. Michael's Lutheran Church kitchen, 6700 NE 29th Ave.
 Join others to share a meal featuring Hungarian food.
Details/RSVP: Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2003

Friday Aug. 18, 11:30 am - 1 pm
SUBS ON THE SLOUGH
Location: Columbia Slough Trailhead, 16650 NE Airport Way
 Join the Portland Water Bureau & the Columbia Slough Watershed Council for a free lunchtime tour. Learn about protecting Portland's underground drinking water source in the Columbia Slough Watershed, & view the solar array that helps offset the Portland Water Bureau's energy needs. Lunch is provided at picnic tables along the scenic Columbia Slough trail.
Details: Advance registration required; suitable for adults & children 10 & older; contact karen.carrillo@columbiaslough.org, 503.281.1132

Thursday Aug. 24, 10 am - 1:30 pm
LADIES LUNCHTIME PADDLE
Location: 16650 NE Airport Way
 Bring your lunch & paddle in your own boat or borrow one belonging to the Columbia Slough Watershed Council, & put into the upper Columbia Slough.
Details: karen.carrillo@columbiaslough.org, 503.281.1132

Friday Aug. 25, 7:30 - 9:30 pm
BAT NIGHT
Location: Whitaker Ponds Nature Park, 7040 NE 47th Ave.
 Whitaker Ponds has a high diversity of bat species that wait to hunt until after the sun goes down. This trip is suitable for families with children age 5 & older.
Details: Pre-registration required; space limited to 20 people; suggested donation; contact karen.carrillo@columbiaslough.org, 503.281.1132

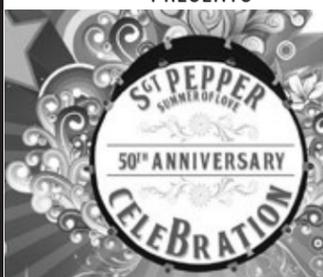
Tuesday, Aug. 29, 3:30 pm
3 TO PHD® GRAND OPENING
Location: Faubion School
 Join with representatives of Faubion School, Concordia University, Trillium Family Services & Kaiser Permanente to celebrate the opening of the newly-rebuilt school.
Details: Page 4

Thursday, Aug. 31, 6 - 9 pm
LAST THURSDAY
Location: Alberta Street, 15th - 30th avenues
 Alberta Street becomes a pedestrian thoroughfare for three hours of interactive arts & nonamplified music. The family-friendly event is managed by the city of Portland.
Details: Greg Raisman, greg.raisman@portlandoregon.gov, 503.823.1052



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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 Wednesday, Oct. 11, from 6 to 8:30 p.m. in the McMenamins 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.

