Stay tuned for 2018 CNA events details

**March 30:** Stuff plastic eggs at American Legion Post 234, 2104 N.E. Alberta, 5-8 p.m.

**March 31:** Spring Egg Hunt, Fernhill Park, 10 a.m. SHARP

**May date TBD:** neighborhood clean up

**Summer date TBD:** Neighbor hood-wide yard sale

**July 23:** Northeast Sunday Parkways, course TBD

**July Fridays:** Concerts in the Park

**August date TBD:** National Night Out concert & movie

**December date TBD:** Holiday Party

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**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.

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**Perfectly timed for Black History Month, February brings multiple screenings of the new film “Priced Out: 15 Years of Gentrification in Portland, Oregon.”**

The documentary is part time capsule, part breaking news. It offers glimpses of street scenes that have either been demolished or remodeled beyond recognition, and might leave you wondering what parts of the neighborhood will be the next to go.

Director Cornelius Swart touches on urban planning and macroeconomics, but his focus is on the very personal toll gentrification has taken on members of the African-American community.

The story is told through the personal history of Nikki Williams, who lived what seems like several lifetimes in the Albina area. That historical designation includes Concordia.

Like many African-Americans her age, she had a happy childhood in a vibrant community, but saw that community eviscerated by years of governmental neglect and later by drugs and gangs.

Then, as crime diminished and the neighborhood began to turn around economically, Nikki and her friends and family were priced out of their homes. They became internally displaced persons, living with the pain of losing the only home they’d known and being displaced by a more affluent white population that seemed not even to care.

The concept of community was central to the film’s production. The director, a professional journalist who also launched and ran community newspaper The Portland Sentinel and managed content for GoLocalPDX.com, assembled an all-volunteer team to document the social and economic upheaval of gentrification.

The team’s first product was the 2002 documentary “Northeast Passage: The Inner City and the American Dream.” In it, viewers meet young Nikki in her new Habitat for Humanity home. In “Priced Out” you see her make the difficult decision to sell and start a new life in another city. (Spoiler alert: it’s Dallas, and she loves it.)

There are several screenings this month. Visit PricedOutMovie.com/new-events. The two closest are:

- Thursday, Feb. 1, 6:30 p.m., Portsmouth Union Church, 4775 N. Lombard St., and Friday, Feb. 16, 6 p.m., Self-Enhancement Inc., 3920 N. Kerby Ave.

People who have already seen the film recommend staying for the community discussion afterward. To schedule a screening visit PricedOutMovie.com.

You can watch a 2017 remastering of “Northeast Passage” on YouTube. Another documentary the director recommends is “Losing Alberta: Gentrification in Northeast Portland,” put together by a team of Grant High School students, also available on YouTube. Visit ConcordiaPDX.org/cnews-updates for links to these two videos.

Joel is a freelance writer and editor who has lived in Concordia since 2000.

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**See Page 4**

For decades Albina — including North Williams Avenue in 1969 — and its residents suffered under redlining, destructive urban renewal projects and the social chaos of the drug wars. Photo courtesy of the Oregon Historical Society

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**See Page 6**

GET IT FIXED AT THE FIX-IT-FAIR

Quick fixes and resources are available at the Feb. 24 fair.

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**See Page 8**

BEES ARE HIS BUSINESS, HOBBY

Glen Andresen shares his house, yard with cats, bees.
Can you survive a disaster? Let’s figure it out together

Just read the headlines. It’s proved true worldwide in areas that have experienced disasters – natural and otherwise. Neighbors are the first to respond to help each other survive until the professionals can get there.

We’re fortunate to live in Multnomah County, where trained professionals make emergency plans for the local infrastructure. And we have the Concordia-Vernon-Woodlawn Neighborhood Emergency Team (NET) with committed volunteers ready, willing and able to respond. They plan and practice regularly to do their best in a disaster. Where you and your family will do to make those plans and assure the safety for your family and your neighbors?

The Concordia Neighborhood Association (CNA) is the ideal catalyst. After all, our stated mission is to ‘connect’ Concordians. The 12 members of the CNA board of directors can’t do it alone. And the NET can’t do it all for you. We need to be ready to help ourselves.

As neighbors, we in Concordia must pull together, in a disaster. Where can you look for help to connect to make those plans and assure the safety for your family and your neighbors?

We’ve heard it over and over again. The “big one” is going to hit here eventually. And earthquakes aren’t the only threats that may face us. Severe weather, natural disasters, industrial accidents – they all have the potential to put us in danger. This isn’t about alarmism. It’s about resiliency. Block by block, we need to plan how we’ll react until the professionals can get there.

The Concordia Neighborhood Association

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

General Meeting
Wednesday, March 7, 7-9 p.m., McMenamins Kennedy School Community Room

Safety & Livability Committee
2nd Tuesday of the month
Tuesday, Feb. 13, 7-8:30 p.m., McMenamins Kennedy School Community Room

Social Committee
If you’d like to help plan the annual Spring Egg Hunt for March and/or plan other fun, community building events, contact Katie Ugolini, 503.449.9690, KTUgolini@gmail.com.

Media Team
1st Tuesday of the month, Tuesday, Feb. 6, 6 p.m., McMenamins Kennedy School Community Room, contact MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee
3rd Wednesday of the month, Wednesday, Feb. 21, 7 p.m., McMenamins Kennedy School Community Room, contact Jody Pollack at East1@ConcordiaPDX.org

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Truls Neal, TrulsRobin@hotmail.com
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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

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No need for a price party!
The Community Room at McMenamins Kennedy School is available for your next gathering, book club, birthday, baby shower or special occasion. Concordia manages the rental space & benefits from the proceeds.

Price: $25/hr ($15/hr for nonprofits)
Email: CNARoomKennedy@gmail.com

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Feature & Fun Stuff!
A mural inspired by signature fashions of the 1950s, 1960s and 1970s momentarily transports the viewer back in time. It's no coincidence that it adorns a wall of Silhouette Design, Tailoring and Dressmaking.

Julia GaRey, women’s tailor and dressmaker, had been wanting a mural painted on the side of the building for years. She wanted a mural that captured the art of vintage sewing patterns, despite the limited space of the 12-foot eastside wall. Hers is the smallest shop on the block.

Building owner and 30-year Beaumont-Wilshire resident Georjean Melonas was very supportive of the project. She was instrumental in guiding Julia through the permit process with the city and with the Beaumont-Wilshire Neighborhood Association.

Location: Silhouette, 4225 N.E. Fremont St., at the opening to parking behind the building.

Artist: Raziah Roushan has lived in Portland for about seven years. San Diego is her hometown and where she got her start as a muralist. She received her bachelor's degree in painting from Pacific Northwest College of Art and has more than 20 large-scale murals in her portfolio. She recently finished three murals for the Cedar Hills Crossing Mall renovation. To see more of her murals visit: RaziahRoushan.com/galleries/murals/.

Raziah loves working with clients during the creative process and receiving positive responses from the community. While working on this mural, a 90-year-old resident stopped to watch her work and commented, “I've never seen a muralist in action. Fascinating.”

What the mural represents: The art of sewing and signature vintage fashion styles using the mannequin form.

Installation: 2016

If you have an off-the-rack garment in need of special attention to make it fabulous, Julia may be able to help. See her work at SilhouetteTailoringStudio.com.

Karen is a retired early childhood community educator, health and safety trainer. Reach her at 609.244.7892.

By Karen Wells

CNA board elects officers

There’s just one new officer on the Concordia Neighborhood Association Board of Directors this year. Truls Neal was elected Jan. 3 as vice chair. Re-elected were Steve Elder, secretary, and Heather Pashley, treasurer.

Chris Lopez was re-elected as chair during November’s Annual Membership Meeting. One board position remains open. If you’re interested in volunteering to fill it, contact Chris at Chair@ConcordiaPDX.org.
New on Alberta

Online furniture goes brick and mortar

By Tamara Anne Fowler
CNA Media Team

You are sure you hear Frank Sinatra croon “My Way” as you enter furniture store A Life Designed (ALD). Owner and curator Randy Sloan created ALD 4½ years ago while living in Scottsdale, Arizona. His style leans toward “sophisticated man cave,” Randy explained. “Martinis, the Rat Pack, low lighting, leather.”

While Randy was living in Scottsdale, he moved five times within three years. Each time he needed to downsize, and each time he sold his excess items on Craigslist.

But, when he makes purchases for ALD, Randy does not speculate. He buys only what he loves, what speaks to him. And, as this is the case, many clients find more than one piece to purchase. They all work together.

While Randy was living in Scottsdale, he moved five times within three years. Each time he needed to downsize, and each time he sold his excess items on Craigslist.

During one of those down sizings a husband and wife contacted him. They were buying furniture for their son in Soho. They were scavenging Craigslist for pieces. They were astonished by all that Randy was selling.

“You’re taste is exactly what our son loves,” he was told. “Are you an interior designer? You should be.”

The couple asked what he would charge for everything: couches, art work, everything. They cleaned him out, packed everything in their trailer and headed off to New York.

ALD started as an online business in 2013 – ALDPDX.com – which thrives to this day. Randy buys a lot from Los Angeles estate sales and people moving. He has clients in Tokyo, Scottsdale and even Tokyo. Shipping alone cost a Tokyo client twice what he paid for a 1950s midcentury modern desk.

Scottsdale was getting expensive and Randy had no real storefront. Coming to Portland, Randy looked in the Pearl, but

Save the Date!

Spring Egg Hunt
Saturday, March 31
Fernhill Park

The hunt begins at 10 am SHARP.
Don’t be late – it ends in a flash!

Volunteers needed to:
• stuff 6,000 plastic eggs with candy on Friday, March 30
• hide 6,000 candy-filled eggs on Saturday, March 31

Contact Katie Ugolini at Social@ConcordiaPDX.org or 503.449.9690.

Sponsored by Concordia Neighborhood Association & American Legion Post 134
BDS issues tiny home guidelines

The commissioner made the request as an acknowledgement of her belief that, “Housing is a basic need and a human right.”

The city is revising development and design standards projects were approved in December. Comments submitted are being summarized in a report that was due to be published in late January.

The Planning and Sustainability Commission will begin discussing the project Feb. 13 and continue through March, April, May and to a scheduled work session and recommendation June 26. That recommendation will then be presented by project staff to Portland City Council, likely with a new public comment period during the summer.

Better Housing by Design status

The Better Housing by Design Project is revising development and design standards in Portland’s multi-dwelling zones (R3, R2, R1) outside the central city, which is governed by a separate central city plan.

The Planning and Sustainability Commission will begin discussing the project in May and continue through to a scheduled work session and recommendation on July 10. That recommendation will then be presented by project staff to Portland City Council, likely with a new public comment period during late summer and early fall.

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/lutc, send your questions to LandUse@ConcordiaPDX.org, or email LUTC_Secretary@ConcordiaPDX.org to join the LUTC notification list.

Land use & transportation committee update

By Garlynn Woodsong
Chair, CNA LUTC

Speed limits reduced

On Jan. 17, 2018, Portland City Council reduced the speed limit on all residential streets from 25 miles per hour to 20. This move will help reduce crashes, save lives and get the city one step closer to reaching Vision Zero goals. Lowering speed limits by five miles per hour may seem like a small change, but research shows it can go a long way in reducing both the likelihood and seriousness of crashes on the streets.

The city plans to replace speed limit signs on residential streets between February and April. Speed limits were reduced previously on Alberta Street from 25 to 20, on Ainsworth Street from 30 to 25, and on 42nd Avenue from 30 to 25.

Comprehensive Plan Update status

The Portland Comprehensive Plan was adopted by Portland City Council in June, and the package of early implementation projects were approved in December. Those include: changes to the zoning map, zoning code and other implementation documents.

The entire plan is now under review by the state Department of Land Conservation and Development. Pending that department’s acknowledgement, the new plan will take effect in May.

Map Refinement Project status

The Map Refinement Project, which makes small changes to the zoning map to bring it in alignment with the comprehensive plan, was reviewed and voted on by the Portland Planning & Sustainability Commission in November. Project staff is expected to release the recommended draft to the city council in February.

The public comment period will then be open on this draft through the remainder of winter and into early spring.

Residential Infill Project status

The Residential Infill Project is rewriting the zoning code in Portland’s low-intensity residential zones (R2-5, R3, and R7). The Concordia Neigh-

By Garlynn Woodsong
Chair, CNA LUTC

By Garlynn Woodsong
Chair, CNA LUTC

Heart in Hand Preschool

Waldorf in the neighborhood since 2002
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Parent-Child Classes Starting Monthly
www.heartinhandpreschool.com

Find more news on our website: ConcordiaPDX.org
Find repairs, resources at Fix-It Fair

By Tamara Anne Fowler
CNH Media Team

The Fix-It Fairs are a great resource for neighbors who want to learn how to save money, keep their families healthy and improve their homes,” Arianne Sperry reported.

She should know. Arianne is a city employee and nearby neighbor – just four blocks into Woodlawn neighborhood – who has volunteered for more than five years at the events. You may see her at the Saturday, Feb. 24, fair between 9:30 a.m. and 2:30 p.m. at Madison High School.

There are exhibitors who can answer questions and point you in the right direction on a number of topics from pesticide-free gardening, to recycling, to how to get around by bike,” she said.

"You can even pick up free helpful tools like a faucet aerator or a lead paint test kit."

The Fix-It Fairs occur three times a year during the winter months, when people are thinking the most about utility savings, keeping healthy and budgeting household finances. The fairs have been held continuously for 31 years.

Sponsors are the Portland bureaus of Planning & Sustainability and Water, Energy Trust of Oregon and Pacific Power, with KUNP Univision and KBOO Community Radio as media sponsors.

The sites change from year to year. Fairs are usually held at middle or high schools which have the room needed to host upwards of 70 community program info tables and the classrooms for dozens of workshops. The Madison event is the closest of the 2018 Fix-It Fairs to Concordia neighborhood.

"You can bring in things that need repair, like clothes or small appliances, and that alone makes a visit worthwhile," Arianne explained. "But my favorite part of the fairs are the classes. As a new homeowner, a lot of home improvements feel really daunting."

"A lot of people come with a specific class in mind or an item that needs repair. I direct them to the classroom or the repair café."

"And then, when they’re heading out, I love to hear their excitement at a mission accomplished. They’re waving their now-working lamp or they’ve got a look of determination in their eyes – and an armful of supplies – as they head home to disconnect their downspouts."

"Everything is free, including lunch,

Volunteers at Fix-It Fairs repair Portlanders’ clothing, appliances and more. The next fair is at nearby Madison High School Saturday, Feb. 24. Admission is free.

Arianne Sperry works for the city department that facilitates three Fix-It Fairs a year, but she volunteers at the events. Classes, information and even on-the-spot repairs are available. Photos by Nancy Varekamp

"The Madison event is the closest of the 2018 Fix-It Fairs to Concordia neighborhood.

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Concordian enjoys ‘pay back’

Three days per week Helen Horton, a delightful senior citizen, leaves the easy comfort of retirement to volunteer at Providence St. Vincent Medical Center’s two gift shops.

For the past 28 years, Helen has worked behind the scenes pricing and stocking the two shops that together gross about $1 million annually.

Helen is a longtime resident of the Concordia neighborhood. That’s a long way from the small coal mining town in Wyoming where she met her husband. Three kids and seven grandchildren later, she finds joy in service.

You’ll find one gift shop in the hospital lobby. Greeted by Geoffrey, a 5-foot-tall stuffed giraffe, visitors will discover a delightful variety of gifts, cards, magazines, floral arrangements, toys and many items for newborns.

The East Pavilion lobby shop has gifts for every occasion, including seasonal home decor, clothing, jewelry, health and beauty items, creative options for babies and pets, and unique items for kids and adults.

After working 35 years in her church office Helen decided to volunteer. A four- to five-month stay at St. Vincent motivated her to “pay back” all the care and kindness she received at that time.

She started volunteering in the nutrition department and eventually transferred to the gift shops. With the exception of the manager, all staff members are volunteers.

Helen claims she was a shy person and volunteering at the gift shop has helped her a great deal. Shy no more, she was eager to discuss the gift shops and how they benefit the hospital.

All profits benefit the Providence St. Vincent Medical Foundation, the philanthropic arm of the hospital. The foundation helps fund leading-edge research, acquire the latest technology and help those less fortunate.

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A four- to five-month stay at St. Vincent motiva...
He’d rather be with his bees and garden

Glen Andresen shares his house and yard on Alberta Court with his cats Boo and Rio. And about 300,000 honeybees.

In addition to beehives, the land around the house he’s owned for 30 years has native fruit trees and organic garden beds. Glen has been keeping bees in his back yard since 1992, and in other people’s back yards since 2002.

Glen has a degree in economics and has studied classical music, but said he’d rather play with bees and dig in the dirt. In addition to keeping bees, Andresen is a master gardener. He’s the host of the long running hour-long edible gardening show, “The Dirt Bag,” heard the second Wednesday of each month at 11 a.m. on community radio station KBOO.

He also teaches backyard organic beekeeping through Portland Community College, and the gardening supply store Garden Fever. Glen was named the Oregon recycler of the year in 2009 by the Association of Oregon Recyclers. In 2013 Glen cofounded Bridgetown Bees, a project whose goal is to breed selectively and raise a Portland strain of honey bee queens here that can survive the harsh winters without treatment of any kind.

“It’s not just the cold that’s hard on bees, it’s the cold and damp,” he said.

Helping reduce the decline of honeybees in the region is an integral goal of the Bridgetown Bees mission.

Since 2006, honeybees have been dying off at an unsustainable rate with billions of bees disappearing in the U.S.

Losses are estimated at greater than 40 percent a year. Today there are half as many beekeepers as there were in the 1980s, Glen said.

“The collapse of honeybee populations also threatens the security of our food supply,” he added.

“Honey bee pollination is critical to the cultivation of over a third of our food supply.”

— Glen Andresen

Honeybee populations are declining at a rate of 15-20% a year. This decline is critical to the security of our food supply. (Glen Andresen)

Glen sells honey and organic produce from his porch self-serve stand, but most honey is sold through a neighborhood co-op grocery and a local donut shop which is known for its honey-coated offerings.

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Glen Andresen studied economics and classical music, but he said he’d rather play with bees and dig in the dirt. So he shares his property on Alberta Court with about 300,000 honeybees.

Here’s how to stick to those pesky new year’s resolutions

It’s that time of year when New Year’s resolutions are getting challenging. I’m not one to make resolutions, but I do like to work on myself and understand how tough that can be.

Changing habits is hard. With the demands of “adulting,” working, maintaining relationships and squeezing in time for fun, it can seem impossible. But it’s not. Sometimes you just need a little encouragement.

Here are some tricks to stay motivated:

• Stop whatever you’re about to do and ask yourself: “How will I feel after I eat that cookie, go to happy hour instead of yoga, watch TV instead of working on my budget, etc.?” Bring yourself back to present moment and remember how the little choices you make add up to real change over time.

• Be your own cheerleader: Leave yourself motivating voicemails. Tell others what you’re doing: This helps create a supportive community and reminds your brain that you’re doing things differently. If you’re not sure who to tell, start with those closest to you, people you meet in new classes/events, or find a Meet-up or Facebook group online.

• Cut yourself some slack. We all have rough days where things don’t go as planned. Be kind to yourself and don’t let a slip-up derail you. Changing a habit is challenging and takes persistence and patience. The nicer you are to yourself, the better results you’ll have and the more you’ll enjoy the process.

It’s never too late to start taking better care of yourself (or get back at it), and the benefits are certainly worth it.

Take it one step at a time, have faith in the process and you’ll see positive change over time.

Changing a habit is challenging and takes persistence and patience.
We aren’t just what we eat... but how we eat.

Eating is one of life’s great pleasures, and the lack of food among its great miseries. Since eating is central to life, isn’t it odd that so many of us eat mindlessly? We binge on what we know is unhealthy. We eat hurriedly, as though it were some chore we have to get through. We try to multitask while we eat – driving, reading, writing, applying makeup, and sometimes eating-driving-texting-reading, texting, applying makeup, and sometimes eating-driving-texting-reading-texting-driving. It may be difficult to slow down and complete each chewing cycle before going for the next fork-full. It may be difficult not to pick up your devices of distraction. You may feel you are “wasting your time” sitting in silence just eating. These can be helpful insights into our inner world of rushing, distracting, and avoiding. Eating mindfully reveals insights and lessons about ourselves. Plus, there are health benefits of being more conscious about what we eat, and how much and how quickly we eat.

Kim Magraw, L.M.T., practices at Concordia Wellness – ConcordiaWellness.com – and is a founding member of Concordia Area Massage and Bodywork Professionals. You can reach her at 503-697-9128. www.concordiawellness.com

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Tucked away in a cozy, smartly-organized, annexed building off 30th Avenue on the south side ofselling Street sits Gnome’s Home, one of Concordia’s best kept secret surpluses of enrichment, energy, and promise.

The building has historically been used as a learning center for young children, who are able to discover – or fine tune – their learning (and playing) skills.

However, over the past year, Gnome’s Home’s reach has expanded beyond the hands of kids alone, and is now providing a space for non-kids to learn different skills, too.

Over the past year, Yvonne de Maat has been working to expand Gnome’s Home’s use. “I’d like more community engagement,” she said. Plant-dyeing, felt-making, and discussions on essential oils are all some of the classes that have been taught for adults in the space.

Yvonne hopes it can be used for even more small classes, covering an even broader scope of topics, in the coming year.

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Eating mindfully reveals insights and lessons about ourselves. Plus, there are health benefits of being more conscious about what we eat, and how much and how quickly we eat.

By Kim Magraw

Attention to while we eat.

Tuck your attention to while we eat.

how rapidly we eat, and what we pay attention to while we eat – driving, reading, writing, applying makeup, and sometimes eating-driving-texting-reading-texting-driving. It may be difficult not to pick up your devices of distraction. You may feel you are “wasting your time” sitting in silence just eating. These can be helpful insights into our inner world of Rushing, distracting, and avoiding. Eating mindfully reveals insights and lessons about ourselves. Plus, there are health benefits of being more conscious about what we eat, and how much and how quickly we eat.

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

Feast Community Choir

Singing for the pure joy of creating harmony in community

Fridays at noon
SUBUD Center, 3185 NE Regents Drive
Non-audition, all voices welcome
Drop in for $15 or register for the term. FeastCommunityChoir.com

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Tucked away in a cozy, smartly-organized, annexed building off 30th Avenue on the south side of selling Street sits Gnome’s Home, one of Concordia’s best kept secret surpluses of enrichment, energy, and promise.

The building has historically been used as a learning center for young children, who are able to discover – or fine tune – their learning (and playing) skills.

However, over the past year, Gnome’s Home’s reach has expanded beyond the hands of kids alone, and is now providing a space for non-kids to learn different skills, too.

Over the past year, Yvonne de Maat has been working to expand Gnome’s Home’s use. “I’d like more community engagement,” she said. Plant-dyeing, felt-making, and discussions on essential oils are all some of the classes that have been taught for adults in the space.

Yvonne hopes it can be used for even more small classes, covering an even broader scope of topics, in the coming year.

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Eating mindfully reveals insights and lessons about ourselves. Plus, there are health benefits of being more conscious about what we eat, and how much and how quickly we eat.

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She makes positive changes

Mary Tompkins has lived in Concordia for 27 years. She has worked within the criminal justice system for 30 years, and has been in her current role of crime prevention coordinator for inner northeast Portland with the city’s Office of Neighborhood Involvement for the past 12.

Her position involves collaborating with many agencies to respond to citizen concerns about crime and their fears about crime.

Providing public safety community trainings, coordinating Neighborhood Watch and organizing National Night Out events are all a part of what Portland’s nine crime prevention coordinators do.

Responding to concerns from residents is a large part of the job, and Mary said the three biggest issues she hears about are the same citywide: car prowls, property crimes and homelessness. The concerns increase as Portland’s population grows.

Mary and her husband raised their now 21-year-old son here and she loves the neighborhood’s diversity, great parks and proximity to the airport.

She likes seeing young families move into the neighborhood to attend the new state-of-the-art K-8 program developed by Concordia and Portland Public Schools at Fabruin. “Concordia is unique, and I like seeing residents brought together frequently through the neighborhood association, and having the Kennedy School host events for the community, including Race Talks,” she pointed out.

Mary discussed the idea of crime prevention through environmental design – something she is able to work on with local homes, businesses, churches, schools, and for parks and public spaces.

In 2016 she was part of a team that received an award for helping transform Holiday Park in the Lloyd District into a safe space via instituting activities to engage youth and families.

What can residents do to help in crime prevention? The Neighborhood Watch program is a great way to get involved in the community, she explained.

Call Mary at (503) 823-3764 to get help with organizing, and to receive training for Neighborhood Watch. That includes information on how to report both criminal and noncriminal issues and how to look out for your neighbors.

Mary enjoys making positive changes in local neighborhoods, using creative ideas and knowledge of systems along with an understanding of what it means to be live in northeast Portland. She helps define what it means to be not just a resident, but a community member.

Rachel is a 16-year Concordia resident who loves her community. She has a background in counseling/education and uses her passion for helping others in her work as a real estate broker. Contact Rachel or learn more about her at RachelRichardsRealtor.com.

Letter to the editor

Thief empties freezer

I received a phone call from Billy, a Concordia resident, who was very upset. He informed me that food was stolen from his outdoor freezer, now twice. The first theft prompted him to lock the freezer, but that didn't deter someone from returning and completely emptying his freezer of food that Billy had received from a local food bank. That someone would steal food from a person relying on donated food was particularly painful for Billy.

Billy called me to express his anger and his sense of betrayal by the community that has been his home for eight years. His fixed income is limited, and the loss of $100 of food gives him one more reason to feel that he won't be able to make ends meet here in Concordia. Billy wasn't asking me to fix his problem by taking up a collection or replacing his stolen food. What he wanted was for me to listen, take interest and share his story through CNews.

Gordon Riggs
CNA Media Team Lead

The opinions expressed by this writer do not necessarily reflect the views of the Concordia Neighborhood Association. Submit letters (250 words maximum) to CNewsEditor@ConcordiaPDX.org.

Want to get to know your neighbors?

Want to get involved locally?

Join us at the next Concordia Neighborhood Association General Meeting on Wednesday, March 7, 7-9 p.m. in the McMenamins Kennedy School Community Room.

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

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North-south alleys are longer, plentiful

The historian reports:

The subject of alleys is close to our heart... we frequently enjoy walking what is essentially a built-in trail system that provides a sense of our neighborhood from a completely different perspective. If you haven’t already, get out there and walk them!

In Concordia and Vernon, you’ll find two types of alleys: the obvious ones are the north-south alleys that run up the middle of the blocks adjacent to back yards and paralleling the lengths of the fronted streets – typically the numbered avenues. In the area between Prescott and Killingsworth streets, you’ll find these from 24th to 33rd avenues. Between Killingsworth and Rosa Parks Way, you’ll find them from 22nd to 33rd avenues.

The other form you’ll find is the tee alley, on either side of Ainsworth Street between 23rd and 33rd avenues. These are the east-west alleys you refer to.

They are shorter than the others and take the form of a cross alley – like the top of a letter T – that bisects the longer north-south alleys that run up the middle of the blocks adjacent to back yards and parallel the lengths of the fronted streets – typically the numbered avenues.

The north-south alleys are more plentiful because they are much longer than the cross alleys and because they serve more back yards and houses. Observant readers will note that some eastside neighborhoods have alleys and building design, real estate value and marketing potential at the turn of the last century.

Throw in the advent of automobiles and you’ve crossed a tipping point away from alleys in the minds of early property developers. Why bother with alleys anymore?

So, there’s our answer to why some eastside neighborhoods have them and some don’t: it’s largely related to timing, pre- and post-1909 as the key date), with the advent of the car looming large. After 1909, no more new alleys were built on Portland’s eastside.

Editor’s note: If you have a question for the neighborhood historian, send it to CNewsEditor@ConcordiaPDX.org, and it will be forwarded to Doug to do some digging. Check out his blog for more on local history at AlamedaHistory.org – including a map of eastside alleys.

CNews updates

Funds raised for Alberta Rose

The Alberta Rose Theatre now owns the 91-year-old building it has occupied since 2010. A GoFundMe.com campaign raised $125,000 since June to help purchase the building and preserve a historic piece of Portland’s performing arts scene.

Raising the funds for a down payment to purchase the building was a partnership between theater owner Joseph Cavley, Premier Community Bank and the community.

Four donors contributed $12,000 or more and each received two lifetime. One donor contributed $6,000 or more for an annual pass for two. The building purchase closed in mid-January.

Details of the effort were in CNews in July. Learn more at ConcordiaPDX.org/cnews-updates.

Publican trades apron for TV cameras, temporarily

Last March CNews introduced you to Irishman Tom O’Leary, owner of T.C. O’Leary’s on Alberta Street. The pub was new and he had forsaken his acting career in favor of Portland and owning a restaurant.

That story is available online at ConcordiaPDX.org/wp-content/uploads/2017/05/cna-20170303-web.pdf

Weeks later last spring, Irish soap opera producers beckoned him to his homeland for two weeks to reprise his role as a doctor convicted of a mercy killing.

Learn more about Tom, his pub, acting career and family at ConcordiaPDX.org/cnews-updates.

Children’s Drawing Contest: We Want Your Entries!

Congratulations to Annabelle. Her drawing was selected from entries in the February Drawing Contest.

Annabelle C., Age 8, “Annabelle & Crosby save the day”
Concordia community events calendar

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.

Looking for a home game?
CNews now publishes an online schedule of local school athletic home events.

This month’s schedule features home games for: Jefferson High School boys & girls basketball, Madison High School boys and girls basketball.

Feb. 1 & 28
LEAD POISONING PREVENTION
Locations: Various
Participants learn how to prevent lead exposure in their homes, especially built before 1978 with children, pregnant women & others concerned about lead exposure.
• Thursday, Feb. 1: 5320 NE Martin Luther King Jr Blvd, 4:30-5:30pm
• Wednesday, Feb. 28, Community Energy Project, 2900 SE Stark St A, 5-5:30pm
Details/registration/additional dates & locations: communityenergyproject.org, 503.284.6827 ext. 109

Friday, Feb. 2-3, 15 & 23, noon
FEAST COMMUNITY CHOIR
Location: Subut Portland, 3185 NE Regents Ave
Forget Everything & Sing Together (FEAST) is a community acapella choir with the goal of making music accessible to all. FEAST is a non-profit, volunteer-run African film festival in the U.S.
Details/fee: feastcommunitychor@gmail.com

Tuesday, Feb. 6, 6-8pm
DIY WEATHERIZATION WORKSHOP
Location: Community Energy Project 2900 SE Stark St A
Homeowners & renters can learn how to stop drafts at home, especially around doors & windows to save energy & increase comfort. Each qualified participant receives a free kit of weatherization supplies.
Details: communityenergyproject.org, 503.284.6827 x108

Tuesday, Feb. 13, 8pm
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: 6pm; discussion: 7pm
Details: ractalksdpdx.com
Saturday, Feb. 10, 9am noon
STEWARDSHIP SATURDAY: JOHNSON LAKE
Location: 5300 N Marine Dr
Did you know Smith & Bybee wetlands is the largest urban wetland in the U.S.? Join the Columbia Slough Watershed Council to plant native plants as part of the continued effort to stream restoration, & how they add beautiful native plants & restored habitat to the area. 503.281.1132
Details: joens@watershedcouncil.org, 503.281.1132
Sunday, Feb. 11, 1-5pm
RAIN GARDENS 101 WORKSHOP
Location: Whittier Ponds Nature Park, 7040 NE 47th Ave
Join the Columbia Slough Watershed 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. Registration: emswcd.org/workshops-and-events/upcoming-workshops/

Saturday, Feb. 3, 9am noon
STEWARDSHIP SATURDAY: JOHNSON LAKE
Location: 5300 N Marine Dr & Columbia Slough Watershed Council continue to contribute to its health.
Details: Kirk Fattland, volunteer@columbialake.org, 503.281.1132

Friday, Feb. 2, 2-5, & 18-23, noon
FEAST COMMUNITY CHOIR
Location: Subut Portland, 3185 NE Regents Ave
Forget Everything & Sing Together (FEAST) is a community acapella choir with the goal to build community.
Details/fee: feastcommunitychor@gmail.com

Friday, Feb. 16, 7-9pm
OFF THE COUCH EVENTS
Location: St. Charles Catholic Church, 5310 NE 21st Ave
Differently-abled individuals, 18 & older, are invited for games, crafts, dancing & snacks.
Details: offtacockuchevents@gmail.com, 503.702.2394

Saturday, Feb. 24, 9am-noon
STEWARDSHIP SATURDAY: ALBERTA PARK
Location: 1905 NE Killingsworth St
Help the Columbia Slough Watershed Council plant a new habitat patch at Alberta Park, as a part of Portland Parks & Recreation’s Ecologically Sustainable Landscapes Program. Volunteers will add native pollinator plants such as red-flowering currant, Western serviceberry & mock orange to complete the understory landscape. For more information about the project, read the CNews December story online at http://concordiapdx.org/2017/12/eco-council-2018-
symposium/
Details/appointments: Kirk Fattland, volunteer@columbialake.org, 503.281.1132

Sunday, Feb. 24, 9-10pm
NATURESCAPING BASICS
Location: Portland Expo Center, 2060 N Marine Dr, Ren D202
Naturescaping is the practice of designing/ redesigning your landscape so it reduces water use & decreases stormwater runoff while saving you time, money & energy. East Multnomah Soil & Water Conservation District’s introductory workshop offers the core concepts of naturescaping. Even if you decide to enlist the help of a contractor, you’ll have the framework to make decisions & effectively communicate the vision you have for your yard. Class will visit a near-naturescaped project to see design principles in action. You’ll receive a comprehensive workbook to help you get started.
Details/registration: emswcd.org/workshops-and-events/
Saturday, Feb. 24, 9:30am-2:30pm
FIX-IT-FAIR
Location: Madison High School
This is one of three fairs sponsored this winter by the city of Portland, Energy Trust of Oregon & Pacific Power, with KUNP Unis- xion and KBOO Community Radio as media sponsors.
Details: See story Page 6

Tuesday, Feb. 27, 6-7:30pm
LEAD-SAFE HOME PROJECTS WORKSHOP
Location: Community Energy Project, 2900 SE Stark St A, 5-5:30pm
This class is for anyone who is planning to complete a small project that may involve exposure to lead paint, such as sanding down an old window frame, repurposing an older door, or any other small construction project in an older home. Each qualified participant receives a free kit of supplies.
Details/registration: communityenergyproject.org, 503.284.6827 x108

February 2018
SHOW SHOW
VIRTUAL REALITY GAMING, ANIMATION & COMEDY
KEROSENE DREAM ANNIVERSARY SHOW + SHARLET CROOKS
IT’S NOT ME, IT’S YOU: STORIES FROM THE DARK SIDE OF DATING
OPB’S THINK OUT LOUD 10TH ANNIVERSARY SPECIAL LIVE SHOW
SCIENCE ON TAP
MORTIFIED PORTLAND
PORTLAND OPERA PRESENTS OPERA & MUSICAL THEATRE’S BEST LOVED SONGS
LIVE WIRED LIVING
THE MADS FROM MYSTERY SCIENCE THEATER 3000
THE MAMMALS + CALEB KLAUDER & REEB WILLMS
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19TH ANNUAL PORTLAND CLOWNS WITHOUT BORDERS BENEFIT SHOW
THE MYSTERY BOX SHOW
ALL CLASSICAL LOVE FEST 2018
MORTIFIED PORTLAND
an evening with KARLA BONOFT
TOMMY CASTRO & THE PAINKILLERS
PORTLAND OPERA PRESENTS OPERA & MUSICAL THEATRE’S BEST LOVED SONGS
LIVE WIRED LIVING
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