Save the Date
CNA Spring Clean Up
Saturday, May 19
PCC Metro Workforce Training Center at 42nd & Killingsworth
8 am - 12:30 pm
Tired of seeing all the clutter & junk in your closet, basement & garage? Drop it all off at the PCC Metro Workforce Training Center.

Winston Ross travels the world writing for Newsweek and, when his assignment ends, he comes home to Concordia. He’s lived in a charming home next to Fernhill Park for the past 192 years.

Upon graduation, Winston wrote about the coast for the Eugene Register-Guard. Lately, a topic of the utmost urgency is the threat of earthquake and tsunami – especially since a 2015 New Yorker story claimed Portland is due for a catastrophic quake. The Cascadia Subduction Zone is 50-70 miles out to sea for a catastrophic quake. The Cascadia Subduction Zone is 50-70 miles out to sea.

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’s Biggest Fundraiser of the Year
CNA Spring Clean Up
Saturday, May 19
PCC Metro Workforce Training Center at 42nd & Killingsworth
8 am - 12:30 pm
Tired of seeing all the clutter & junk in your closet, basement & garage? Drop it all off at the PCC Metro Workforce Training Center.

Winston Ross’s datelines have included Italy, Spain, Germany, Austria, the French Alps, Paris and The Netherlands. Photo by Amelia Pape

CNA News
A free publication of the Concordia Neighborhood Association | ConcordiaPDX.org
March 2018

Winston Ross hangs his hat in Concordia

You may miss seeing Peter Cotton tail hopping down the (Fernhill Park) bunny trail. But your kids shouldn’t miss finding all the eggs he leaves in his path.

So pack the kids – and their baskets – off to the Playground along 37th Avenue, arrive before 10 a.m. on Saturday, March 31, and take cover. The kids will scramble and all the eggs will be gathered in a flash.

If you’re looking for some fun the night before – Friday, March 30 – your help is needed from 5 to 8 p.m. at American Legion Post 234, 2104 NE Alberta St. Adult volunteers will stuff several thousand eggs with treats and prizes.

No registration nor RSVP is needed for either event.

Ancient story claimed Portland is due for a catastrophic quake. The Cascadia Subduction Zone is 50-70 miles out to sea for a catastrophic quake.

Ten years before that story appeared, Winston traveled to Japan to report for the Register-Guard on that country’s earthquake and tsunami preparedness. He stayed in Japan for several weeks to write a three-part series. But his travels didn’t end.

“For nine glorious months I wandered Europe in search of good stories, from the refugee crisis to true love in Amsterdam to the death of Venice. Datelines included Spain, Germany, Austria, the French Alps, Paris, The Netherlands and Italy.”

Back home, one of Winston’s favorite things is Concordia’s overall walkability. Outside of Europe he has not experienced such a walkable city.

Winston loves the hilly terrain of Fernhill Park. “It feels like a forest or a state park, not a city park,” he said.

He can walk to the Kennedy School where he can soak, watch a movie, or sit inside and smoke a cigar accompanied by a fine scotch.

New Seasons is within walking distance as is Extracto, which, he said, “has the best coffee and a secret back patio.”

Winston is happy that Portland has awakened to the challenges of rampant development.

“We need to work hard to preserve character, stay engaged and fight to keep the charm of our Portland alive.”

Tamara is Edit Kitten, a writer with 20-plus years of experience offering a softer, gentler approach to editing and coaching. Her personal editors – Armani, Max Factor and Spicey’D – are also her cats. Visit her at EditKitten.com or contact her at Tamara@EditKitten.com.
Business investment takes different shape on 42nd Ave.

For decades, community members living and working around northeast 42nd Avenue have been self-organizing toward the goal of inclusive community development. The results of that organizing have been subtle to the untrained eye—until recently.

Yet, for all of the changes to the avenue that are obvious, the intentionality exercised can easily fly under the radar.

New businesses have popped up, and it’s easy for passersby to miss the stories underneath the surface that drive community-led economic development.

For example, many have noticed the impending changes at the Jane Dough Building (formerly Delphina’s Bakery). This year will see the reformatting of the 503.823.5059, jed.arkley@PortlandOregon.gov and indicate you want support the Fernhill Concert Series.

CNA News Board Meeting
1st Wednesday of the month, Wednesday, March 7, 5:30 p.m., McMenamins Kennedy School Community Room

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

Safety & Liability Committee
2nd Tuesday of the month, Tuesday, March 13, 7 p.m., McMenamins Kennedy School Community Room

Social Committee
1st Tuesday of the month, Tuesday, March 6, 6 p.m., McMenamins Kennedy School Community Room, contact MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee
3rd Wednesday of the month, Wednesday, March 21, 7 p.m., McMenamins Kennedy School Community Room, contact LandUse@ConcordiaPDX.org

Finance Committee
Last Wednesday of the month, Wednesday, March 28, 7 p.m., McMenamins Kennedy School Community Room, contact Jody Pollack at East1@ConcordiaPDX.org

CONTACTS
CNA Chair
Chris Lopez, Chair@ConcordiaPDX.org, 503.290.6671

CNA Vice Chair
Truls Neal, TrulsRobin@hotmail.com

CNA Secretary
Steve Elder, Secretary@ConcordiaPDX.org

CNA Treasurer
Heather Pashley, Treasurer@ConcordiaPDX.org

Crime Prevention Coordinator
Mary Tompkins, Mary.Tompkins@PortlandOregon.gov, 503.823.4764

Neighborhood Response Team Officer
Anthony Zoeller, Anthony.Zoeller@PortlandOregon.gov, 503.823.0743

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: Gina Levine, cheewsBusiness@ConcordiaPDX.org, 503.891.7718

MEDIA TEAM
CNA Board Liaisons: Steve Elder, Heather Pashley Media Team Lead: Gordon Riggs, MediaTeamLead@ConcordiaPDX.org

CNews Editor: Nancy Varekamp, CNewsEditor@ConcordiaPDX.org, 503.740.5245

CNews Graphic Designer: Gordon Riggs

Media Team: Chris Baker, Tom Buell, Brian Bryan, Joel Dippold, Tamara Anne Fowler, Tami Fung, Will Goubert, Eric Hoyer, Gina Levine, Theresia Munywoki, Riley O’Boyle, Rachel Richards, Gordon Riggs, Rob Rogers, Marsha Sandman, Nancy Varekamp, Karen Wells, Carrie Wenninger, Dan Werle

Pledge donations now for music in the park

Take heart during the spring showers. Summer’s on its way, along with the Fernhill Concert Series. The CNA Social Committee needs sponsorship commitments by June 1.

Help bring the music to our neighborhood at one of these sponsorship levels:

- **Good Neighbor Sponsor:** $300 and more
- **Contributing Sponsor:** $1,000 and more
- **Series Champion Sponsor:** $2,500 and more
- **Supporting Sponsor:** $5,000 and more

Contact Katie Ugolini at 503.449.9690 for details.

To pledge for a sponsorship, contact Jed Arkley, event producer, 503.823.5059, jed.arkley@PortlandOregon.gov and indicate you want to support the Fernhill Concert Series.
The Keep Your Chin Up mural received a touch up last month by two of its original artists, Blaine Fontana and Zach Yarrington.

The Keep Your Chin Up mural on the Aladdin Finishers building at 2127 N.E. Alberta Street was created in 2013 as a three-way collaboration between artists Blaine Fontana, Jun Inoue and Zach Yarrington.

The wall was included as part of the inaugural year of Forest for the Trees, a unique not-for-profit art initiative dedicated to creating contemporary public art accessible to all of Portland.

In early February, local artists Blaine and Zach spent time touching up the mural, which is frequently marred with graffiti. Currently there is a need for the wall to be coated with an anti-graffiti barrier. Donations for this specific work are gladly accepted through ForestfortheTreesNW.com.

Many Concordia residents and visitors to Portland find special meaning to this mural, as it is frequently photographed and is in a location easily accessible and viewable to all residents and visitors.

“When we first got together to concept the piece, I was dealing with the recent death of a dear friend, and much of the messaging and imagery in the mural was impacted by that event,” Zach said.

Aladdin Finishers was established in 1948 and Steffen Bettger is now the fourth generation proprietor of the business. The mural artists and local residents show much gratitude for Aladdin Finishers giving the canvas for the mural art on both sides of the building.

As the first project of Forest for the Trees, the Keep Your Chin Up mural set a precedent for public art murals in Portland that continues to grow.

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.

Want to work as a beat reporter?

As a reporter for CNews, experience the thrill of bringing relevant info to Concordia readers.

Choose the subjects you want to cover — from events to new businesses, schools to community issues and so much more.

Contact us today
CNewsEditor@ConcordiaPDX.org
ConcordiaPDX.org
By Tamara Anne Fowler  
CNA Media Team

"H e’s my baby. He’ll come back." Nic’s positive.

Nic is the parent of Finn, the cat who hangs out at New Seasons on 33rd Avenue and Killingsworth Street. Finn is so well-known he even has his own Facebook page.

Finn made himself the local ambassador at the store. He would stand at the front doors greeting all who wanted to shop. People started leaving food out for him which store employees would discourage, because that would attract rodents.

Ever the adventurer, Finn loved to jump into cars. New Seasons employee Keith said Finn had been holding court there for about three months before he disappeared.

Finn has been missing since Jan. 2, when somebody came to Nic’s house to deliver his empty collar. It was found in the grocery store’s parking lot, and Nic concluded someone had stolen him.

Shortly after moving to Concordia 13 months ago, Nic went to the Oregon Humane Society in search of a cat. Finn had been surrendered in 2014 at age two, when his owners’ son had become more and more allergic. They had been leaving Finn outside. It grew terribly cold and was getting colder all the time. The family did not want an only outdoor life for Finn.

Nic discovered Finn and fell in love immediately. "He is quite the charmer." Finn has been missing from his unofficial ambassador role – and home – for two months.

Finn is an indoor/outdoor cat and happy to be in both worlds. He spends his time lounging with his family indoors, and he will sit by the door when he wants to go out and visit his friends at New Seasons.

Finn was also an ambassador for outdoor cats. Nic thought it was important for him to correct misunderstandings about indoor/outdoor cats and outdoor cats in general.

“I’ve seen outdoor cats get a bad rap because of studies supposedly showing that cats kill billions of birds a year. I looked into this and found that most studies on this subject are inaccurate, due to wildly extrapolated statistics. "Cats do have an effect on wildlife, but so do a lot of predators: coyotes, birds of prey, dogs, humans, etc.”

What Nic wants people to know is: Finn has a family, is loved and is eagerly awaited at home. If you have any information on his whereabouts, call 888.466.3242 toll free.

"He is quite the charmer.”
– Nic

“Finn has been missing from his unofficial ambassador role – and home – for two months.”

Finn still missing, wanted at home
Help address neighborhood air pollution

By Greg Bourget
Portland Clean Air

Portland currently ranks as the worst city in the U.S. for respiratory distress from air pollution. That’s according to the EPA’s most recent National Air Toxics Assessment, released in 2015 using 2011 data.

With this in mind, our Portland Clean Air (PCA) volunteers conducted data requests about industrial stack polluters and unfiltered diesel trucks from nine government agencies during the past three years. PCA is a registered Oregon nonprofit organization.

We collaborate with 27 other air-focused Portland environmental groups and neighborhood associations. We address industrial pollution in Multnomah, Washington and Clackamas counties.

The organization has been working with Concordia Neighborhood Association (CNA) to compile the data into a report localized to the neighborhood. The current draft of the report is available at NECoalition.org/publications/air-toxics/report/.

But there’s more work ahead, and more volunteers are needed to alleviate the problem more quickly. It took neighbors 42 years to identify that Bullseye Glass was annually putting 6,000 pounds of lead, cadmium, arsenic and chromium into their unfiltered furnace. Eighty-five percent of these heavy metals went airborne next to a daycare in inner southeast Portland.

Now they have a scrubber removing 97 percent of the emissions because of the political efforts of their neighbors.

PCA needs Concordians to help study every unfiltered industry and truck fleet in the neighborhood. That’s what it takes for immediate and reasonable mitigation to be requested for any nearby Bullseye-like factories and unfiltered truck routes.

Would you like to help? From the comfort of your home, you can compile data and analyze. Previous science or data experience is welcome, but not required.

Volunteers each receive an Excel spreadsheet or other digital data source via email or website and, following explicit instructions, copy or type the data that pertains to the Concordia neighborhood.

Analysis volunteers follow similar instructions aimed at identifying industries with dangerous unfiltered air pollution.

With your neighbors – working with CNA and PCA – you can help make the nearby area safer.

For details and to volunteer, contact Greg@PortlandCleanAir.org.

Help spread the word that 20 is plenty

Portland Bureau of Transportation (PBOT) employees are in the midst of changing out 2,000 speed limit signs in the city from 25 mph to 20.

The efforts began Feb. 5 – following approval by the city council Jan. 17 – and must be completed by the end of March. In the meantime, drivers are expected to follow the speed limit as it’s posted.

The new 20 mph signs are being installed first in east Portland and then in north Portland, where the highest rates of traffic fatalities are recorded.

Residential streets make up around 70 percent of Portland’s street network and a large proportion of the city’s total public space. Reducing residential speeds is part of Vision Zero, a broader city-wide effort to support safe driving speeds on many types of streets.

It focuses safety improvements, education and enforcement efforts on busy streets where most traffic fatalities occur. Last year 45 people were killed in traffic crashes on city streets.

According to PBOT, the speed reduction will make streets safer. Most residential streets in Portland are narrow, have few marked crosswalks, and no bike lanes, so driving more slowly on them will add protection for people walking, using mobility devices and biking.

“Five miles an hour may not sound like much, but when it comes to reducing the severity of crashes it makes a big difference,” said Leah Treat, PBOT director. “By reducing speeds from 25 to 20, we can make it nearly two times more likely that a person will survive a crash.”

As was previously the case, not every residential street will have a speed limit sign, but the 20 mph speed limit will be in effect on all residential streets.

Lawn signs to promote awareness of the new speed limit are available free at these nearby venues:

• Saturday, March 3, noon–4 p.m., Midland Library, 805 S.E. 122nd Ave.
• Sunday, March 4, noon–4 p.m., Vernon Elementary School, 2042 N.E. Killingworth St.
• Sunday, March 11, noon–4 p.m., Boise-Eliot Elementary School, 620 N. Fremont St.

Volunteer with PBOT to corral them for you!
Developer commits to preserve giant oak

By Melissa Bearns

Six east Concordia kids huddled over large pieces of paper in my living room, intently sketching pictures of the gigantic red oak tree at 4810 N.E. 40th Ave. They painstakingly added details including squirrels, birds and acorns, along with personal notes to the man who will develop the property.

“Thank you for not cutting down the tree,” wrote 7-year-old Roxy. “I love the oak tree because you can ride your bike around it and you don’t have to go too far.”

When the property was sold last summer to Eric Thompson of Oregon Homeworks LLC, neighbors were deeply concerned the oak tree with a trunk diameter of 49 inches would be removed. In November, after a few visits to the planning department for research, I called the developer, who told me he intended to preserve the tree.

He has since filed his initial site plan with the Portland Bureau of Development Services, which shows the tree intact on the lot.

For the past decade, the former property owners hosted annual Labor Day potluck barbecues under the oak’s sprawling canopy. Across the years, residents enjoyed impromptu gatherings and other holiday celebrations.

“The oak has played a really important role in our community,” said Carol Apple, a neighbor of that property for 42 years. “It’s a place where kids love to play. As adults they return, and the oak tree is still there. It creates a sense of continuity. Having a focal point on the block where people gather helps build strong relationships.”

Prior to the sale, the property owner and her neighbor, Cindy Black, nominated it for Heritage Tree status, which would give it a high level of protection in both residential and development situations. The Heritage Tree Committee approved a lesser designation of Tree of Merit.

That affords no additional protection for a tree; however, our red oak appears to be safe from the chainsaws for now. Unfortunately, that cannot be said for many other magnificent trees that are equally important across Portland.

City code Title 11 governs tree management. It includes special protections for trees with trunk diameters greater than 36 inches. But Title 11 also has loopholes, which allow developers and property owners to skirt those protections and cut down even very large trees like the red oak.

I’m researching how the tree code was developed and compromises that were made to honor the different needs in our rapidly growing city. My goal is to find a way to balance those needs and still protect large, valuable trees like this oak.

Melissa lives near the red oak and has nine trees on her property. She has always loved trees, but gained a deeper understanding of their value to the planet and people while reporting on Ascending the Giants, an ongoing project of two Portland arborists to climb and measure the world’s champion trees. She has climbed some of the world’s largest trees, many of which are located in the Pacific Northwest.

Editor’s note: Melissa has more to share on this topic. For the rest of the story, visit ConcordiaPDX.org/preservinggiantoak.

And, if you’re interested in following what’s happening with the red oak tree, learning more about Portland’s trees and neighborhood tree-related events, or wanting to get involved, email Info@SaveOurTreesPDX.org.

---

Developer commits to preserve giant oak

“The oak has played a really important role in our community.”

– Carol Apple
Proud Mary brings “brekkie” to Concordia

Step inside Proud Mary’s bright and voluminous space on Alberta Street and you’ve entered a vortex of activity.

The music is loud, the tables are full and, behind a bar piled high with sky blue cups, the baristas are brewing at full throttle.

Meanwhile, in the open kitchen at the back of the house, breakfast, or “brekkie” as it’s called in Australia, is underway.

The original Proud Mary is located in Melbourne, where specialty coffee, restaurant-level food, and table service are de rigueur. CEO Nolan Hirte fell in love with Portland’s vibe while on a West Coast road trip several years ago, and he thought it would be receptive to the Australian way of doing things.

“This was a different take on how to roll everything out under one roof.”

– Nolan Hirte

The locally sourced menu includes an array of vegetarian choices, but it also includes meaty dishes. “We like to have a few healthy options, but we like to be naughty too,” Nolan explained.

There’s nothing naughty, however, about the way Nolan sources his coffee. While in his twenties, he observed the working conditions at a coffee farm in Bali.

“I got to see firsthand how much work was involved and what their lifestyle and living arrangements were like,” he said. Angered by what he’d observed, the experience left him determined to change the way people think about coffee.

Fostering long-term relationships with its growers, Nolan’s company recently helped a Honduran farmer learn new processing techniques that make the coffee taste more interesting.

As a result, Nolan said, “We pay them quite a lot more money for the processing techniques, and we charge quite a lot more money to the customer.”

While some customers have balked at paying up to $6 for an espresso, Nolan welcomes the opportunity to make them aware of the human price tag behind what they are drinking.

But mostly, Nolan’s lessons are easy to swallow. “Breakfast is not just breakfast. It’s something amazing and special.”

“Our mission is to make products that change the start of your day dramatically, so that there’s no going back.”

He added with a smile, “We’re trying to ruin people.”

Judith is a freelance writer, who relocated from Massachusetts to Portland in 2016.

Proud Mary CEO Nolan Hirte judges the 2017 Cup of Excellence Naturals Competition in Brazil. Photo by Nikolaus Popp

CNews updates

Raven Pearce still in the news

You may remember Raven Pearce. In 2016, she wrote a story for CNews about her team, the Trinity Lutheran Tigers. Find it online at ConcordiaPDX.org/undefeatedtigers.

Now she’s making the news. The Portland Tribune named her one of its Athletes of the Week in the Feb. 8 issue. Now playing for De La Salle North Catholic High School, she was recognized for 18 points, 15 rebounds, 3 steals and 2 assists per game when the Knights overcame the Portland Adventist Academy and Portland Christian.

Need a place for your PARTY?

The Community Room at McMenamins Kennedy School is available for your next meeting, gathering, book club, birthday, baby shower or special occasion.

CNA manages the rental space & benefits from the proceeds.

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

For more information, visit ConcordiaPDX.org/community-room-rental/ or email CNARoomKennedy@gmail.com
Hardly anyone knows or contacts her at 

She puts her heart into her ‘med hands’

Concordia resident Gayle MacDonald, M.S. LMT, has a few tricks up her sleeves. So many that you’d think she has many more sleeves and more than just two hands. But oh what those hands are capable of doing: massage therapist, educator, author, traveler, mentor and astrologer.

Gayle’s family brought her to Portland from Montana when she was just two months old, and she has spent practically her entire life in the Concordia neighborhood.

She has taught health and physical education at Jefferson and Adams high schools. Then, for 1985-1986 she received a Fulbright scholarship to teach health in Australia, Ireland, Sweden and Holland.

After an illness forced her from her original career, she became the health and physical education in Scotland. Then, for 1985-1986 she received a Fulbright scholarship to teach health and physical education in Scotland.

After her illness, she attended massage therapy school and became the director of massage therapy at OHSU and other hospitals throughout the United States, Scotland, Australia, Ireland, Sweden and Holland.

In 1993 Oregon Health Science University (OHSU) asked Gayle to send massage students to work on cancer patients. Early in her massage education, Gayle had been told massage could cause cancers to spread.

However, her in-depth research indicated otherwise. She learned it was possible, with specialized skills, to offer massage to cancer patients and survivors.

Gayle is the creator of the Oncology Massage Healing Summit and Oncology Massage Education Associates. You can reach Gayle at MedHands825@gmail.com.

Her students are often seen at OHSU attending to cancer patients who, in the past may have been denied the therapeutic and soothing effects of massage.

What’s next? She is remodeling her home, planning more overseas teaching, developing programs to mentor therapists and teachers, and teaching astrology workshops.

While she is dedicated to teaching, natural health and nutrition, Gail said she would just like a little more time to write Haiku.

After living east, south, north and west, Marsha is home at last. And she wants to hear your story. Contact her at MarshaJSandman@gmail.com.

She learned it is possible, with specialized skills, to offer massage to cancer patients and survivors.

Massage became her passion. With her teaching background, the massage therapy classes are far from this. They’re full of yoga in this city it’s tough to walk a block without seeing a studio or some sort of advertisement for it. Although it’s so common, I regularly encounter people intimidated by the idea of stepping foot inside a studio.

I don’t find this surprising considering how Western culture portrays yoga – the thin, white woman wearing expensive stretch pants that are pretzeling around, the space and find your spot. Let the class to fill out a waiver, acclimate to the space, and then begin. The first opening yoga class in this city is usually the most difficult, and a yoga class is no exception. Remember to be kind and patient with yourself.

Any time during the class, lie down or feel welcome to take the child’s pose – kneel on the ground, touch your big toes together, lay your torso between your thighs and your forehead on the floor. The first step in trying something new is usually the most difficult, and a yoga class is no exception. Remember to be kind and patient with yourself.

There’s a lot of yoga in this city it’s tough to walk a block without seeing a studio or some sort of advertisement for it. Although it’s so common, I regularly encounter people intimidated by the idea of stepping foot inside a studio.

I don’t find this surprising considering how Western culture portrays yoga – the thin, white woman wearing expensive stretch pants that are pretzeling around, the space and find your spot. Let the class to fill out a waiver, acclimate to the space, and then begin.

So, if you’re wanting to try a studio, I applaud you for your courage to try something new! Here are a few tips to help you feel a little more comfortable:

• Arrive early and ask questions. Get there at least 15 minutes before class to fill out a waiver, acclimate to the space and find your spot. Let the teacher know you’re new, and don’t be shy about asking questions. Teachers usually love this because it helps them support you better.

• Be curious. Hardly anyone knows exactly what’s going on during a class, no matter how experienced they look. If you feel lost, follow the instructor’s demonstrations or other students. Remember that there’s no wrong way to practice yoga. It’s about exploration.

• Rest if you need to. Any time during the class, lie down or feel welcome to take the child’s pose – kneel on the ground, touch your big toes together, separate your knees as wide as your hips, lay your torso between your thighs and your forehead on the floor or hands.

Heart in Hand Preschool
Waldorf in the neighborhood since 2002
Open House every first Thursday!
RSVP: heartinhandpreschool.com
Parent- Child Classes Starting Monthly
gnomeshome.org

There’s a lot of yoga in this city it’s tough to walk a block without seeing a studio or some sort of advertisement for it. Although it’s so common, I regularly encounter people intimidated by the idea of stepping foot inside a studio.

I don’t find this surprising considering how Western culture portrays yoga – the thin, white woman wearing expensive stretch pants that are pretzeling around, the space and find your spot. Let the class to fill out a waiver, acclimate to the space, and then begin.

So, if you’re wanting to try a studio, I applaud you for your courage to try something new! Here are a few tips to help you feel a little more comfortable:

• Arrive early and ask questions. Get there at least 15 minutes before class to fill out a waiver, acclimate to the space and find your spot. Let the teacher know you’re new, and don’t be shy about asking questions. Teachers usually love this because it helps them support you better.

• Be curious. Hardly anyone knows exactly what’s going on during a class, no matter how experienced they look. If you feel lost, follow the instructor’s demonstrations or other students. Remember that there’s no wrong way to practice yoga. It’s about exploration.

• Rest if you need to. Any time during the class, lie down or feel welcome to take the child’s pose – kneel on the ground, touch your big toes together, separate your knees as wide as your hips, lay your torso between your thighs and your forehead on the floor or hands.

The first step in trying something new is usually the most difficult, and a yoga class is no exception. Remember to be kind and patient with yourself.

Jenn, R.Y.T. 500, is a Concordia resident who teaches yoga and meditation. Want to work with her or learn more? Visit JennNobleYoga.com or contact her at JennNobleYoga@gmail.com.
Passion for youth gardening doesn’t wilt

By Karen Wells
CNA Media Team

Youth gardening programs have had a presence in many urban communities since the late 1880s. Early garden classroom pioneers saw the value of linking common gardening practices to the training of real-life skills, practical science applications and the creative arts to grow a well-rounded, capable young adult.

In Portland, some youth garden programs have disappeared across the years, due to lack of support or when the core group of children reach their teenage years/adulthood. A few programs have withstood the stress of time.

Grow Portland, Growing Gardens, and Portland Parks and Recreation Community Gardens are the current elders of the local youth garden scene. With the help of the Oregon State University Master Gardener program – plus funding from a variety of creative sources and support from neighborhood schools’ PTAs – these programs have remained constant lighthouses on the grow-healthy and eat-green landscape.

These programs serve thousands of children and their families annually. They serve up curricula steeped in worms, soil and garnished with seeds and poetry. The prize for a perfect radish is the glow of wonder and pride on a child’s face.

A symphony of commingling cultures, languages, hand gestures and traditional wisdom is directed by competent professionals embellished with compassion, courage and the joy of transformation.

A champion of Concordia’s local youth garden classroom scene is City Repair Project (CRP). It’s the dream of Portlander Mark Lakeman that evolved into existence in 1996. The CRP mission is to inspire and foster thriving communities through artistic reclaiming of public spaces around Portland and nationally. During the past 21 years, the project has partnered with several Portland youth garden classrooms.

To learn more on how CRP intersects with the youth garden scene, attend Village Building Convergence. Ten days of mind-blowing and inspiring community building, hands-on workshops on permaculture, placemaking and urban design are scheduled in Portland June 1-10.

Resources
Do you want to assure the continuation of youth gardening programs and/or participate in them? Here are the contacts.

• Community Gardens. Portland Parks and Recreation: PortlandOregon.gov/parks
• Garden Education. Portland Public Schools: PPS.net
• City Repair Project: CityRepair.org
• Village Building Convergence: VillageBuildingConvergence.com

Passion for youth gardening doesn’t wilt

Letter to the editor
Keep up the good work

A quick thank you to your staff for covering stories about the homeless in our neighborhood. I’ve really enjoyed the interviews with the individuals in front of New Seasons. I’ve noticed a change in how people interact with them in a positive light and it’s influenced me and my family as well.

Please keep the conversation going on how we can bring humanity to folks in less fortunate situations.

– Nedra Rezinas

Creative Concordia!

Congratulations to Annabelle. Her drawing was selected from entries in the March Drawing Contest. Annabelle C., Age 8, “I am so lucky”

Is your deck a little dangerous?

Our professional team can help!

• Deck & Fence Installs & Repair
• Basement & Room Renovations
• Door Installs & Repair
• Drywall Repair

Stay tuned for featured Faubion School art next month!

Thanks to our sponsors

COUNTRY FINANCIAL

Is your deck a little dangerous?

Jobs by Rob, LLC

Renovations • Repairs • Maintenance

Your NE Neighbor for over a decade!

503.789.8069
JobsbyRob.com

Licensed, Insured, Bonded OBE# 177552

503.789.8069 JobsbyRob.com

Licensed, Insured, Bonded CCB# 177552

Is your deck a little dangerous?

Our professional team can help!

• Deck & Fence Installs & Repair
• Basement & Room Renovations

Stay tuned for featured Faubion School art next month!

Thanks to our sponsors

COUNTRY FINANCIAL
There’s plenty to know about leaf blowers

Leaf blowers can come in all shapes and sizes, with special risks and with rules about what time of year they can be used. Photo by Karen Wells.

“Consumer Reports” publishes an annual buyers’ guide to help answer questions on which models might best suit the average homeowner. The guide details the performance results of more than 50 models currently on the market.

In general, they’re either gas or electric, two- or four-stroke engines, and prices range anywhere from $35 for a basic handheld to more than $900 for an industrial grade walk-behind.

What else should you know about blowers?

Cubic feet per minute (CFM) is the rate of air that is pushed through the nozzle per minute. A blower with a rating of 200 CFM, for example, can create an air volume equal to 200 cubic feet per minute. A small hurricane.

Decibels (dB) is the amount of noise/sound it will create. The Centers for Disease Control and Prevention, the National Institutes of Safety and Health, and the World Health Organization recommend keeping noise exposure to less than 55 dB. Most gas blowers create one pint of air per breath. Imagine what you might be breathing if you’re in the vicinity of an active blower.

An average adult inhales roughly one pint of air per breath. Imagine what you might be inhaling if he or she is in the vicinity of an active blower.

Tips for being a responsible leaf blower enthusiast:

• Review the city of Portland noise ordinance.
• Know that blower use is allowed only between November and February.
• Never use a blower on sand, bare dirt, gravel, fertilizer, pesticides or other loose material.
• Always use safety goggles.
• Always use a N-95 mask and noise dampening earmuff hearing protection. Ear plugs are not enough.
• Never use blowers near children, the elderly or pets. And never aim an active blower at anyone.

Spring is in the air. Be safe out there.

Karen is a retired early childhood community educator, health and safety trainer.

Leaf blowers come in all shapes and sizes, with special risks and with rules about what time of year they can be used. Photo by Karen Wells.

Make self care an easy flow

So much to do, just to take basic care of yourself. Eat right, exercise, hydrate, stretch; get good sleep; see the chiropractor, massage therapist, acupuncturist. So many choices – do I do yoga, Tai Chi, dance? Do I meditate sitting or walking?

Who has the time? There’s a lot to do. I offer the thought that some things can be combined. Stretching and meditation come to mind. Stretching should be done in a mindful way after all.

Really focus on one stretch and hold it for minutes. Sink your focus into your body and breathe. Try different angles as you stretch. Go just to the edge of a comfortable stretch and ride the wave of sensations from your tissues.

There you go, you’ve meditated and stretched.

What else? Vacumming with lunges? Have two minutes while water boils for tea? Do some qi gong. At the computer? Sit up straight and tighten your abs, pull your shoulders back.

Watching TV? Do some tapping to reduce your cortisol levels at the end of the day. Tapping – or EFT – is great for switching your brain to sleep mode.

Move self care off the “to do” list. Let it become part of the day’s flow. Adopt an attitude that self care is as integral as breathing and moving.

Indeed, one mindful breath at a time – whether strung together with others or scattered throughout the day – is a meditation practice. Whether they be moments or months, be mindful to practice: “I love myself.” “I prioritize myself.” “I’m worthy.” “I deserve.” “There’s enough time for me.” “I have a lot to give, and I receive freely.”

Whatever makes you glow inside. Practice glowing!

Penny, L.M.T., is owner of Rising Sun Massage and CalmHealthEase.com. EFT Tapping for Less Stress and More Happy. She is a cofounder of Concordia Area Massage and Bodywork Professionals.

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.

Ready to help? Email Chair@ConcordiaPDX.org
The question: OK, I know this might seem obvious, but is it really? Where does our name Concordia come from and what were we called before that?

– Dan Werle

The historian reports: No surprises here, Dan. Yes, the neighborhood we think of today as Concordia takes its name from Concordia University.

Opened in 1905 on six acres of land that was then at the edge of Portland city limits, Concordia College was a simple two-story wood frame building that was home to the Oregon and Washington District of the Synod of the Norwegian Evangelical Lutheran Church in America.

Operating primarily as a high school program for young men until the 1950s, Concordia gradually evolved into a junior college, added a co-ed mission and additional facilities in the 1950s, and became a full-fledged four-year college in 1977. Along the way as Concordia’s physical presence began to expand, the adjacent neighborhood took on its name, as in “We live over near Concordia.” The first official reference we could find either in reporting or city reference to the Concordia neighborhood is the mid-1970s.

But here’s where it gets interesting. Before being known as Concordia, our area had several names, all stemming from the titles of the survey plats filed by real estate developers.

All four are underlying plat names filed by developers who built the streets, alleys and houses in what we think of as Concordia today. In those days – whatever you called it – our neighborhood was nearly off the radar screen, at the far end of the streetcar line, beyond the sewer and water system.

Here’s how the July 23, 1911, issue of The Oregonian described the early neighborhood:

“Extensive improvements are being made in that portion of Irvington Park near the Concordia College building. This part is out in the open ground. Here the streets are being graded and cement sidewalks are being laid.

“Twelve cottages, costing on an average of $2,000 each, have already been built in this new part of Irvington Park. Last week an eight-inch water main was laid on East Thirtieth street north nearly to the Concordia College building, which will greatly increase the water supply of that territory.”

Editor’s note: If you have a question for the neighborhood historian, send it to NewsEditor@ConcordiaPDX.org, for Doug to do some digging. Check out his blog for more on local history at AlamedaHistory.org. If you enter the search term “plat,” you’ll learn more about the obscure names that once defined this area.

Before being known as Concordia, our area had several names, all stemming from the titles of the survey plats filed by real estate developers.
Concordia community events calendar

**Events Calendar**

**AN EVENING WITH**

**MASTERS OF**

**SOMETHING TO TALK ABOUT**

**JORDAN RUDESS**

**HAWAIIAN SLACK KEY**

**KEVIN BURKE**

**must bring your own canoe or kayak & life**

**dent Troy Clark & the watershed council's**

**guided by Friends of Smith & Bybee presi**

**wetland in the U.S.. This on-the-water tour is**

**time paddle around the biggest urban**

**Load up your canoe or kayak for a spring**

**PADDLE (BYOB)**

**Thursday March 15, 5:30-7:30pm**

**RACE TALKS**

**Location:**

**March 3, 2, 10am-1pm**

**BEAUTIFICATION**

**Location:**

**Saturday, March 10, 9am**

**SPRING BOWER LANDSCAPE & BEAUTIFICATION**

**Location:** Cerimon House, 5131 NE 23rd Ave

**Working with Friends of Trees, Cerimon House volunteers will plant seven alder trees in the front yard bower. They’ll also transform the flower beds with plants purchased with a considerable nonprofit discount from Portland Nursery. Donations gladly accepted to pay the remaining costs. Volunteers – with garden tools – are welcome at this daylong work party.

**Details:** Free admission, offerings accepted

**Fridays, March 2, 9, 16 & 23, noon**

**FEAST**

**Location:** Subud Portland, 3185 NE 32nd Ave

**Forget Everything & Sing Together (FEAST) is a community acapella choir with the goal to build community.

**Details/fee:** feastcommunitychor@gmail.com

**Sunday, March 4, 4-6pm**

**20 IS PLENTY YARD SIGN GIVEAWAY**

**Location:** Vernon Elementary School, 2044 NE Killingsworth St

**You can help get the word out that the speed limit on residential streets is being reduced from 25 to 20 mph. The city will distribute free yard signs at this event.**

**Tuesday, March 6, 6-7pm**

**POOR PEOPLE’S CAMPAIGN ORIENTATION**

**Location:** Ainsworth United Church of Christ, 2941 NE Ainsworth St

**This orientation is for anyone interested in learning more about the national call for a moral revival. Hosts are: Ainsworth United Church of Christ, Sisters of the Road, Social Welfare Action Alliance and Western Regional Advocacy Project.**

**RSVP:** cerimonhouse.org

**Saturday, March 10, 9am**

**SPRING BOWER LANDSCAPE & BEAUTIFICATION**

**Location:** Cerimon House, 5131 NE 23rd Ave

**The Concordia University Concert Choir & Christi Crux Ensemble perform at the annual Winter Concert/Lent Presentation.**

**Details:** Free admission, offerings accepted

**Tuesday, March 13, 6pm**

**RACE TALKS**

**Location:** Marquam Elementary School

**These opportunities for dialogue about race in Oregon – both historically & the current – are presented by McBeamieHamlin History & Donna Maxey; doors open: 6pm; discussion: 7pm

**Details:** racesstalkspdx.com

**Thursday March 15, 5:30-7:30pm**

**BRING YOUR OWN BOAT PADDLE (BYOB)**

**Location:** 5305 N Marine Drive

**Load up your canoe or kayak for a spring-time paddle around the biggest urban wetland in the U.S.. This on-the-water tour is guided by Friends of Smith & Bybee president Troy Clark & the watershed council’s outreach director. The group will go in search of bald eagles, otters, turtles & crayfish. You must bring your own canoe or kayak & life **jacket to participate. No equipment is available to borrow.

**Details/registration:** $10 suggested donation, suitable for adults & trees 12+. Pre-registration is required, contact Susanne Raymond, susanne-raymond@ci.columbiaia.us, 503.381.1132

**Friday, March 16, 7-9pm**

**CONCORDIA UNIVERSITY INSTRUMENTAL CHAMBER MUSIC CONCERT**

**Location:** Concordia University Fine Arts Building

**The Concordia University Brass, Handbells & String ensembles perform at the annual Instrumental Chamber Music Concert.**

**Details:** Free admission, offerings accepted

**Saturday, March 17, 9-11:30am**

**ATTRACTING POLLINATORS TO THE URBAN GARDEN**

**Location:** Oregon Food Bank, 7900 NE 33rd Dr

**Gardens are polluted by a variety of insects that help flowers set seed & help fruit & veg-etable plants produce edible harvests. Many flies, beetles, moths & butterflies at an outdoor doorknob provide critical pollination services. In this workshop, you’ll discover a plant palette to help attract & support pollinators & go beyond the bloom to consider ways to provide shelter, water, nesting & overwintering sites.**

**Details/registration:** emswcd.org/workshops-and-events/upcoming-workshops/

**Saturday, March 17, 1-2pm**

**FAMILY SPRING GIVEAWAY**

**Location:** Concordia University Campus Green

**Families of children ages 1 to 12 years with food restrictions are welcome for fun, games & allergy-friendly egg hunts. After filling their baskets with plastic eggs, kids trade them for goodie bags filled with age-appropriate nonfood treats.**

**Details:** Foodfreefun.org

**Sunday, March 25, 1-3:30pm**

**NATIVE PLANTS**

**Location:** Northeast Coalition of Neighborhoods, 4815 NE 7th Ave

**This introduction to common native plant communities in Portland shows examples of species that do well in similar growing conditions. You’ll learn successful planting tips that will help them thrive & more. A slideshow highlights characteristics & desired growing conditions of many local favorite native groundcovers, shrubs & trees.**

**Details/registration:** emswcd.org/workshops-and-events/upcoming-workshops/

**Friday, March 30, 5-8pm**

**STUFF PLASTIC EGGS FOR CNA SPRING EGG HUNT**

**Location:** American Legion Post 234, 2104 NE Alberta St

**How many volunteers does it take to stuff several thousand plastic eggs with prizes & treats? Find out during this party atmosphere volunteer event.**

**Registration:** none required

**Saturday, March 31, 10am SHARP**

**CNA SPRING EGG HUNT**

**Location:** Fernhill Park

**How many volunteers does it take to find several thousand treat- or prize-filled plastic eggs? Ten minutes. So don’t be late.**

**Registration:** none required

**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.