She’s homeless, not hopeless, in Concordia

Many readers may recognize the kind, soft-spoken woman who frequents the entrances to the New Seasons and Walgreens stores in Concordia. Few are likely to know her name, or much else about her. She’s often seen sitting on the sidewalk, hand-written sign requesting help in hand, and one or two tail-wagging dogs flanking her side. Her name is Ashley, and she’s one of more than 4,100 people in Portland who are homeless.

Ashley has been homeless on and off for the past 10 years. She first became homeless after being kicked out of her home her senior year of high school. She’s been in Portland for the past 1½ years, having moved from Eugene.

Along with her partner, Matt, and their two dogs, Medusa and Monoose (like “mongoose” without the “g”), Ashley spends most nights at a nearby, make-shift campsite. One friend occasionally lets the four of them stay with her.

Ashley has tried staying in one of the shelters downtown; however, her dogs aren’t allowed, and thefts and threats from other women in the shelter forced her to leave. She said one of the most challenging problems with being homeless is the sense of “being aimless.”

Ashley and dog Monoose are familiar faces for shoppers at New Seasons and Walgreens.

How can you help the homeless? “Help us help ourselves,” she said. Photo by Dan Werle

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 by CNA & EMSWCD – to register, visit EMSWCD.org/workshops-and-events

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.

CNA Annual Membership Meeting

Wednesday, Nov. 1, 7 p.m.
McMenamins Kennedy School Community Room

• Elect board members
• Learn about current and recent activities of your neighborhood association
• Discuss truly local issues

Make your voice & vote heard

Details on Page 3

CNA Annual Membership Meeting

Wednesday, Nov. 1, 7 p.m.
McMenamins Kennedy School Community Room

SANCTUARY IS BASED HERE
IMIRJ grows in advocacy for just immigration policies.

See Page 7

‘EDEN’ TRIPLIES ITS SPACE
Back to Eden continues its Alberta Street growth pattern.

See Page 8

PARENTHESES ARE SILENT
New space, (com)motion, is all about a community in motion.

See Page 9
**Find your voice with the Media Team**

When I was asked to write this month’s CNA Voices column, I asked myself, “What is my voice?” With my steady hand as Media Team lead, I encourage and guide members of the Media Team to share their perspectives and engage with one another as we address the tasks before us. I believe we do our best work when it is something we truly want to do, for which we have a passion. Sometimes we don’t know if there’s passion until we try it out. Almost two years ago, my neighbor – he knew of my interest in and knowledge of computers – invited me to join him at a Media Team meeting, because members were to talk about the CNA website. Soon thereafter, I found myself working with others to update the look and feel of the website. Several months later, I jumped into the layout and graphic design for CNews. What propelled me forward was the joy and challenge of learning something new and discovering that I was developing a local community of my own. That sense of community – being part of something larger than myself and my local community – being part of something larger than myself and my local neighborhood. That sense of community was featured in the paper, I find myself leaning in for a closer look. I experience a direct connection to the local neighborhood. Some story ideas take months to develop; others take less time. Lately, we have tackled some behind-the-scenes topics such as: determining why some households don’t receive CNews in the mail, developing contingency plans when the content and ads exceed the space available, and defining criteria for events to include in the Concordia community events calendar.

Today, when I see a mural I recognize or a business that was featured in the paper, I find myself leaning in for a closer look. I experience a direct connection to my community. Are you curious about your neighborhood? Come join us with your perspectives, questions and your voice. See where it might lead you.

**Editor’s note:** The Media Team meets monthly on the first Tuesday of the month at 6 p.m. in McMenamins Kennedy School Community Room. You can contact Gordon directly at MediaTeamLead@ConcordiaPDX.org or 503.515.8209. Explore more online at Facebook.com/groups/ConcordiaPDX and ConcordiaPDX.org.

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**Concordia Neighborhood Association**

**MEETINGS**

- **Board Meeting**
  - 1st Wednesday of the month
  - Wednesday, Oct. 4, 7-9 p.m., McMenamins Kennedy School Community Room

- **Annual Membership meeting**
  - Wednesday, Nov. 1, 7-9 p.m., McMenamins Kennedy School Community Room

**Safety & Livability Committee**

- Thursday, Oct. 26, 7-8:30 p.m., 3217 N.E. Ainsworth St., contact: TrulsRobin@hotmail.com

**Social Committee**

- If you’d like to help plan the annual CNA Holiday Party for December and/or plan other fun, community building events, contact Katie Ugolini, 503.449.9690, KT Ugolini@gmail.com.

**Media Team**

- 1st Tuesday of the month, Tuesday, Oct. 3, 6 p.m., McMenamins Kennedy School Community Room, contact MediaTeamLead@ConcordiaPDX.org

**Land Use & Transportation Committee**

- 3rd Wednesday of the month, Wednesday, Oct. 3, 7 p.m., McMenamins Kennedy School Community Room, contact LandUse@ConcordiaPDX.org

**CONTACTS**

- **CNA Chair**
  - Chris Lopez, Chair@ConcordiaPDX.org, 503.290.6871

- **CNA Vice Chair**
  - Daniel Greenstadt, ViceChair@ConcordiaPDX.org

- **CNA Secretary**
  - Steve Elder, Secretary@ConcordiaPDX.org

- **CNA Treasurer**
  - Heather Pashley, Treasurer@ConcordiaPDX.org

**Crime Prevention Coordinator**

- Mary Tompkins, May.Tompkins@PortlandOregon.gov, 503.823.4764

**Neighborhood Response Team Officer**

- Anthony Zoellner, Anthony.Zoellner@PortlandOregon.gov, 503.823.0741

**SUBMISSIONS & ADVERTISING**

- Submissions to CNA 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

**MEDIA TEAM**

- **CNA Board Advisers**: Steve Elder & Daniel Greenstadt
- **Media Team Lead**: Gordon Riggs, MediaTeamLead@ConcordiaPDX.org, 503.515.8209
- **CNews Editor**: Nancy Varekamp, CNewsEditor@ConcordiaPDX.org, 503.740.5245
- **CNews Graphic Designer**: Gordon Riggs
- **Media Team**: Chris Baker, Brian Burk, Kathy Crabtree, Will Goubert, Gina Levine, Riley O’Boyle, Gordon Riggs, Rob Rogers, Susan Trabucco, Nancy Varekamp, Karen Wells, Carrie Wileninger, Dan Werle
- **Website Managers**: Tami Fung, Gordon Riggs

**Facebook Manager**: Eric Hoyer

**Advertising Representative**: Gina Levine, CNewsBusiness@ConcordiaPDX.org, 503.891.7178

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**Help make Concordia (even) more livable**

The Safety & Livability Committee is an avenue to focus on issues that affect the quality of the Concordia neighborhood, and to propose plans and recommendations – not only to your CNA Board of Directors, but also the city leaders. Topics may include, but are not limited to:

- Air quality
- Crime
- Disaster preparedness
- Home safety for residents
- Noise and nuisance concerns
- Stronger community emphasis
- Traffic and street safety
- Zoning issues

Interested? Write to Truls Neal, chair: TrulsRobin@hotmail.com

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"**Harvest Theme**" Childrens Drawing Contest!

Two grade categories: K-5 and 6-8.

For official rules and entry form, pick up the ConcoridaPDX.org/ concordia-creative.

Submit entries by Tuesday, Oct. 10 in person or mail to:

Country Financial
1460 N.E. Albina St.
Portland, OR 97211

Selected entry in each category will be printed in November CNews. All entries will be posted on ConcordiaPDX/concordia-creative.

Sponsored by Country Financial and Concordia News
Oregon graces local retaining wall mural

Concordia News

October 2017 | Page • 3

Make your voice & vote heard at annual meeting

Se ven positions on the Concordia Neighborhood Association (CNA) Board of Directors are up for re-election/election at the Wednesday, Nov. 1, CNA Annual Membership Meeting “Terms expiring Dec. 31, and the incumbents, are: • East 1, Tyler Bullen • Southwest 1, Garlynn Woodsong • Northwest 1, Isham “Ike” Harris • At large 1, Robert Bowles • At large 3, Jody Pollak • At large 5, Truls Neal • Chair, Chris Lopez See the map on the opposite page for CNA and district boundaries. Terms begin in January. Each board member commits to attending monthly board meetings, attending regular and special membership meetings, attending CNA-sponsored events and membership on at least one CNA committee. Board members should additionally be willing to represent the community to the city on issues such as land use, livability and safety. They are also ambassadors within the neighborhood and at association events. A candidate must be a CNA member – the primary qualification is residency or owning property or a business within the neighborhood. The age minimum is 14 years, and any nominee younger than 18 must have written permission from a parent. For complete details on CNA elections and positions, visit ConcordiaPDX.org/about-cna/ bylaws/. If you have questions prior to the Nov. 1 meeting, contact board member Ali Novak, AL4@ConcordiaPDX.org. The Nov. 1 meeting begins at 7 p.m. in McMenamins Kennedy School Community Room, and nominations – including self nominations – will be accepted from the floor. You will be asked to sign in at the meeting and confirm your CNA membership to run for election and/or vote.

Homeless in Concordia

Continued from Page 1 from downtown, she said, “This is the only other area I’m familiar with. It’s not so bad in this neighborhood.”

Ashley’s eyes light up and a faint smile spreads across her face when she talks about her dogs. Both share Ashley’s friendliness, and both have endured – and survived – significant health challenges, thanks to Ashley’s care and dedication. Not coincidentally, Ashley’s long-term goal? “I want to be normal. I want to go back to school to get my vet tech degree.”

One suggestion she has for aiding people who are homeless is, “Help us help ourselves. Once you’ve been in this situation for a long time, you forget how to do normal things. I don’t know how to apply for an apartment or write a résumé.”

Dan Werle lives in Concordia with his wife, Anna, and their dogs.

“Then I thought, ‘What about a mural? That’d be great here in the Alberta Arts District.’”

Brian Caufield

It didn’t take Brian, a five-year transplant from the East Coast, long to decide on the design. His job requires driving throughout the state, and he admires every mile of scenery. “I’ve put my roots down here,” he explained. “So I named some of my favorite landmarks to Michael, and we decided to have the mural traverse the state from east to west – like it’s following the sun.”

The mural begins in the Painted Hills, rolls through the Columbia Gorge and past Mount Hood, Hood River and Multnomah Falls. In Portland, it depicts the white stag sign and the St. Johns and Steel bridges – Brian’s favorites – before it crosses farmlands en route to the coast. Like with painting all his public murals, Michael enjoyed interacting with passersby.

“On a neighborhood street, it’s different. You see the same faces regularly,” he pointed out. “And you find yourself becoming part of their schedule, whether it’s walking their dogs, making coffee runs, whatever.”

Michael became so much a part of the neighborhood, he was invited to the September block party.
Friends of Trees (FOT) is nationally recognized and locally known as the Portland metropolitan go-to resource for homeowners who want to plant trees. Working with the organization is hassle-free, and the costs of the trees fit neatly into most household budgets.

Starting this month, and on most weekends through April, volunteers dressed for the weather are sent across Portland neighborhoods with twin goals of planting trees and building community.

Cheryl Brock is the FOT neighborhood coordinator for Concordia. She’s been a Concordia resident for nine years, seven of those years as a FOT volunteer. In the beginning, she contacted FOT for a tree for her home. She enjoyed getting to know the neighbor volunteers who dug the hole, set and planted her tree.

Inspired by her experience, she contacted FOT and offered to help with their tree planting events. Cheryl has never regretted getting involved. FOT’s core value of community engagement to improve livability resonates with her.

Cheryl has never regretted getting involved. FOT’s core value of community engagement to improve livability resonates with her.

Although substantial – FOT has planted 650,000 trees and native shrubs in the Willamette Valley since its inception in 1989 – it’s not the first effort in Portland to increase the tree population. The history of community stewardship and tree planting here can be traced to the Olmsted Brothers’ plans of 1902 and the Albina Neighborhood Improvement Project (ANIP) of the 1960s.

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

Editor’s note: Karen tapped many resources for this story on community tree planting. She shares those resources with you at ConcordiaPDX.org/trees.
Parking takes center stage at general meeting

Parking in the neighborhood was the focus of the Concordia Neighborhood Association (CNA) general membership meeting Sept. 6.

Guests for the evening were Jay Rogers from the Portland Bureau of Transportation (PBOT), and Tony Jordan from Portlanders for Parking Reform. They joined a room full of neighbors who came to discuss residential on-street parking.

The PBOT representative walked folks through the current city of Portland policies related to on-street parking, as well as the pilot project currently authorized by city council and underway with residential permit parking in northwest Portland’s Alphabet District.

The current policies – outside of the Alphabet District pilot project – were developed in the 1980s and are largely focused on areas adjacent to downtown that experience large volumes of commuters driving in to park while at work.

These 30-year-old policies were not developed to address parking problems related to large amounts of visitors – for various purposes – at many times through the day and night, week and weekend. The policies were not designed to address the situation of greater residential demand for than supply of on-street parking.

The Pilot Office for Parking Reform representative then laid out the basic policy points of the residential on-street parking policy toolbox that city council requested, staff developed, and that city council then failed to adopt last December.

This toolbox was developed specifically to address the parking problems on residential streets in Portland today, including how to handle the needs of residents and visitors in neighborhoods that don’t just see commuter-related parking issues.

The toolbox would empower neighbors to work directly with PBOT to develop tailored policies to fit the problems they see in the places where they live.

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They that includes the ability to design policies to match the results of surveys of on-street parking use on individual block faces.

Neighbors had many questions for the group’s website: NoMoreFreewaysPDX.com.

Land use and transportation update

By Garlynn Woodaang
Chair, CNA LUTC

Industrial proposal for Broadmoor site

The developer Homer Williams, known locally for his involvement in the development of the Pearl District and the South Waterfront areas, has proposed to re-zone and re-develop the Broadmoor Golf Course into an industrial area.

A Sept. 12 meeting allowed neighbors to discuss the proposal with the developer’s team. Concerns expressed by residents included:

• Additional pollution due at the very least to increased diesel truck traffic, if not also from point-source emissions from industrial uses that might be sited there.
• Loss of greenspace and wildlife habitat
• Preservation of the Columbia Slough and adjacent greenway, as well as development of the planned Slough Trail bicycle/pedestrian path system through the area

33rd Avenue safety issues

The concerns and alarm experienced by adjacent residents – about speeding vehicles, accidents and unsafe behavior on 33rd Avenue – is the topic of a letter from the Concordia Neighborhood Association (CNA) to the city.

Among the concerns residents voiced to the LUTC, specifically about 33rd Avenue from the overpass up the hill to Holman Street were:

• Parked cars are hit on a regular basis, with mirrors knocked off and more than one vehicle totaled by collisions.
• Speeding traffic is incompatible with the safe routes to school required by the newly-reopened Fashion Elementary School.
• Disconnected bicycle networks in the area force bicyclists into conflict with large freight vehicles.
• The CNA letter to the city proposes various solutions supported by residents, including:
  • Installation of emergency-vehicle-friendly speed bumps
  • Stop signs
  • Traffic signals
  • Pedestrian crossing beacons
  • Removal of on-street parking for replacement with bicycle lanes

Coalition fights I-5 widening

A new coalition has formed of Portlanders working to stop the widening of I-5 at the Rose Quarter. They are requesting city council to remove the project from the Portland Transportation System Plan, an action that would lead to the launching of a regional conversation about the value of the project.

The group is concerned that this project will:
• Have little or no impact on congestion due to induced demand
• Consume scarce dollars – to the tune of $450 million – that are much needed for transportation projects elsewhere in Portland, particularly in east Portland.
• Result in reduced air quality near schools, parks and neighborhoods.
• Be a step in the wrong direction for the commitment to reducing greenhouse gases.

More information is available at the group’s website: NoMoreFreewaysPDX.com.

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, or email LUTC_Secretary@ConcordiaPDX.org to join the LUTC notification list.

Many other related issues

By the end of the evening, it seemed clear that neighbors wanted to see the parking policy toolbox adopted by city council.

Then they would have the option to decide for themselves what parking policies to implement in the neighborhood – when, how and where. That would also include the details of how much it would cost, how the funds would be used and who would pay.

The CNA Board of Directors recommends Portland City Council put the Parking Policy Toolbox back on its agenda, and vote to pass it ASAP.

We welcome your rentals and are fully ADA compliant.

The Creative Path Walks series, a signature monthly program, is a labyrinth walking experience and unique community activity.

Visit our website to learn more about renting the space, booking a contemplative walk, or attending other artful events.

CERIMONHOUSE.ORG

What’s Selling in Concordia?

187 Homes sold in RMLS in last 12 months as of Sept 13th

9.6% Increase in Average Sale Price since 2016

Avg. Sale Price in 2016: ................ $469,377

Avg. Sale Price currently: ........... $519,247

Avg. Days on market: ............... 23

This information provided by
Mark Charlesworth, Concordia resident & Broker
Keller Williams, Portland Central.
charlesworthhomes@gmail.com | 503.807.9911
**Small grant apps due in December**

Is there a community project you'd like to spearhead in Concordia? The 2018 Neighborhood Small Grants Program is now open for applications. The deadline is Dec. 1 and Northeast Coalition of Neighborhoods (NECN) hosts a Thursday, Oct. 12, information session and workshop. It's at 7 p.m. in the NECN office, 4815 N.E. 7th Ave.

Each year, NECN awards grants of $1,500 to projects based in the inner northeast and north neighborhoods. Funds – $100,000 city wide for 2018 – are distributed by the Portland Office of Neighborhood Involvement (ONI) to NECN and the other six neighborhood coalitions.

The competitive process challenges neighborhood and community organizations to present plans to improve the quality of life for residents. Awards are selected based on project potentials to:

- Involve and benefit a diverse, broad group of people
- Build leadership, identity, skills, relationships and partnerships – especially with and among historically underrepresented populations
- Increase community capacity to influence public decisions and shape the future of inner northeast and north Portland

For details and application information, visit NECoalition.org/neighborhood-small-grant-opportunities-2016-2017 and/or contact Fran Ayaribil, fran@necoalition.org, 503.388.9488.

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**Concordia benefits from 2 recent grants**

Civil rights and art were the emphasis of two grants received by Concordia neighborhood applicants from last winter's NECN small grants cycle.

One was the Fernhill Park restroom mural project conducted by Beaumont Middle School residents and dedicated during Concordia Neighborhood Association's National Night Out event in August. If you missed the story in the September CNews, find it at ConcordiaPDX.org/concordia-news/concordia-news-downloads/.

The other is "Women of the Civil Rights Movement" at McMenamins Kennedy School History Pub next March. It is one element of the larger project, "Racing to Change: Oregon's Civil Rights Years," an interactive exhibit and associated programs about the courage, struggle, and progress of Oregon's black residents during the civil rights movement in Oregon in the 1960s and 1970s.

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**Aging Well meeting set for Oct. 21**

The Aging Well Conference moved from Concordia University this year to the University of Portland. It's slated for Saturday, Oct. 21, in the Buckley Center, 5000 N. Willamette Blvd.

Doors open at 8:15 a.m. for the free event. The program fills the day from 9 a.m. to 4 p.m.

This year’s theme is "Toward Resilience: Building a Community for All Ages." Presentations, interactive and informative learning opportunities cover a variety of topics, including:

- Building community and social networks
- Managing chronic conditions and maintaining well-being
- Economic security and entrepreneurship
- Shared housing
- Building intergenerational friendships and networks of support
- Emergency preparedness

Find more information and register at MultCo.us/agingwellconference.
Sanctuary cohort takes shape here

Our world, our country, our city and our neighborhood need sanctuaries. So creating sanctuary for immigrants is the focus of local nonprofit Interfaith Movement for Immigrant Justice (IMIRJ).

Founded in 2006, IMIRJ advocates for just immigration policies, as well as direct action like coordinating physical sanctuary for an immigrant seeking protection from deportation – the rarest form of sanctuary.

When social and political tensions began to climb across the U.S. last year, IMIRJ formed a Portland Sanctuary Cohort, and more are forming across Oregon.

During the past six months, Concordia’s Leaven Community Center has been IMIRJ’s meeting point for the local sanctuary movement to develop local leadership to resist unjust immigration policy.

Each month between February and July, Portland Sanctuary Cohort convened about 100 volunteer leaders from 24 faith communities to build our capacity to take coordinated action for immigrant justice.

At these dynamic gatherings, we shared our experiences and questions, received training, and built our congregational and personal capacity. They were a combination of action, coaching and spiritual underpinnings.

Located on Killingsworth Street, Leaven is a four-year-old nonprofit at the former Redeemer Lutheran Church. It is now an intentional community of neighbors and friends rooted in building relationships through sharing stories and acting collectively.

Leaven, which includes Salt & Light Lutheran Church, is on a similar journey to many other congregations across Oregon, and is actively exploring what resistance to unjust immigration laws could look like.

In July we gathered to share our migration stories, followed by meetings on physical sanctuary in August and September.

Leaven will formally make our sanctuary declaration Oct. 15.

“Sanctuary is a powerful vision that is unfolding in our neighborhood. Find your way to create a community that is welcoming for immigrants and refugees. Whether it is through a congregation, IMIRJ or another path, there are many ways to get involved.”

Rita is a Concordia resident who worships at Salt and Light Lutheran Church, a part of the Leaven community. She also serves on the board of IMIRJ. She’s passionate about social justice, yoga and organic gardening.

Interested in more info?

Connect with this sanctuary movement at IMIRJ.org, LeavenCommunity.org, Facebook.com/imirj.oregon and/or Twitter at @IMIrJ1.

Rita Jiménez
October 2017 | Page • 7

By Rita Jiménez
IMIRJ

Leaven will formally make our sanctuary declaration Oct. 15.

“As we listened to our neighbors’ stories and developed relationships, we could not ignore the fear and real threat our immigrant neighbors and members face.”

– Pastor Melissa Reed

Sanctuary is a powerful vision that is unfolding in our neighborhood. Find your way to create a community that is welcoming for immigrants and refugees. Whether it is through a congregation, IMIRJ or another path, there are many ways to get involved.

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Interested in more info?

Connect with this sanctuary movement at IMIRJ.org, LeavenCommunity.org, Facebook.com/imirj.oregon and/or Twitter at @IMIrJ1.
Bakery offers case study in (delicious) growth

Eden just got bigger. So did its menu of meals and treats to tempt you.

The Back to Eden Bakery storefront now has a neighboring café that offers breakfast, Sunday brunch, lunch and dinner.

It’s the latest in the ever-growing business for John Blomgren and Garrett Jones. They first opened in 2007 as a wholesale bakery, complete with organic garden, in a house at 58th Avenue and Killingsworth Street.

“By 2009, we realized we wanted a different experience,” John recalled. “We wanted to connect with the community. We wanted to see people enjoy our baked goods.”

They leased the small space that’s now called the Back to Eden Dessert Bar at 2217 N.E. Alberta, and reduced their wholesale sales.

When a building behind the new Back to Eden Café at 2215 N.E. Alberta became available in 2011, they moved the kitchen there.

In 2013, the 3,000-square-foot space behind the original shop became available, and now serves as office and storage space.

Notice the growth spurts are in odd-numbered years?

In 2015, they were asked to join a food cart pod at S.E. 28th Place and Division Street. “It’s more like a shop than a cart,” John said of the wood exterior. That year they also resumed more of their wholesale business.

Each of the three retail outlets carry the same branding, with a pastel color palette that’s clean, quiet and refreshing. What began with a vegan cupcake and two employees – John and Garrett – in 2007 now tops 40 employees and countless edible offerings.

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What began with a vegan cupcake and two employees – John and Garrett – in 2007 now tops 40 employees and countless edible offerings.

“By 2009, we realized we wanted a different experience,” John recalled. “We wanted to connect with the community. We wanted to see people enjoy our baked goods.”

They leased the small space that’s now called the Back to Eden Dessert Bar at 2217 N.E. Alberta, and reduced their wholesale sales.

When a building behind the new Back to Eden Café at 2215 N.E. Alberta became available in 2011, they moved the kitchen there.

In 2013, the 3,000-square-foot space behind the original shop became available, and now serves as office and storage space.

Notice the growth spurts are in odd-numbered years?

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“Call it exercise, fitness or movement,” explained. “This is a place for diverse people to be seen, and to see each other. “It’s important to make space for that. Our goal is for everyone to think this is a place where they fit in.”

“A longtime yoga practitioner – and now certified yoga instructor – plus a 16-year veteran of various dance styles, Theresia is enjoying the job. “I’ve worked as a manager before, but never on a project like this,” she said with a laugh. Now she and business partner Laura Voss are involved with the process from meeting teachers, to inspections, to convening with Nick and Rita Boyer, the builders/owners of Makers Row.

And she’s learned to be patient with delays. “The rain slowed down the beginning of construction. Even the ash impacted us because construction workers were released early a couple of days when the air quality got bad, and when we were nearing completion.”

Makers Row is a three-story project, with (com)motion as one of two businesses – along with Rawdacious Desserts – on the ground floor. Nineteen apartments share the rest of the building.

As of press time, (com)motion’s grand opening was being planned for some time in October. For details, contact Theresia at 971.217.8240 or Theresia.commotion@gmail.com, or visit commotionpdx.org.

By Nancy Varekamp

Get the move on – (com)motion opens this month

Soon this month, 4520 N.E. 42nd Ave. will be the latest place for people who want to move. Call it exercise, fitness or movement. Our 42nd Avenue sponsors the new business and calls it “community in motion,” (com)motion for short. The parentheses are silent.

Collaborative efforts between Our 42nd Avenue, Theresia Munywoki and community members are funding the build out. Once open, Theresia will manage the space and oversee its operation while acting as liaison between teachers.

Classes may range from quiet, gentle yoga to the less quiet voguing, Zumba, dance and martial arts. Although no one will be turned away, the emphasis at (com)motion is on teachers and students of diverse backgrounds.

Theresia Munywoki, (com)motion manager, and Michael DeMarco, Our 42nd Avenue district manager, have spent countless hours, days, weeks and months getting ready for the movement center’s opening. The building is nearing completion, so stay tuned for that October celebration.

DIY project not going so well?

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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.
It’s important to get the subtle flow going

Unlike blood, the lymph has no pump of its own, and relies on passive pumping by the action of muscles around the vessels to do the work.

The subtle flow

I'm referring to is the lymphatic system. It’s responsible for removing waste products and toxins from the body. Unlike blood, the lymph has no pump of its own, and relies on passive pumping by the action of muscles around the vessels to do the work.

But, in modern life, we spend vast amounts of time sitting. That causes stagnation in the body and, when the lymph is not working properly, toxins and waste products can build up and make you sick.

The lymph is drained from three areas of the body into “watersheds,” which, in turn, drain into the duct at the left axilla. (Nice word than armpit, don’t you think?) To assist this flow, there is a wonderful routine you can use called dry skin brushing.

It can stimulate lymph flow. It can also improve skin texture by exfoliating, which can increase the skin’s ability to expel toxins. It is invigorating and has been practiced by many cultures, both modern and ancient. Native Americans variously used sand and corn husk, and Japanese use loofah.

One video I like is by Trista Thompson. Search her name with “dry skin brushing” and you should find it. Or, you can contact me for a paper copy of the routine.

CU soccer team members celebrate a goal in a 2016 match. You’re invited Oct. 7 for a doubleheader soccer match to help celebrate the Cavaliers entry into NCAA Division II. Photo courtesy of Chris Oertell, Concordia University

Oct. 7 doubleheader celebrates NCAA II

A ceremony and two soccer games Saturday, Oct. 7, celebrate Concordia University (CU) being accepted as a full member in NCAA Division II.

The public, community-wide celebration begins at 12:45 p.m. at Hilklen Community Stadium. At 1 p.m., the women’s soccer team takes on Simon Fraser. At 4 p.m., men’s game is against Seattle Pacific.

Both games offer free admission, as well as activities for children and families, with access to food vendors.

During halftime at the women’s match, the Cavaliers will recognize scholar-athletes and, during halftime of the men’s match, the Department of Athletics will recognize its Hall of Fame Class of 2017 inductees.

“NCAA Division II affords our student athletes opportunities to excel at the highest level both academically and athletically,” said Lauren Eads, CU interim athletics director. “We are thrilled to join this group of prestigious institutions.”

NCAA II approved CU during the summer, the final step of a three-year process. As the university has expanded, so have its student athletics programs and facilities. In the past year:

• 45 Concordia student-athletes received All-GNAC honors.
• 76 students were named to the GNAC All-Academic Team.
• The Cavaliers also had their first DII All-American in Meghan Luebbert.
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• The Cavaliers also had their first DII All-American in Meghan Luebbert.

Contrast the subtle flow.

Unlike blood, the lymph has no pump of its own, and relies on passive pumping by the action of muscles around the vessels to do the work.

It’s important to get the subtle flow going, and rely on passive pumping by the action of muscles around the vessels to do the work.
Here's a DIY to research your home's history

Editor's note: Neighborhood historian Doug Decker is on the river this month. So here's a condensed version of his DIY sleuthing tips from AlamedaHistory.org. These are the sources he taps for the histories of local homes.

**Multnomah County Division of Assessment & Taxation**
Microfilm on file at 501 S.E. Hawthorne Blvd. reveals home ownership over the years, when and between whom it changed hands, selling costs, property valuation, etc. As you search through the early years of the 20th century, be sure to “watch” the rest of the neighborhood – not just your property – for some interesting changes.

**Sanborn Maps**
Sanborn Fire Insurance Co. mapped Portland and hundreds of other American cities from 1879 to the early 1960s. These maps come in handy, particularly for finding the original address for your house. The Portland street grid was completely renumbered in 1933 so, if your house was built before then, the address you have today will not be much help. These are available at the Oregon Historical Society (OHS) Library, and online via the Multnomah County Library System. Be sure to go look at the originals just for fun, and because they are a sight to see.

**Polk Directories**
Even if you aren’t looking for your own house, these directories read like annotated histories of Portland life. Compiled by street address, they list the names and professions of the people who lived in your house. While not an official public document like you’ll find at the county, these directories are quick and easy to search, and make for fascinating reading. You’ll find these at the OHS Library and at the Multnomah County Library.

**Building Permits**
City of Portland Permit Center, 1900 S.W. 4th Ave., 503.823.7660. You’ll be surprised how much you can learn about your house by looking at building permits. The folks there are very helpful. Drop by, fill out the form, provide your address and see what they bring back. This typically costs $15 for a copy of your original building permit.

**Other Sources**
You can extend your detective work, which could include searches through biographical indexes, Oregon death records, U.S. Census records (now available up through 1930), and obituaries. With a little luck, these sources are going to lead you to real live people, memories, stories and – if you are determined and lucky – maybe even photos. As you conduct your search, keep good records and notes, keep an open mind, use deductive reasoning and have fun.

If you get stuck and want a sounding board, drop Doug a note at Doug@AlamedaHistory.org. He prepares house history studies for clients who don’t have the time, but is also glad to help you get unstuck, or just offer some words of advice on your own search.

If you have a question for the neighborhood historian, email CNewsEditor@ConcordiaPDX.org.
Concordia community events calendar

Sunday, Oct. 1, Saturday, Oct. 28   RAIN GARDENS 101
Locations: various   Join the Columbia Slough Water Council & East Multnomah Soil & Water Conservation District for this workshop. Learn how to build your own rain garden, explore the critical role rain gardens can play in urban stream restoration, & how they add beautiful landscaping to your yard at the same time.
   - Oct. 1: 1-6 pm, Bridgeport United Church of Christ, 621 NE 17th Ave
   - Oct. 28, 10 am, 1 pm, Columbia Neighborhood Office, 4815 NE 7th Ave
Details/register: emswcd.org/ workshops-and-events/

Tuesday, Oct. 3; Thursday, Oct. 5   LEAD POISONING PREVENTION WORKSHOP
Location: various   Participants learn how to prevent lead exposure in the home, especially around doors & windows
   - Oct. 3: 6-7:30 pm, Albina Library, 605 NE 15th Ave
   - Oct. 4: 2-3:30 pm, NE WC, 5230 NE Martin Luther King Jr Blvd
Details/register/additional dates & locations: communityenergyproject.org, 503.284.6827 ext. 109

Thursday, Oct. 5, 9-6 pm   ST. MIKE’S KITCHEN
Location: St. Michael's Lutheran Church kitchen, 6770 NE 29th Ave   Join others in the kitchen to cook & eat. Key sliders, apple slaw, baked sweet potato fries & key sliders, apple slaw, baked sweet potato fries
Details/RSVP: st.mikes@kitchencommons.net, 503.997.2003
Saturday, Oct. 7, Thursday, Oct. 12; Sunday, Oct. 15 - WEATHERIZATION
Location: various   Workshops for homeowners & renters teach participants how to stop drafts in their homes, especially around doors & windows to save energy & increase comfort.
   - Oct. 7: 2-4 pm, Hollywood Library, 4040 NE Tillamook St
   - Oct. 12: 6-8 pm, North Portland Tool Library, 2200 N Vancouver
   - Oct. 15: 2:30-4:30 pm, Gregory Heights Library, 7921 NE Sandy Blvd
Details/register: communityenergyproject.org, 503.284.6827 ext. 108

Sunday, Oct. 8, 10 am-1 pm   BIKE THE LEVEES
Location: Blue Lake Park, 20500 NE Marine Dr Driveway, 20500 NE Marine Dr Driveway   Bring your bike & your friends for a tour of Portland’s levee system on this 15-mile, easy terrain ride cosponsored by the Multnomah County Drainage Districts. Learn about Portland’s levee system that protects people & properties from flooding. Helmets are required & Event is recommended for ages 12.
Details/registration: columbiaslough.org/events, susanne-raymond@columbiaslough.org, 503.281.1132
Tuesday, Oct. 10, 6-6 pm   RACE TALKS
Location: McNamara Kennedy School Community Room   Learn about the different kinds of pollinators – flies, beetles, moths, butterflies, etc. – that might help flowers set seed, & help fruit & vegetable plants produce excess produce. Workshop is sponsored by Concordia Neighborhood Association & the East Multnomah Soil & Water Conservation District.
Details/registration: emswcd.org/ workshops-and-events/
Thursday, Oct. 12, 7 pm   NECN SMALL GRANTS WORKSHOP
Location: NECN office, 4815 NE 7th Ave   Community projects will vie for $1,500 grants from Northeast Coalition of Neighborhoods. Although the application deadline isn’t until Dec. 1, this workshop will prepare potential applicants for the process.
Details: necoalition.org/neighborhood-small-grant-opportunities-2016-2017, Fran Ayartil, fran@necoalition.org, 503.389.1180

Thursday, Oct. 12, 11:45 am-12:15 pm   ST. MIKE’S KITCHEN
Location: St. Michael’s Lutheran Church, 6770 NE 29th Ave   Join seniors for a free meal & conversation.
Details/RSVP: st.mikes@kitchencommons.net, 503.997.2003
Tuesday, Oct. 17, 11 am-3 pm   EASTERN GHOSTS & MYSTERIES WORKSHOP
Location: NECN office, 4815 NE 7th Ave   Learn about the different kinds of pollinators – flies, beetles, moths, butterflies, etc. – that might help flowers set seed, & help fruit & vegetable plants produce excess produce. Workshop is sponsored by Concordia Neighborhood Association & the East Multnomah Soil & Water Conservation District.
Details/registration: emswcd.org/ workshops-and-events/

Tuesday, Oct. 24, 7 pm   DANCING IN THE STREETS
Location: Whittaker Ponds Nature Park, 7040 NE 47th Ave   Differently-abled individuals, 18 & older, are invited to dance in nature. October theme is “Monster Mash.” Admission & registration: $5 per participant & first companion is free. Details: offthebeatcheckers@gmail.com, 503.702.2394

Sunday, Oct. 29, 1-3 pm   ST. MIKE’S KITCHEN
Location: St. Michael’s Lutheran Church, 6770 NE 29th Ave   Join seniors for a free meal & conversation.
Details/RSVP: st.mikes@kitchencommons.net, 503.997.2003

Church opens in Concordia

A new church in Concordia opens the doors of the Rose Theatre, 3000 N.E. Alberta St., Sunday, Oct. 1, at 10 a.m.

Services are planned for every Sunday morning, with programs for children available.

C3RipCity.org leaders Seth and Karen Brooks have served several churches as pastors over the last two decades. They offer a diverse blend of ministry and the celebration of diversity,” the Brooks report on the church website, C3RipCity.com. “We enjoy a shared respect for others and a capacity to appreciate the journey of a fellow traveler.”

Part of C3 Americas, the new church participates in a global movement of churches that currently include 400 in 64 countries.

For details, visit the website or contact Seth at Hello@c3ripcity.com or 503.701.0165.

Looking for a home game?

News now publishes an online schedule of local high school athletic events, Find it updated each month at ConcordiaPDX.org/school-athletic-events. This month’s schedule features: home football and volleyball games of Jefferson High School; football, volleyball and soccer home games at St. Mark’s High School; and home games for Concordia University’s women’s soccer, men’s soccer and volleyball teams.