



CONCORDIA NEWS

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

September 2017

Attracting Pollinators to the Urban Garden



Mark your calendar and register now for Wednesday, Oct. 11

6-8:30 p.m., McMenamins Kennedy School Community Room

Sponsored in partnership by Concordia Neighborhood Association and East Multnomah Soil & Water Conservation District

See Page 12 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.

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

Non Profit Org
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Concordia Neighborhood Association
P.O. Box 11194
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Public mural is more than paint



By Brian Burk
CNA Media Team

The restrooms at Fernhill Park have been called many things, but beautiful has never been one of them. Thanks to a team of artists from Beaumont Middle School, that

is no longer true.

A four-paneled mural, featuring imagery from Native American, African American, Rwandan, Mexican, Congo-

“I wanted them to be introduced to the process of getting a community project done — how to build partnerships and ask for things, to advocate.”

— Lindsay King

lese and Filipino culture, now adorns the exterior walls of the formerly plain brick building.

“Ubumwe,” as the piece is called, means “come together as one” in Kinyarwanda, the first language of contributing artist Dan Gashabuka.

The mural project is a partnership between the young artists — all current or former students of Beaumont art teacher Lindsay King — and the Concordia Neighborhood Association (CNA), with a grant from the Northeast Coalition of Neighborhoods (NECN) and support from the Northeast Portland Tool Library, Miller Paint and Graffiti Removal Services.

In addition to the cost of the mural, the grant pays the artists a stipend.

“That’s helpful,” said Madyson Roach. “I have little brothers and sisters, my mom’s a single parent, so that can help



Beaumont Middle School students learned there’s a lot more to painting a community mural than just painting. Left to right, they include: Adrian Sanchez, Kirk Caballero, Madyson Roach, Maria Calel Mendoza, Marquis Cook, teacher Lindsay King and her sons, Carlo and Adrian Ferrea. Not pictured are: Paul Vasilatos, M’ryah Kelley, Dan Gashabuka and Danari Broadous. Photo by Brian Burk

her.” The artists will also receive a letter of recommendation from Lindsay to add to their résumés.

Since winter, the team has journeyed down the path of conception, permitting

and funding to bring the project to life.

“I wanted them to be introduced to the process of getting a community project done — how to build partner-

Story continued on Page 10

Street parking talk on tap

The Wednesday, Sept. 6, Concordia Neighborhood Association (CNA) general meeting promises a lively discussion about on-street parking.

Local experts are invited to speak on current parking issues, many of which will intensify as new development brings additional residents and visitors to the neighborhood.

As always, your input is appreciated and time is reserved on the agenda for testimony by Concordia residents, and for property and business owners. For background on the issue, visit ConcordiaPDX.org/cna-201707-web/ for the Page 5 July CNews feature. The general meeting begins at 7 p.m. in McMenamins Kennedy School Community Room. It is preceded by the 5:30 p.m. CNA Board monthly meeting which, as always, is open to the public.



YES YOU CAN CAN

Ready to preserve? Need tools? Visit Kitchen Share Northeast.

See Page 7



ROAR IS FOR CATS, PEOPLE

The newest Alberta boutique caters to cats and people who love them.

See Page 8



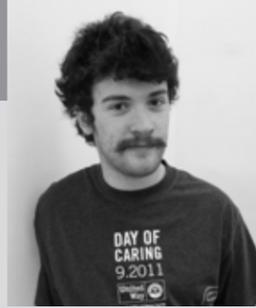
VERITABLE FEAST OF SONG

Concordia music professional conducts singers of all varieties.

See Page 9

CNA VOICES

By Riley O'Boyle
CNA Media Team



I looked for community and I found it right here

I was just out of school, on my own, in a new city last summer – and I can describe my single favorite moment of adult living. I had been meaning to get out of the house and do something after work. I kept walking up and down Alberta Street, watching everyone be with each other. But I never opened any doors.

The American Legion on Alberta Street and 21st Avenue – with the door open on hot nights – especially caught my eye. Finally, on a Thursday night, I opened the door and walked inside. I remember sitting at the bar with two other men. The bartender got me a tall can of beer, we watched a small television and I talked to one of the men about movies.

It was the comfortable silence we all shared between conversations that stuck with me. Between sending updates to my family; comparing my life with old classmates; learning how to keep up at work; figuring out rent, insurance and furniture – there hadn't been a moment of unspoken presence.

I remember in particular smiling and saying, "This is perfect," while everyone laughed. It was just Thursday night, after all.

You see, I was carrying a loneliness. I had realized

recently that, if I got too sick for soup and not sick enough for the hospital, I had always counted on my family to take care of me, even my roommates. Now I was alone, and I wondered how many other people felt like me, and how I was supposed to find them.

Last month, I bicycled in Northeast Portland Sunday Parkways, and it offered the revelation that I'm home now. I saw neighbors on their lawns and at lemonade stands, yard sales, bike sales. There were

groups in folding chairs with drinks and talking.

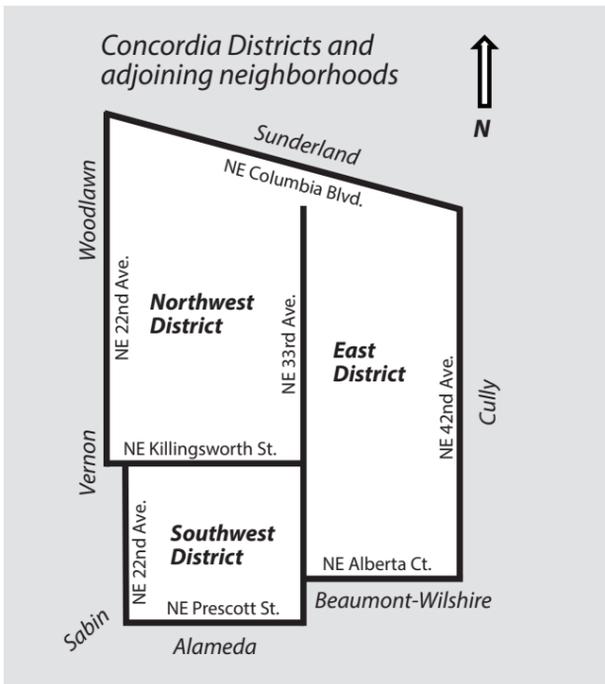
People biking on chalk-drawn pathways thanked volunteer traffic counters and intersection controllers.

I saw a person on a scooter in a blueberry costume strike up a conversation with a man counting participants. "I wasn't sure what to count you as! I'll have to put you down as other."

Growing up in an isolated-feeling suburb, I always wanted to know my neighbors better, be recognized by some of the people in bars and coffee shops. I wanted to know and be a part of the ins and outs of how a community engages with its own development.

In Concordia, I feel like I can do all of that. And more.

Now I was alone, and I wondered how many other people felt like me, and how I was supposed to find them.



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Need a place for your party?
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Pricing: \$25/hr (\$15/hr. for nonprofits)
Email: CNARoomKennedy@gmail.com

Concordia Neighborhood Association

MEETINGS

Board Meeting

1st Wednesday of the month
Wednesday, Sept. 6, 5:30-7 p.m., McMenamins Kennedy School Community Room

General Meeting

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

Safety & Livability Committee

Initial meeting: Thursday, Sept. 28, 7-8:30 p.m., 3217 N.E. Ainsworth St.

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, Sept. 5, 6 p.m. McMenamins Kennedy School Community Room
Contact MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee

3rd Wednesday of the month
Wednesday, Sept. 20, 7 p.m.
McMenamins Kennedy School Community Room
Contact LandUse@ConcordiaPDX.org

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Neighborhood Response Team Officer

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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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Concordia murals

Water theme invites you to fill your canteen

Water is the theme of the mural between 27th and 28th Avenues on the east side of Binks – and for good reason. “When we added a patio in the back 2½ years ago, we installed a water bottle filling station,” explained Justin Youngers. With wife Bianca, he has owned the popular watering hole for 16 years.

That water bottle station is at the top of the alley, about 40 feet from the sidewalk. Alberta Main Street provided a mini grant to help pay for it. Binks fronted the remainder and pays monthly water fees.

“The idea is people walking around with their bottles and canteens don’t have to go into a store to buy – and then waste – another plastic bottle,” Justin explained.

With the patio construction, Binks’ owners decided the east wall facing the alley offered the perfect venue for a mural. Zach Tobias, local part-time artist and husband of a former Binks bartender, agreed.

“He’d been to Valparaiso, Chile, which I consider the street art capitol of the world,” Justin said. “And I think he was so inspired by what he saw that he wanted to move from the intricate painting on canvas to this larger, bumpy and uneven stucco-type wall.

“It seemed a natural to use water as the theme.”

Zach put his whimsy to work to create several creatures floating on the sea, including a bear with a jaunty hat holding a toy sailboat.



A water cooler – available to the public – is part of the patio Binks added 2½ years ago. So is the mural, a take off on the theme of water. That cooler is at the right edge of the photo, about one-third down from the top.

“I like the bear the best,” Justin admitted. Its name? “I’ll leave that up to the observers.”

Make your voice heard on safety/livability issues

By Truls Neal
CNA Board

Concordia Neighborhood Association (CNA) is forming its Safety and Livability Committee (SLC). And it’s offering you the opportunity to help address safety and livability issues that affect the community.

The SLC is an avenue to focus on safety and livability issues and propose plans and recommendations – not only to your CNA Board, but also to your city leaders.

Topics may include, but are not limited to:

- Air quality
- Crime
- Disaster preparedness
- Home safety for residents, especially

- vulnerable neighbors
- Noise and nuisance concerns
- Stronger community emphasis
- Traffic and street safety
- Zoning issues

All that’s needed now is you. A committee chair will be selected at the Thursday, Sept. 28, meeting. The SLC charter will also be finalized then, with your input. The meeting is from 7 to 8:30 p.m. at the home of Truls Neal, 3217 N.E. Ainsworth St.

No RSVP is required, but you may contact him at TrulsRobin@hotmail.com for more information.

Editor’s note: Crime may be a topic the new committee will take on. See Page 10 for Rob Rogers’ report on the recent rash of car wheel thefts.

Find more news on our website: ConcordiaPDX.org



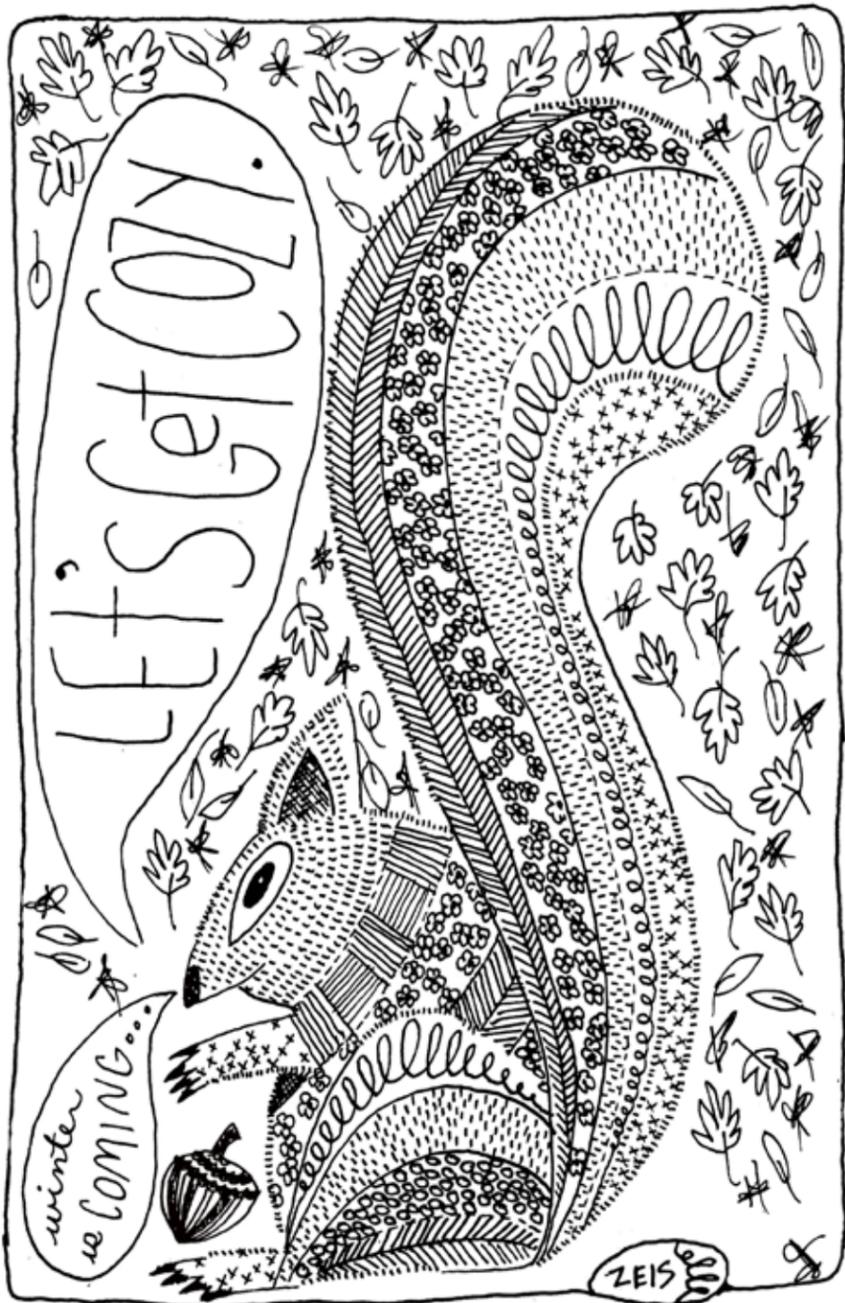
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Art Corner



What's all the fuss about strengthening the core?



By Kim Magraw

is it and why does it deserve an exalted pedestal in fitness?

The core comprises an area near the center of the body – hips and pelvis to about mid-torso. While there is an array of fascinating organs and functions within this region, core strength and stability rely on:

- Fun-to-pronounce muscles that support and mobilize your lower back and hips, such as the transversus abdominus, quadratus lumborum, multifidi and erector spinae
- Bones, including the lower spine, the sacrum and those comprising the pelvis
- Joints between bones

What makes the core special? Many movements originate there, from taking a step to reaching out your arm. Core muscles support and mobilize the relatively unstable spinal column.

Along with the ribcage, muscles associated with the core are responsible for

In recent years “core strength” has become a physical health mantra. It features in pilates, yoga, rehabilitation, physical therapy and strength training. What

protecting the sensitive visceral organs and often “store” emotional memories and stresses associated with fear, protection and trauma. Injuries to and postural deviations in the core have outsized impacts on the function of the rest of the body and can be immensely debilitating.

You can support the core that supports you in many ways. Some are simple (although not necessarily easy), such as being aware of your seated posture and walking regularly.

Exercising can be a boon to your core strength and stability when performed properly. On the flip side, improper or excessive exercise can compromise it.

A few hints to maintain a healthy core and avoid injury are: maintain good posture when sitting and moving and, if you notice your posture is creeping south, take a break from what you're doing. When taking up a new exercise/sport, ease into it and seek advice from an instructor or expert. If you experience pain in your lower back or hips, give whatever you're doing a rest. Don't push through it.

In conclusion: Have you been slouching while reading? Brace that core!

Kim Magraw, L.M.T., practices at Concordia Wellness, ConcordiaWellness.com, and is a founding member of Concordia Area Massage and Bodywork Professionals.

Heat-related illnesses are medical emergencies



By Karen Wells
CNA Media Team

Heat exhaustion can develop into heat stroke in a blink of an eye. It's a medical emergency that can't wait.

Children 1 year old and younger are at risk for heat stroke when outside temperatures near

symptoms. Work to reduce your child's body temperature while you await medical help. Find shade or take him/her to an air conditioned room, undress the child, sponge him/her with room temperature or cool water, and have someone gently fan the child.

Don't panic. Keeping calm helps a child be less irritable and more comfortable.

Drinking plenty of water, wearing

Don't panic. Keeping calm helps a child be less irritable and more comfortable.

100 degrees and more, are left unattended in parked cars or they are overdressed.

Several symptoms for heat stroke are difficult to notice in young children, since they don't complain of dizziness, nausea or being confused. You can observe these heat stroke symptoms:

- Rapid or shallow breathing
- Irritability or restlessness
- Vomiting
- Red, hot and dry skin

If your child shows any of these symptoms, call 911 or your pediatrician immediately. Extreme heat stroke symptoms include:

- Rapid pulse
- Lethargy
- Unconsciousness.

Don't wait to take action on these

loose-fitting clothes, and staying out of the sun are good ways to avoid heat stroke and heat exhaustion when outside temperatures are extreme.

For adults in the crowd, limiting alcohol intake and rigorous physical recreation/activity equals an ounce of prevention. Autumn – and fewer hot, sunny days – is only a few weeks away. Have fun in the sun and stay safe in the meantime.

Karen is a retired early childhood community educator, health and safety trainer. Reach her at 619.244.7892.

Editor's note: Visit ConcordiaPDX.org/heat-exhaustion to view Karen's sources for this column, so you can learn more about heat exhaustion causes, symptoms and prevention.



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CNDI can help shape neighborhood design

By Jay Fesler
CNA LUTC

You have all likely witnessed the exciting development in downtown Portland. Dozens of cranes, hundreds of construction workers and all manner of projects are transforming pockets of downtown and creating new amenities.

It's probably safe to say you have also seen plenty of development along the leafy streets of the Concordia neighborhood. Along with all this activity of a growing community comes the realization this neighborhood is being changed in ways that will last for decades.

For all the good design decisions that are made, there are also many bad design decisions. Have you ever wished that designers or builders had built things in a different way?

Do you feel like some of the new single-family housing being built is a bit oversized for the lots? Have you seen some bad examples of commercial properties bumping elbows with their residential neighbors? Do you have concerns about the lack of off-street parking near commercial/institutional zones?

Your Concordia Neighborhood Association (CNA) Land Use and Transportation Committee (LUTC) is working on a document to put a voice to those concerns. A recently formed subcommittee is working on the Concordia

Neighborhood Design Initiative (CNDI), intended as an umbrella approach to encompass all manner of design within the neighborhood's physical environment.

The CNA Board requested the first task be drafting design guidelines to

will off-street parking be addressed? How can diversity of housing types be ensured?).

But there are also questions that apply directly to Concordia's mostly residential zones that should be addressed: How may homebuilders be discouraged

encouraged? What should developers be discouraged from designing?

The intent is to get these guidelines into the hands of the decision makers (i.e., owners, designers and builders) at the earliest possible moment within the design process. That way CNA's goals and recommendations can have the most impact.

Another important point is CNA's hope this will be a living document. As community goals change across time, it can be updated to handle issues that haven't even been contemplated at this point.

The end product of these efforts will be a full-color booklet of text and photos that clearly states CNA's goals for the community and makes specific recommendations for many of the design elements noted above.

In the coming months, look for a notice in Concordia News requesting ways in which you can provide input into these guidelines. There will also be information published on ConcordiaPDX.org and posted to Facebook.com/groups/ConcordiaPDX.

For all the good design decisions that are made, there are also many bad design decisions. Have you ever wished that designers or builders had built things in a different way?

help proclaim what Concordia residents request future developers consider when siting new residential or commercial projects here.

With these guidelines the LUTC wants to touch on a broad variety of elements in the built environment – from car and bicycle parking, trees, signage, lighting and public art. Then the LUTC will make recommendations about building mass, façade articulation and material selection.

There are questions to be answered that are hot-button issues common to neighborhoods across the city (e.g., how

from simply maxing out the zoning envelope to the detriment of outdoor space? What can be done to clean up Concordia's unique system of alleys and increase their utility to the neighborhood as a whole?

Several other neighborhood associations have undertaken a similar task to attempt to guide commercial and multi-family housing developments.

Unique to our efforts in Concordia is the expanded scope of looking at single-family residential dwelling zones. When it comes to existing building stock, what should be preserved? For new development, what design elements should be

Land use and transportation update



By Tyler Bullen
Vice Chair, CNA LUTC

The Concordia Neighborhood Association Land Use & Transportation Committee, at its August meeting, discussed speeding in the neighborhood. Due to an outpouring of community concern, the stretch on 33rd Avenue between Lombard and Holman streets received the most attention.

That stretch is particularly prone to high speeds, as drivers are either departing or entering Lombard, a 50-mile-per-hour (mph) stretch of road.

There are myriad possibilities to

encourage safer and slower driving, and LUTC members discussed many potential solutions for this stretch of 33rd. Listed in no particular order, they include:

- Lowering the speed limit from 30 to 25 mph
- Installing a radar speed sign displaying to drivers' their speeds
- Improving the current crosswalks at Holman and Rosa Parks Way with flashing caution lights activated by pedestrians
- Installing a speed bump
- Converting 33rd & Rosa Parks to a 4-way stop

The feasibility of these options was

not discussed in great detail, and any implementation would require a traffic study conducted by the Portland Bureau of Transportation. However, through its Vision Zero program, the city has dedicated itself to making roads safer and simpler. Cost-effective solutions can go a long way to improve the safety of corridors like this stretch of 33rd.

Neighbor seeks lower speed(s) on 42nd Avenue

Local business owner Adam Segal, in collaboration with Our 42nd Avenue, posted a letter online to Leah Treat, Portland Bureau of Transportation director. He asks people to add their names to it in an effort to reduce the speed limit on 42nd Avenue.

"Ideally, we would like to see the entire stretch, from Lombard to Prescott, lowered to a business district zone standard of 20 [miles per hour]," the letter reads. "However, if the area north of Killingsworth does not meet that specification, we would gladly see Lombard to Killingsworth lowered to 25... the [Oregon Department of Transportation] standard for public parks.

"From Lombard to Killingsworth, the community's primary interest is to see safer crossing to Fernhill Park, a popular neighborhood destination featuring

a running track, playground, and off-leash area for dogs," the letter continues. "And we know that 42nd is home to the well-trafficked bus route 75, whose indispensable use for the neighborhood we wouldn't want to hamper. And yet we believe a reduced speed limit could make things safer and more welcoming for everyone, without causing a burden on car or bus traffic."

From Killingsworth south to Prescott, the recommendation's priority is to improve safety and increase foot traffic along the busy street servicing the business district, according to Adam.

"We are familiar with, and thrilled by... Vision Zero 'Connected Cully' projects, and believe the changes proposed here would fit well into that context."

To sign the letter, visit:
bit.ly/2uUcbH7

What's Selling in Concordia?

184

Homes sold in RMLS in last 12 months as of Aug 10th

9.5%

Increase in Average Sale Price since 2016

Avg. Sale Price in 2016:	\$469,377
Avg. Sale Price currently:	\$514,116
Avg. Days on market:	22

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Glean what you need; please leave the rest

By Karen Wells
CNA Media Team

Gleaning is a centuries-old tradition – the gathering of produce and fruits for sharing with friends, neighbors or strangers as acts of kindness, of building community.

Concordia, King and Sabin neighborhoods offer seasonal edibles to refresh your spirit and curiosity about the urban bounty. King and Sabin locations offer

grapevines, blueberries, thimbleberries and huckleberries.

Concordia also grows fennel, mint (pineapple, spearmint and peppermint), rosemary, sage, lavender and wild garlic.

When you arrive, check in at the Admissions Office in Luther Hall. It is on the north side of Holman at 27th Avenue. Ask for either master gardener Mark Rosenau or arborist Rebecca Houser. Between them, they have more than 30 years of horticulture/arboriculture experience.

They can point you in the right direction. As a courtesy, call them at 503.288.9371 before you head over. As always, pick only what you can eat and leave the rest for others.

A mile and half away, in the King neighborhood, Emerson Street Garden (ESG) at 822 N.E. Emerson Street is a Oregon Sustainable Agriculture Land Trust (OSALT) site. In 2008, it was acquired by OSALT as a community-based garden for future generations. Longtime King resident and elder Joanne Suell Green can recall a time when the house on the property was a community gathering spot for kids, friends and music.

In 2015, physical support of ESG from Groundwork Portland ended. Labor and maintenance support from interns, community groups and neighbors declined. Water pipes broke. The water is currently shut off. Watering the surviving plants is performed when a caring neighbor hand carries water to the garden.

Regardless, ESG is home to three fruit



Between them, arborist Rebecca Houser and master gardener Mark Rosenau have 30 years of plant experience. Talk to them before you glean on the Concordia University campus. Photo by Karen Wells

Concordia, King and Sabin neighborhoods offer seasonal edibles to refresh your spirit and curiosity about the urban bounty.

interactive experiences while Concordia offers a stroll along a tree lined neighborhood.

Along Holman Street, the border of Concordia University's 18-acre campus, various edible ground cover plants like strawberries, sorrel, creeping raspberry and oxalis can be found. You might discover a grape arbor with "running"

trees – apple, pear and fig. Raspberry vines, strawberry and tomato plants can be found. When you visit, take some water for the plants, do some weeding and pack it out when you leave.

Established in 2010, a mile away from ESG is Portland Fruit Tree Project's Sabin Community Orchard. It sits on a slope between 18th and 19th avenues

on Mason Street, home to 30 fruit trees. Edible plants surround the trees. Pick frugally, so others can enjoy too.

Enjoy the urban bounty of edibles, while you build community.

Editor's note: Sources for this story are available at ConcordiaPDX.org/gleaning.

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You can can – with aid of Kitchen Share NE



By Carrie Weninger
CNA Media Team

If you like to get busy in the kitchen but don't have the budget – or the storage space – for more than the basics, then this may make you do a little dance...

possibly even fling a leg up, chorus line-style, with a friend or three.

Located at 5431 N.E. 20th Ave., in the basement of Salt & Light Lutheran Church, is Kitchen Share Northeast.

From balloon whisks to bottle brushes, ice shavers to immersion blenders – and, of course, the always popular canning,

Kitchen Share's mission is to promote sustainability, equity and self sufficiency in northeast and north Portland.

preserving and home brewing necessities – your local Kitchen Share is the public lending library for kitchen tools. For instructions on safe canning, visit the national Center for Home Food Preservation at NCHFP.UGA.edu/.

Kitchen Share's mission is to promote sustainability, equity and self sufficiency in northeast and north Portland.

Have a bumper crop of basil and need a food processor to crank out some pesto? No problem. Reading Proust and dying to try your hand at making madeleines in those cute little seashell molds? You're in business.

Deep purple Damson plums, fat and fit-to-burst figs, overflowing blackberry baskets? Get thee to Kitchen Share Northeast for enormous kettles and canning tongs to preserve your harvest.

Not really the sweat-over-the-stove



Jocelyn Furbush, Kitchen Share Northeast volunteer, sends Kristina Knight and son Michael home to their kitchen with appliances they'll put to delicious work for a week. Photo by Chris Baker

sort? If you prefer a more cut-and-dried approach, look no further. You'll find the Rolls Royce of dehydrators here, the nine-tray Excalibur.

Open only on Saturdays from 9 a.m. to noon, you'll want to spend your week poring over Pinterest for mouthwatering menus and getting prepped with plenty of recipes and raw materials.

From KitchenShare.org/locations/northeast: "Members will have unlimited access to free one-week loans of all of Kitchen Share's tools. Members will also have access to skill-shares and workshops, whether free or for small fees to cover materials. There is a one-time membership donation, based on a sliding scale, but no one is turned away for lack of funds. Your membership will never expire."

You can thank CNews later for getting you the scoop on Kitchen Share – when you're ladling out spoonfuls of bright red raspberries atop vanilla ice cream in late November, spreading sunny peach jam on buttered, home-baked bread (psst, Kitchen Share had four bread makers

in stock at press time) in the depths of December...

Carrie is a Concordia resident and lives on 29th Avenue. She is also a freelance writer with a penchant for poetic

prose who tries to look for the humor in everyday life. She also is a mom and world traveler who, with her partner, owns a company that restores and repurposes vintage homes. Contact her at WurdGurl@gmail.com.



Feast Community Choir

Singing for the pure joy of creating harmony in community

Fridays at noon
SUBUD Center, 3185 NE Regents Drive
Open House, Friday September 15th
Non-audition. All voices welcome.
FeastCommunityChoir.com

Like your neighborhood?

Opportunities abound – volunteer and sometimes paid – to help support your community through Concordia Neighborhood Association programs. From executive leadership to social activities to land use to digital and print media, CNA needs you.



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7 p.m. 'til 9 p.m.

Thursday, September 7

Ashleigh Flynn and the Riveters

Americana
Gym • 7 p.m.

Tuesday, September 12

RACE TALKS: An Opportunity
for Dialogue
Gym • 6 p.m. doors; 7 p.m. event

Thursday, September 14

THE STRANGE TONES

Crimeabilly
Gym • 7 p.m.

Saturday, September 16

Halfway to St. Patrick's Day

Come celebrate with us!

RIVER CITY PIPE BAND

5 p.m. • Roaming

Live music in the Courtyard by:

HILLS AND HALLOWS

6 p.m. 'til 9 p.m.

Saturday, September 16

OKTOBERFEST BREWFEST

Featuring 12+ German-style beers
from McMenamins and guests

DARKA DUSTY

Noon 'til 3 p.m. • Roaming

Live music in the Gym by:

THE TALBOTT BROTHERS

Noon 'til 2 p.m.

SYCOBILLY STRING BAND

2:30 p.m. 'til 4:30 p.m.

CEDAR TEETH

5 p.m. 'til 6:30 p.m.

CHERVONA

7 p.m. 'til 9 p.m.

Tuesday, September 19

CRAIG CAROTHERS

Singer-songwriter
Gym • 7 p.m.

Thursday, September 21

GREAT NORTHWEST MUSIC TOUR JOHN FULLBRIGHT

Americana
Gym • 7 p.m.

Thursday, September 21

EXTRA CREDIT BEER TASTING

5 p.m. 'til 7 p.m. • 21 & over

Monday, September 25

HISTORY PUB:

From Poor Farm to Global
Attraction: The History of Portland's
International Rose Test Garden
Theater • 6 p.m. doors; 7 p.m. event

Thursday, September 28

KAIYA ON THE MOUNTAIN

Alternative folk
Gym • 7 p.m.



ROAR caters to cats, cat lovers



By Nancy Varekamp
CNews Editor

Alberta Street's newest boutique and gift gallery caters to cats – and to the people who love them.

Two Concordians opened ROAR in mid-July. Already Portlanders, other Americans, Canadians and even Europeans have found them.

Cat lovers who see the name on the sign seem to know what to expect. Why the name?

“We wanted to do something really big because there’s something really big about a cat’s presence,” said co-owner Jennifer Krause, who also designed the logo. The biggest member of the cat family is the lion and the sound it makes

Domestic cats seem to have a lot to say too and, with that, are very misunderstood. We'd like to help people understand them better.”

– Jennifer Krause

is even bigger, hence the capital letters.

“Domestic cats seem to have a lot to say too and, with that, are very misunderstood,” she added. “We’d like to help people understand them better. Innately, cats are hunters and originally we brought them into our barns and homes to protect our food and our families. Now we get irritated when they use their skills to scratch our nice furniture and hunt wildlife.”

“We want to offer them healthier alternatives within our homes,” explained partner Laura Cochrane, a veterinarian who also operates Dr. Kind Klawls, a mobile wellness service. She also is Oregon director of the Paw Project, which advocates for kind alternatives to declawing.

“ROAR offers good quality scratching posts, interactive fly toys and high protein foods to meet cats’ needs and mold their behavior indoors to be more appropriate to humans,” Laura added.

“We can’t expect them to completely change their genetic make up for our convenience, so we need to meet them in the middle,” Jennifer pointed out.

Like Laura, she’s no stranger to cats. Jennifer’s experience is in the nonprofit world of animal advocacy and protection, and she is a pet care professional.

“We saw a need for a cat-specific shop that carries fun and quality products for cats and people,” Laura said.

The two had talked for years about opening one. The “for lease” sign at 3012 N.E. Alberta St., two doors east of the Alberta Rose Theatre – and only a couple of blocks from home – signaled it was time.

Most of ROAR’s merchandise is also local, and is from small businesses and



Jennifer Krause, left, and Laura Cochrane have talked for years about opening a store for cats and the people who love them. They did just that on Alberta Street in July. Photo courtesy of ROAR

artisans. Other products come to the shop through Etsy.

“We hand pick our products for quality and whether we would use them

with our own cats,” Jennifer reported. She and Laura know their stuff, with four

felines at home, along with two chickens and a dog.

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Concordian FEASTs on community singing

By Nancy Varekamp
CNews Editor

Susan Riggs is having a great time with her new music venture. In fact, she'd tell you she's having a feast of fun – and inspiration.

She expanded her music career recently to include community singing. She calls it Forget Everything and Sing Together (FEAST) Community Choir.

"The acronym really fits," Susan explained. "Each week, we leave the outside world behind for 90 minutes, and each session is like a feast. We nourish ourselves and each other with the joy we share making music with our voices."

"Each week, we leave the outside world behind for 90 minutes, and each session is like a feast."

– Susan Riggs

"I realize now that I've been on a search my whole life to make community music," Susan explained. But it wasn't until recently she realized she could be a catalyst.

She hails from a nonmusical family. "There was a piano in the house, but nobody played it." Unlike at home, the piano in her kindergarten classroom sported a book of sheet music above the keyboard.

"I can still see the cover. It was pink and green and white, and the title was 'Singing Fun.'" That's where she discovered her love for music, which prompted her to begin spending her 5-cent allowance on weekly piano lessons from a neighbor.

Singing experiences came at summer camps and throughout Susan's school years and launched her four-decade music career.



People from all across Portland gather on Fridays to enjoy each other's company and sing. The next term begins with a Sept. 15 open house. Photo by Rob Rogers

In 2013 Susan joined an acapella community choir. She enjoyed it so much that she taught a song by ear – sans sheet music – to her Quaker meeting. "They learned in three minutes to sing it in harmony," Susan said with her signature enthusiastic smile.

A memorial service gave her the opportunity to lead 350 people in song. "No one had come there to sing, yet it turned out to be very moving. Regardless of the reason people come together, singing offers joy and/or comfort," she discovered.

"That's when she dived into an intensive community choir leadership program, adding choral conducting to her repertoire.

Although piano continues to be her first music love, Susan finds making music by singing is far more social.

"Community singing is a great way to spend time together," she pointed out. "You have everyone looking each other in the eye and expressing themselves at the same time – yet everyone is hearing each other."

HomeShare matches needs

Ecumenical Ministries of Oregon announced recently its new Portland-area home share program, Metro HomeShare.

It matches individuals who need housing with those who have housing.

"Metro HomeShare seeks to serve individuals facing housing instability, homelessness and facilitate arrangements that meet the needs of both home providers and home seekers, explained Pauline Burkey, program manager.

Metro HomeShare works with home providers to identify their needs, which may include financial burdens, loneliness, or inability to live alone and complete everyday tasks. The organization also works with home seekers who may be unable to qualify for traditional affordable housing options, cannot afford market-rate rents and are facing homelessness.

"It's a unique arrangement made between two people," she added. "The home provider charges an afford-

able monthly rent and the home seeker completes services like cleaning, grocery shopping or pet care.

Metro HomeShare aids in comprehensive screening of candidates, facilitating rental agreements and offers continued case management once a match has been made. It addresses the need for safe and stable housing in a way that is immediate and encourages the preservation of community.

"This is a revitalization and a relaunch of our previous home share program Shared Housing," the program manager pointed out. "That was closed in 2013 due to government budget cuts, and had been responsible for thousands of home share agreements locally. We are excited to continue expanding on the success and impact of Shared Housing through Metro HomeShare."

For details, visit MetroHomeShare.org, email MetroHomeShare@emoregon.org or call 503. 221.1054, ext. 212.

Want to sing together?

FEAST meets Fridays at noon in Subud Center, 3185 N.E. Regents Ave. To date, as many as 20 people from across Portland gather there to sing for 10-week terms.

FEAST's third session begins with an open house Friday, Sept. 15. For details and flexible fee schedule, visit FEASTCommunityChoir.com. To join, contact Susan Riggs at FEASTCommunityChoir@gmail.com.



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Neighborhood Association
General Meeting on
Wednesday, Sept. 6, 7-9 p.m.
in the McMenamins Kennedy
School Community Room.



For more information, visit
ConcordiaPDX.org/get-involved/

Thieves steal wheels from northeast autos



By Rob Rogers
CNA Media Team

The sight is no longer uncommon. This year has brought a rash of local car wheel thefts.

“Currently the Portland Police Bureau’s Strategic Services Division is researching calls regarding thefts of wheels in northeast Portland,” reported public information officer Sgt. Chris Burley.

Neighborhood response to a query about wheel thefts on Nextdoor was quick and affirming.

Eric Marshack is among those who responded. While walking his dog before work early in the morning July 11, he discovered his car stranded on blocks and missing wheels.

“You’re really helpless when the car’s in that situation because no one wants to tow it, and the tire places don’t want it brought to them with no wheels on it,” Eric said.

Store manager Bud Ruebesam from the Columbia Boulevard Les Schwab noticed an uptick this summer in wheel sales due to thefts. He sees about two

people per week purchasing wheels to replace stolen ones.

“The police were in talking to me a while back and they said that, in a two-day period, 12 cars had been hit,” he said.

Portland police offer some wheel theft crime prevention tips. “Use locking lug nuts, park in well-lit places, and park in a garage if you can,” advised North Precinct officer Anthony Zoeller.

However, Katie Martin’s locking lug nuts on her Subaru didn’t prevent wheel thieves this summer.

After paying an expensive car insurance deductible to replace tires, she’s trying a new prevention plan in lieu of locking lug nuts. “I spent \$500 on a car alarm,” she said.

Rob is an Oregonian who worked in web marketing for years. Now he’s involved in drone aerial photography – when he’s not on his bike.

Editor’s note: Topics like this may be the fodder of the newly-forming Concordia Neighborhood Association Safety & Livability Committee. Are you interested in joining it? See the story on Page 3 about the next meeting.



This sight is becoming more common in Concordia and throughout northeast Portland. Thieves are stealing wheels off cars and leaving the cars on blocks. Photos courtesy of Nextdoor.com correspondents

Public mural

Continued from Page 1

ships and ask for things, to advocate,” Lindsay explained. The students made presentations to the CNA and NECN boards to win support and funding for their vision. Final approval from the city came just in time to complete the mural before its dedication at the Aug. 4 National Night Out celebration at Fernhill Park.

At that dedication, several of the artists stood onstage and spoke to the audience about the meaning of their work, as a beaming Lindsay looked on. Each mural section contains imagery of cultural significance to the artists, including a fist and feathers from African American and Native American tradition, wedding baskets from Rwanda, Jeepney public transports from the Philippines, and a plumed

serpent from Mesoamerican spiritual tradition.

For artist Paul Vasilatos, whose family has lived in Concordia for more than 50 years, the long process has been worth it. “This has been more complicated than I expected,” he said. “I was really scared to go to the meetings and talk to adults, but it turns out they liked it and now we’ve done it. This is something to represent us.”

Brian, a native northeast Portlander, is a freelance journalist living in Beaumont-Wilshire. In addition to writing, photography and videography, he enjoys flying, cycling, backpacking and studying local history. Reach him at BPPBurk@gmail.com or 503.781.0567.



Left to right are Fernhill Park muralists Maria Calel Mendoza (on ladder), Kirk Caballero (bending over), Adrian Sanchez (wearing headphones), Dan Gashabuka (foreground). Photo by Brian Burk

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/](https://www.facebook.com/groups/ConcordiaPDX/) today.



Yesterday and today

Historian fields questions about housing



This mid-1920s photo shows Jean and Rob Morrison, original and youthful inhabitants of the home Doug Decker restored a few years ago.



Doug Decker stands in front of the historic home he and his wife restored in neighboring Alameda.

Editor's note: Doug Decker is taking a vacation from his monthly CNews feature Ask the Historian. If you have a question for him, email CNewsEditor@ConcordiaPDX.org. In the meantime, this story is reprinted with permission from Northeast Coalition of Neighborhood's newspaper, Hi Neighbor, and it was edited for length. Read more on Page 4 at bit.ly/2xaWrXH.

Everyone who came was interested, had a question or wanted to tell their story of their old house. It is an easy way to spark conversation and connect to one another.

Can you speak to the differences in design, character and how people connect, between the newer developments and some of the older homes that exist in our area?

There are pros and cons. As we look at what is happening in terms of the infill development and higher density in our neighborhoods, we need to find efficient ways to use that space that will bring people together.

We have lots in the neighborhood, particularly corner lots, that were single homes that are now featuring two homes that are attached. The neighborhoods were probably not designed with multi-family in mind and that is going to create transportation issues.

I think from a historian standpoint, there is a character standpoint around the neighborhoods that were built here around 1910-1920. The design of those houses have a look and a feel – it's all sourced from Northwest lumber.

Also where there is a sensitivity to scale of the design features. What is particularly troubling for me is the significant scale-up of new construction.

At one time you had a 1,500-square-foot bungalow and now it is three-story, lot-line-to-lot-line monolith. This changes the historic character of the neighborhoods and brings transportation issues as well.

Tell us about your blog.

It is called AlamedaHistory.org and, although it has the word Alameda in it, it is really about the life of old houses and buildings. The premise of the blog is to connect the past, present and future, of the homes and buildings in our neighborhood.

There are layers of history around us that we really don't know much about. When we can access them, appreciate and understand them...it builds a bridge backward and forward. It actually builds community at the same time.

Can you speak to the way you connect to your neighbors around the blog?

The blog started when we did some restoration to our house. A few summers back, we took the front of the house off and built it back to the way it was in 1912. In the process of doing that, I wanted to explain to those walking by what was going on in this process.

So I put a little interpretive sign outside, and my wife and I spend a lot of time on our front porch in the summer.



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Pricing: \$25/hr. (\$15/hr. for nonprofits)

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ConcordiaPDX.org/community-room-rental**

Concordia community events calendar

Through Sept. 30, 7:30-8:30 am
WATERCOLOR SOCIETY OF OREGON
Location: Concordia University, George R. White Library & Learning Center
 This is one of two Watercolor Society of Oregon tours of outstanding paintings that have received top awards by a nationally known juror/artist. Of the 80 paintings published in a 28-page, color exhibition catalog, 20 were selected for this exhibit to travel throughout Oregon for six months.

Wednesday, Sept. 6, 7-9 pm
CNA GENERAL MEETING
Location: McMenamins Kennedy School Community Room
 This quarterly meeting of CNA membership – residents, & property & business owners – welcomes your comments. Local experts are invited to speak to the parking issues Concordia is experiencing.
Details: See story Page 1

Thursdays, Sept. 7, 14, 21, 28, 4-7 pm
CULLY FARMERS MARKET
Location: 5011 NE 42nd Ave
 Note the time change for September. 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, Sept. 7, 6-8 pm
ST. MIKE'S KITCHEN
Location: St. Michael's Lutheran Church, 6700 NE 29th Ave
 Join others in the kitchen to cook & eat a variety of Brazilian dishes
Details/RSVP: st.mikes@kitchencommons.net, 503.997.2003

Saturday-Sunday, Sept. 9-10
ALBERTA STREET SIDEWALK SALE
Location: NE Alberta Street
 This is the 6th annual sidewalk sale for retail establishments.
Details: local businesses



Tuesday, Sept. 12, 6 pm
RACE TALKS
Location: McMenamins Kennedy School
 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, Sept. 14, 11:45 am-12:15 pm
ST. MIKE'S KITCHEN
Location: St. Michael's Lutheran Church, 6700 NE 29th Ave
 Join other seniors for a free meal & company.
Details/RSVP: st.mikes@kitchencommons.net, 503.997.2003

Friday, Sept. 15, noon-1:30 pm
FEAST COMMUNITY CHOIR OPEN HOUSE
Location: Subud Center, 3185 NE Regents Ave
 Forget Everything & Sing Together (FEAST) is a weekly community choir with the goal to build community. All voices welcome. See story Page 9
Details: feastcommunitychoir.com.

Saturday, Sept. 16, 9:30 am-noon
URBAN WEEDS
Location: BES Water Pollution Control Lab, 6543 N Burlington Ave
 Learn how to identify the most common garden & landscape weeds along with some of the other more notorious plant invaders of the region. Information includes how these aggressive plants take over in your yard, plus some simple yet effective tips to help you get the upper hand without turning to synthetic herbicides.
Details/registration: emswcd.org/workshops-and-events



Saturday Sept. 16, noon-4 pm
AQUIFER ADVENTURE
Location: Portland Water Bureau Launch, 16650 NE Airport Wy
 Big & little pirates alike are welcome to join this family festival all about groundwater. Play fun games & go on a scavenger hunt in search of hidden treasure – not gold, but groundwater, a precious resource that flows beneath your feet. Dress in yer finest pirate togs, or else the cap'n might make ye walk the plank. Free T-shirts to the first 300 kids.
Details: susanne.raymond@columbiaslough.org, 503.281.1132

Thursday, Sept. 24, 6-8 pm
ST. MIKE'S KITCHEN
Location: St. Michael's Lutheran Church, 6700 NE 29th Ave
 Join others to cook & eat a variety of Czech dishes.
Details/RSVP: st.mikes@kitchencommons.net, 503.997.2003

Tuesday, Sept. 19, 6:30-8 pm
LEAD-SAFE HOME PROJECTS WORKSHOPS
Location: Community Energy Project, 2900 SE Stark St
 Before any demolition, scraping, sanding or

Community calendar items
 Admission to events is free unless otherwise noted. Priority is afforded to local events sponsored by – or which benefit – local nonprofit organizations. Submit information to CNewsEditor@ConcordiaPDX.org by the 10th of the month preceding the event.

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.
Details/registration/additional dates & locations: communityenergyproject.org, 503.284.6827 ext. 109

Wednesday, Sept. 20, 7-8:30 pm
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.
Details/registration/additional dates & locations: communityenergyproject.org, 503.284.6827 ext. 109

Saturday, Sept. 23, 9-11:30 am
BENEFICIAL INSECTS
Location: Oregon Food Bank, 7900 NE 33rd Dr
 Meet the beetles, bugs, flies, lacewings & other invertebrates such as spiders & centipedes that work around the clock to provide free pest control. Discover plant types & management practices that provide habitat to attract & sustain beneficial insects that help your garden thrive. You'll also learn how to keep an eye out for some of the invasive insect pests that currently threaten our state.
Details/registration: emswcd.org/workshops-and-events

Saturday, Sept. 23, 10 am-4 pm
SAFE ROUTES TO GROCERIES
Location: Concordia New Seasons, 5320 NE 33rd Ave
 This is a continuation of the successful July event. Bicycle enthusiast AJ Zelada teams with New Seasons, the Portland Bureau of Transportation & several bicycle vendors to provide the information and tools to leave the car at home & grocery shop on bicycle.
Details: Page 7 of your August Concordia News

Saturday, Sept. 23, 2-4:30 pm
DIY INSULATION WORKSHOP
Location: Sellwood-Moreland Library, 7860 SE 13th Ave
 This workshop covers attic insulation installation, step by step. "Attic" in this case refers to the space between the roof & the ceiling that isn't being used for storage or living space.
Details/registration/additional dates & locations: communityenergyproject.org, 503.284.6827 ext. 109

Sunday, Sept. 24, noon-4 pm
CREATIVE PATH WALK
Location: Cerimon House, 5131 NE 23rd Ave
 Cerimon House's labyrinth walk this month carries the theme Mentors & Teachers in an immersive indoor experience of light, sound, & walking meditation. It's a time & place for you to focus, unplug & restore. \$10 suggested donation
Details/appointments: cerimonhouse.org

Thursday Sept. 28, 5-9 pm
FALL EVENING CANOE THE SLOUGH
Location: Kelly Point Park, N Kelly Point Park Rd
 Bring the whole family for a safe & fun canoe trip on the slow-moving Columbia Slough. Some canoes are available in "bimaran" configuration, safe for new paddlers, infants & grandparents. You may also borrow regular canoes & kayaks, & lifejackets. \$5-10/person or \$25/family suggested donation
Registration/details: karen.carrillo@columbiaslough.org



SEPTEMBER 2017	
6	AMY HELM + LINDSAY LOU & THE FLATBELLYS
7	LIVE WIRE RADIO WITH LUKE BURBANK
9	MORTIFIED PORTLAND
10	LIVE WIRE RADIO WITH LUKE BURBANK
14	THE SHOW BROS A VARIETY SHOW WITH COMEDY, MAGIC & ILLUSIONS
15	BACKFENCE PDX: MAINSTAGE - CATS
16	AN EVENING WITH OTTMAR LIEBERT & LUNA NEGRA
17	SIMRIT LIVE IN CONCERT
20	PEE WEE ELLIS FUNK ASSEMBLY
21	BELOVED PRESENTS FANNA FI ALLAH SUFI QAWWALI MUSIC OF THE MYSTICS IN THE TRADITION OF NUSRAT FATEH ALI KHAN
23	SPANISH HARLEM ORCHESTRA
28	"A NIGHT AT THE MOVIES" RENEE TERRILL WITH THE MIKE HORSFALL TRIO
29	TRACY GRAMMER CD RELEASE + JIM HENRY

Register early for workshop

The Pollinator Workshop may not be until next month, but only 45 seats are available – and previous ones in Concordia have been known to fill up early. So make plans now for the Wednesday, Oct. 11, 6-8:30 p.m. workshop in McMenamins Kennedy School Community Room.

Learn about the different kinds of pollinators – flies, beetles, moths, butterflies, etc. – that might help flowers set seed, and help fruit and vegetable plants produce edible harvests.

Admission is free to the workshop sponsored by Concordia Neighborhood Association and the East Multnomah Soil & Water Conservation District.

Registration is required. Visit EMSWCD.org/workshops-and-events/upcoming-workshops.

Looking for a home game?

Thanks to a reader request, CNews this month begins publishing an online schedule of local school athletic home events. Find it updated each month at ConcordiaPDX.org/school-athletic-events.

This month's schedule features home football and volleyball games of Jefferson and Madison high schools, and Concordia University volleyball, women's soccer and men's soccer.