



CONCORDIA NEWS

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

November 2018

Annual meeting, board elections slated Nov. 7

The mid-term ballots will be a thing of the past, but Concordia Neighborhood Association needs your votes Wednesday, Nov. 7. The annual meeting begins at 7:30 p.m. in McMenamins Kennedy School Community Room.

Heather Pashley reports on Page 2 on which board of directors positions are up for election and re-election. Following voting, a representative of the Portland Police Bureau will make a presentation and engage neighbors in conversation.

CNA Mission Statement

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

Concordia News

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

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Call him your ‘thought partner’

By Tamara Anne Fowler
CNA Media Team

If there was a king of 42nd Avenue, Michael DeMarco would be wearing the crown. Much different from most kings, however, Michael is too humble to take even a tiny bit of the glory for himself.

“I am lucky to have great people around.”

Michael likes it to be known, “I’m not the ruler of anything. I try to be like Mr. Rogers, and hope that opportunity comes when people get to know each other.”

If you don’t know Michael, chances are you have been touched by what he does. He has been involved in community organizing on and around 42nd Avenue for the better part of eight years.

He pursued his master’s degree in community and regional planning at the University of British Columbia. Then he moved to Portland, where he started volunteering for the 42nd Avenue community.

In 2009, the Portland Development Commission — now Prosper Portland — announced a Main Street program. That’s a national program created by the National Trust for Historic Preservation. Michael and some others put together an application and helped raise money. It was one of five finalists selected. It did not win; however, a year later found Michael lobbying for resources.

“We need to be the change on 42nd Avenue — to be involved in managing the growth and development that the community envisions for itself, not have that change thrust upon us,” he warned.

Thanks to Michael and his team’s efforts, 42nd Avenue was chosen as one of the Prosper Portland’s Neighborhood Prosperity Initiative recipients one year later. Michael has been serving as the



As executive director of Our 42nd Avenue, Michael DeMarco is a conduit and catalyst for growth and development — the kind of growth and development the community envisions. Photo by Lloyd Kimeldorf

“We need to be the change on 42nd Avenue — to be involved in managing the growth and development that the community envisions for itself, not have that change thrust upon us.”

— Michael DeMarco

lead staffer since its inception.

Helping small businesses develop and grow requires small steps, but it reaps big benefits for those business owners and the community. He works with individuals very serious about planning and developing their businesses and some who just woke up with an idea. Michael is their “thought partner.”

“That is what they are coming to me for. We’re a connecting point and a conduit for community collaboration,”

Michael explained.

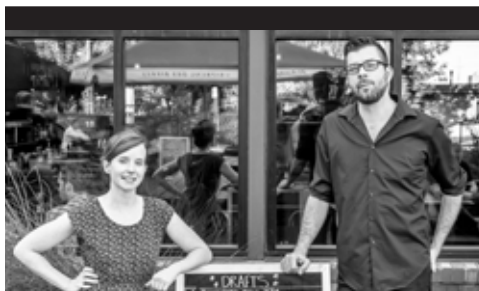
“Because Our 42nd Avenue is a partnership with the city of Portland, we have resources to help grow and develop businesses that support stronger livelihoods for our community members.”

Michael believes that his right hand colleague Laura Voss, land and development manager, is not given enough credit. The level of impact — the amount of work he can take on — increased exponentially when Laura joined him.



Tamara Anne Fowler is Edit Kitten, a writer with 20-plus years of experience offering a softer, gentler approach to editing and coaching. Her personal editors —

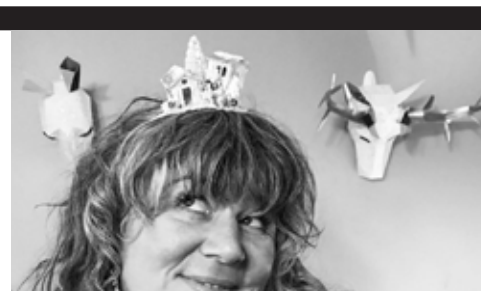
Armani, Max Factor and Spicey’D — are also her cats. Visit her at EditKitten.com or contact her at Tamara@EditKitten.com.



THEY MAY KNOW YOUR NAME

NEPO 42 lives up to its name as a neighborhood establishment.

See Page 6



SHE’S CRAFTY AND CREATIVE

Calley Doderer converts everyday objects into bursts of magic.

See Page 7



CULLY PARK ROCKS

Even the weather can’t deter having fun at Cully Park.

See Page 11

CNA VOICES

By Heather Pashley
CNA Treasurer



Get out the CNA vote

One day a couple of summers ago, I was reading Concordia News and saw that the neighborhood association was looking for a treasurer. I thought, “I’m pretty good with numbers. That sounds like a good way to get involved.”

I really had no idea what I was getting into. I went to a board meeting, and what I discovered was a bunch of great people who volunteer their time to make sure Concordia stays such a great place to live.

Concordia Neighborhood Association (CNA) was created to help its members involve themselves in the affairs of the neighborhood. The board of directors meets at least 10 times a year to make sure CNA is filling the needs of its members.

Once a year, in November, is the CNA Annual Meeting when members of the neighborhood get the chance to vote on who they’d like to see on the board. If you’re a resident, property owner or business owner and want to get more involved, you may nominate yourself – or others with those qualifications – for election.

The current board members are listed below, and so is the map of their districts.

These the positions are up for election and re-election: East 2, Northwest 2, Southwest 2, At Large 2, At Large 4 and At Large 6. Additionally, East 1 and

the chair positions require filling.

The bylaws of the association require that at least 15 nonboard members be present to vote at the annual meeting for the positions to be filled. One representative from each residence or business is eligible to vote at the annual meeting, and voting members can be as young as 14 years old as long as they have a parent or guardian’s permission.

I’m glad I got involved in CNA. I have met so many wonderful people, and I’ve learned a lot about my neighborhood.

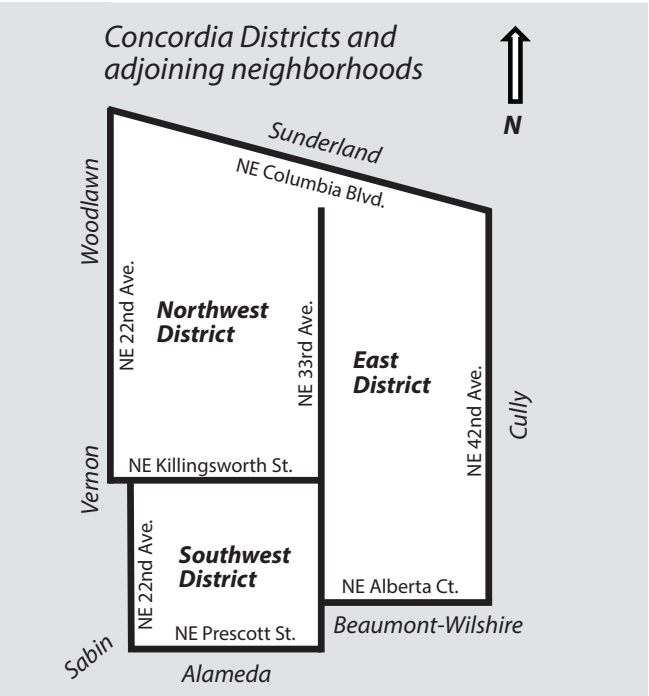
I urge you to attend the general meeting and participate in discussions about neighborhood issues and concerns. Perhaps you’ll even volunteer to help lead those discussions and contribute to Concordia’s future by

getting elected to the board.

The meeting is Wednesday, Nov. 7, at 7:30 p.m. in McMenamins Kennedy School Community Room. See you there!

Heather Pashley was born in Portland and grew up playing at Fernhill Park. She has worked for OHSU for more than 20 years, worships at St. Charles Borromeo Catholic Church, and she has never strayed far from her beloved Concordia neighborhood.

I went to a board meeting, and what I discovered was a bunch of great people who volunteer their time to make sure Concordia stays such a great place to live.



CNA Board of Directors

Chair | Chair@ConcordiaPDX.org Chris Lopez
East 1 | East1@ConcordiaPDX.org Jody Pollak
East 2 | East2@ConcordiaPDX.org Steve Elder
Northwest 1 | NW1@ConcordiaPDX.org Isham “Ike” Harris
Northwest 2 | NW2@ConcordiaPDX.org Amelie Marian
Southwest 1 | SW1@ConcordiaPDX.org Garlynn Woodsong
Southwest 2 | SW2@ConcordiaPDX.org Ali Novak
At Large 1 | AL1@ConcordiaPDX.org Robert Bowles
At Large 2 | AL2@ConcordiaPDX.org Donn Dennis
At Large 3 | AL3@ConcordiaPDX.org John McSherry
At Large 4 | AL4@ConcordiaPDX.org Sonia Fornoni
At Large 5 | AL5@ConcordiaPDX.org Truls Neal
At Large 6 | AL6@ConcordiaPDX.org Heather Pashley

Need a place for your event?

The Community Room at McMenamins Kennedy School is a great place for your book club, birthday or baby shower.

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

Info: ConcordiaDPX.org/community-room-rental

Concordia Neighborhood Association

Board Meeting

1st Wednesday of the month, Wednesday, Nov. 7, 7 p.m., McMenamins Kennedy School Community Room

Annual Meeting

Wednesday, Nov. 7, 7:30 p.m., McMenamins Kennedy School Community Room

Social Committee

If you’d like to volunteer to help plan other fun, community building events, contact Sonia Fornoni at Social@ConcordiaPDX.org.

Media Team

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

Land Use & Transportation Committee

Next meeting: Wednesday, Jan. 16, 2019, 7 p.m., McMenamins Kennedy School Community Room, contact LandUse@ConcordiaPDX.org

Finance Committee

Last Wednesday of the month, Wednesday, Nov. 28, 7 p.m., McMenamins Kennedy School Community Room, contact Heather Pashley, Treasurer@ConcordiaPDX.org

CONTACTS

CNA Chair

Chris Lopez, Chair@ConcordiaPDX.org, 503.290.6871

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, CNewsBusiness@ConcordiaPDX.org, 503.891.7178

MEDIA TEAM

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Association Seeks Recording Secretary

The association is seeking a person to take and transcribe minutes of directors and land use meetings and general meetings.

The contractor position requires literacy, document preparation skills and good hearing. The most important requirement is dependability. Concordia is fortunate enough to be able to afford to pay for a recording secretary.

Residence in Concordia is not mandatory.

Compensation is \$20/hour for meetings – no mileage – and for time spent preparing and publishing minutes on the website. The outgoing recording secretary worked an average of 6 to 7 hours per month.

Directors meetings are generally held at 7 p.m. on the first Wednesday of each month and land use meetings are generally at 7 p.m. the third

Wednesday. Meetings are held at the Kennedy School. Agendas are prepared and published by the committee chair. Particulars are in the association bylaws, available on the website.

This is a contract position. If the contractor is indisposed, he/she is expected to ensure the activities are covered.

Interest can be communicated to the CNA chair, copy the secretary.

References and a sample of work will aid decision-making.

Chair: Chair@ConcordiaPDX.org

Secretary: Secretary@ConcordiaPDX.org

Bylaws: ConcordiaPDX.org/about-cna/bylaws/



Concordia murals

Alberta mural captures essence of sankofa

By Karen Wells
CNA Media Team

C

lad in an orange top, a woman stands looking into the distance, as if holding time in her gaze. She is the central figure of the “Until We Get There” mural by artist Mehran Heard aka Eatcho.

The mural faces Alberta at the intersection of Martin Luther King Jr. Boulevard and Alberta Street (Alberta Commons).

A color wheel dominates the center of

Education, hope and spirituality are represented by books, birds and churches, and are themes woven into the narrative.

the 10-by-17-foot multi-panel porcelain enamel mural. A golden saxophone flows behind the shoulders of the woman. The saxophone’s horn explodes with floral outlines cresting against the facade of the Hill Block building at Williams Avenue and Russell Street.

The Hill Block dome is to the left of the color wheel and, in the upper left, artist Jeremy Okai Davis is depicted holding a staff while looking out into the distance.

Paul Knauls and his Cotton Club at Vancouver Avenue and Tillamook Street occupy the upper right. Mt. Hood is at the left elbow of the central figure. Fremont Bridge, Kent Ford, Highland School – now Martin Luther King Jr. Elementary School – and an image of Eatcho round out the lower right space.

Cascading waters flood from a broken dike and carry a freight train. People and an abandoned car are awash in the flood’s current.

The three-sided image of a person anchors the bottom center space. Perhaps, it is a representation of “sankofa,” which means in the Twi language of Ghana, “Go back and get it.” The “it” is the history upon which the community needs to build toward the future.

Lyrical imaginary combined with historical narrative captures the essence of sankofa within the mural. Education, hope and spirituality are represented by books, birds and churches, and are themes woven into the narrative.



The stories are abundant in “Until We Get There,” the mural at Martin Luther King Jr. Boulevard and Alberta Street. Photo by Chris Baker

Eatcho, originally from California, has lived in Portland for 12 years. He was also instrumental in the crafting/execution of the 2016 Black United Fund mural on Alberta Street. Read more about that mural in the February 2016 CNews at ConcordiaPDX.org/wp-content/uploads/2016/01/CNA-02.2016-web.pdf.

Editors note: If you’d like to know more about this mural and Eatcho, Karen shares her resources online. Visit ConcordiaPDX.org/until-we-get-there.



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



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



Find more on our website:
ConcordiaPDX.org

Conservation grants
deadline is Dec. 15

Does your organization want to launch a local conservation project next year but needs start-up funds? Applications for Partners in Conservation grants are due by Dec. 15.

The East Multnomah Soil and Water Conservation District program provides funding to support conservation projects and conservation education that show a benefit in:

- Habitat restoration or watershed health
- Soil erosion prevention/control
- Soil health
- Water quality
- Water conservation
- Environmental education

Funding for grants ranges between \$5,000 and \$60,000 for single-year projects, or up to \$100,000 per year for multi-year projects. Grants less than \$10,000 require no matching fund and, for grants more than \$10,000, EMSWCD requires applicants to secure dollar-for-dollar matches.

EMSWCD provided three years of grant funding for the nearby Cully Neighborhood Farm, supporting the Cully Young Farmers Project, which provides gardening education for neighborhood youth. The urban garden sits on land owned by Trinity Lutheran Church and its school.

For details about eligibility, types and amounts of grants and how to apply, visit EMSWCD.org/pic.

Abandoned building site causes alarm

By Steve Elder
CNA Media Team

At a time when people are camping on sidewalks – and the mayor has declared Portland is in a housing crisis – there are potentially livable houses here that are near collapse from inattention.

There is at least one residential structure in Concordia that’s not even finished, but may become a teardown.

Searching records, talking to city sources, neighbors and a title company turns up seemingly hundreds of clues and many loose threads.

The unfinished house is at the intersection of Emerson Street and 38th Avenue. It is ultramodern, looming high above the bungalows adjoining. Work started about four years ago, dragged on slower and slower, then stopped about three years ago.

It’s just sitting there.

The structure is two conjoined units, each with an accessory dwelling unit. There are four empty electric meter boxes and two offstreet parking spots.

The neighbors aren’t wild about the place.

Artist Curtis Phillips lives across the street, and he has cultivated a thick hedge to block his view of the structure. If it weren’t for him performing occasional maintenance, the situation might be worse.

Curtis is no stranger to the city Bureau of Developmental Services. “I’ve called many times. They seem to feel their hands are tied, and they can’t demand that the owner cleans and makes the place livable or tear it down.



Neighbors are tired of living near this unfinished “zombie” multi-family home. They report a work stoppage three years ago, in addition to an absentee contractor and owner, plus a city that believes it cannot resolve the situation. Photo by Tricia Elder

“They seem to figure there’s nothing they can do for just trash complaints,” he added. “It would take doing something criminal for the city to get serious.”

Where’s the owner? A search of public records provides little clarification.

The listed owner is Julie Selby, whom

none of the neighbors have met. A title company notary met Julie when, in May 2015, she made an \$865,000 mortgage.

The neighbors have met a fellow who identifies himself as the building contractor, Robel Alemseghed. Robel told a neighbor he lives in a house he built for himself on 26th Avenue.

Although the address he offered them appears lived in, nobody came to the door despite several visits.

In the meantime, the neighbors wait. And wait.

“The neighborhood has changed,” Curtis said. “We bought this house 10 years ago, moved back East and returned in 2013 or 2014. We’ve been surprised by changes in the neighborhood.

“There’s more traffic and there’s more so called development going on.”

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Steve Elder, East2@ConcordiaPDX.org, is an inactive lawyer, a developer, activist and old grouch.



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Shall we consider a digital forum?

By Garlynn Woodsong
Chair, CNA LUTC

Perhaps you remember, or have heard about, when neighborhoods used to mean something in Portland.

At one point, neighborhood associations in Portland successfully defeated the Mount Hood Freeway proposal. It would have begun at the ramp that juts out into space at the east end of the Marquam Bridge and bulldozed a wide path to destroy neighborhoods on either side of southeast Clinton Street to Gresham.

That's clout, and it enabled the monetary resources allocated to the freeway to instead go toward construction of the first modern light rail line in Portland.

The city, on the freeway proposal and others, used to listen to input from neighborhoods, to be swayed by neighborhoods' advocacy.

Nowadays, does a letter on neighborhood association letterhead mean anything?

Should it?

The city of Portland says it weighs input from individuals equally with that from organizations, that everybody is equal in the eyes of the public process.

What, then, is the incentive for neighbors to band together to engage in collective decision-making to advocate what we think best for both our neighborhood and the city?

How can neighborhood input be meaningful again within the city's public processes?

Should it?

One issue, indeed perhaps the main issue, revolves around physical presence.

Everybody is busy. Parents are raising children, and most people are working to pay the rent or the mortgage and maintenance.

There are folks who have achieved sufficient stability in their lives to be able to make the time to physically show up and volunteer. And they usually repre-

There's a wealth of technology we might apply to include more voices in the neighborhood association processes. Our task is to decide what, how, within what constraints, and for what purpose.

sent just one demographic cross section of their neighborhoods.

Should people be required to show up in person to neighborhood meetings for their voices to be meaningful within the neighborhood association's internal deliberative process?

What about attending only periodically? Should the occasionally-voiced opinion carry more, less or the same weight as that of someone who shows up regularly?

Perhaps we need to look for more solutions to enable greater inclusivity. Are there various ways for people to engage on their own schedules? Can they

do that without having to physically show up to regular meetings to participate in ongoing conversations within the shared forum of neighbors?

It seems that, following director Suk Rhee's visit to Concordia in September, there may be an opportunity to engage with the Office of Community and Civic Life to address these issues.

There's a wealth of technology we might apply to include more voices in the neighborhood association processes. Our task is to decide what, how, within what constraints, and for what purpose.

The CNA Land Use & Transportation Committee (LUTC) will examine these and related concerns.

We welcome your ideas about how we might meet these challenges to best represent the needs of our entire community.

Please email us at LUTC@ConcordiaPDX.org to share your thoughts, and I'll include them in a follow-up piece here in CNews. And we'll let you know, via CNews and Facebook, when the LUTC meetings are scheduled to discuss those contributions and more... and how you can participate.



Garlynn Woodsong lives on 29th Avenue, serves on the CNA Board and is an avid bicyclist. He also is a dad who is passionate about the city his son will inherit. He is the planning + development partner with Cascadia Partners LLC, a local urban planning firm. Contact him at LandUse@ConcordiaPDX.org.

News from the NET

Do you procrastinate? This is too important

By Tom Phillips
Concordia/Vernon/Woodlawn NET

Do you procrastinate? I do. I get so overwhelmed with all the things I could write about that I decide to do something else instead, like yardwork.

It occurs to me this is at the heart of the problem when it comes to making preparations for a community wide emergency. In the back of our minds we think a magnitude 9.0 Cascadian subduction zone earthquake is either "fake news" or it won't happen in our lifetimes.

Because of this little demon of procrastination we put off preparation

for another day which means we may not do it at all. I totally get it. But this procrastination could be disastrous for you or your family.

To get over our procrastination I suggest we start by not beating ourselves up for not making the first preparation steps. A teacher of mine once said, "Guilt is a low motivator."

Second, do something. Start small.

Third, don't compare yourself to your neighbor who is building a bomb shelter and stocking it with 15 years of water, nonperishable foods and batteries. OK, no one is doing that, but you know what I mean.

How about doing one thing this week to prepare yourself? Let's say you look to see if you have nonperishable foods that could last you or your family for three days to a week.

If not, consider doing something about it.



Tom Phillips completed his volunteer NET certification training 2½ years ago. A retired federal employee, he lives in Woodlawn which – along with Concordia and Vernon – comprises the local NET.

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

What's Selling in Concordia?

187	Homes sold in RMLS in last 12 months as of Oct. 1 st
4.7%	Increase in Average Sale Price since 2017
Avg. Sale Price in 2017: \$503,593	
Avg. Sale Price currently: \$527,212	
Avg. Days on market: 33	

This information provided by
Mark Charlesworth, Concordia resident & Broker
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Thursday, November 1

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Thursday, November 8

BRIDGE OVER TROUBLED WATER:

A SIMON AND GARFUNKEL TRIBUTE
Gym • 7-9 pm

Tuesday, November 13

RACE TALKS:

An Opportunity for Dialogue
Overturing Marijuana Convictions: Equitizing Opportunities for the Poor & People of Color
Gym • 6 pm doors; 7 pm event

Thursday, November 15

GREAT NORTHWEST MUSIC TOUR

GARCIA BIRTHDAY BAND

Good ol' Grateful Dead...and beyond...
Gym • 7-10 pm

Thursday, November 15

LIMITED-EDITION BEER TASTING

W/ BRIAN RILEY & RYAN LUND
5-7 pm • Brewery
All ages; 21 & over to drink

Friday, November 16

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Monday, November 19

Happy Birthday, Terminator!

\$4 pints, \$9 growler fills of Terminator and food specials all day!

Thursday, November 22

THANKSGIVING BUFFET


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1-7 pm • \$35 adults, \$22 kids 5-12

Monday, November 26

HISTORY PUB:

Notable Women of Portland

Theater • 6 pm doors; 7 pm event



They know your face, if not your name

By Rachel Richards
CNA Media Team

Visiting NEPO 42 on a Tuesday during daily happy hour, you'll see couples, families, singles and dogs. And you'll sense neighborhood camaraderie.

Bartender and manager Fred Stephenson greets many who enter by name. "If I don't know someone's name, I do know their face," he said.

He's worked there since NEPO 42 opened 10 years ago with only three employees, and he's watched the staff grow to 23.

"The area has grown, and the place has grown with it," Fred explained. "Other spots have come and gone, but we're consistent, and we're still here."

Thirteen indoor tables – and 11 outdoors on the dog-friendly patio – are among the draws, even for the staff. "I just want to hang out with dogs all day. My dream came true," said one employee.

Another draw is the menu, elevated from standard pub fare, according to regular customer Judah Macauley. "There's an excellent 20-tap beer list and solid, well done – but not overly fussy – food. It's a good family establishment where I can bring my kid for weekend brunch or grab a quick beer with my wife."

"The house salad with fried capers is the bomb," noted another customer.

The name and spelling of NEPO 42 came about after friends and mentors shot down owner Matthew Firoz's initial

list of 50 potential names.

"I was fixated on something with the numbers so, when you heard it, you knew where it was," he recalled. "A graphic artist buddy who knew Portland loved the NOPO thing for north Portland, and we realized there wasn't a NEPO. So we put the two things together as NEPO 42."

"This place has gone above and beyond my wildest dreams," he reported. "I truly feel blessed every day, and I love that this is a place where I still want to hang out."

What does he credit for that success? "The neighborhood was willing to grow with us, and I have an amazing staff that 'gets' the neighborhood and wants to be friends with our guests."

From behind the bar, Fred added, "We're not any one thing. This place's identity became its own because of the people. The people are the color on the wall."

That's all part of what attracts return customers. Many on their way home say, "See you tomorrow, Fred."



Rachel Richards 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.



Victoria Buchler and Jesse Petersen enjoy working at NEPO 42 as much as the customers enjoy being served by them. The establishment celebrated its 10th anniversary this autumn. Photo by Chris Baker

Are You Worried That Back Pain May Force You to Slow Down? The Solutions You Probably Have Never Heard.

By Portland Back Pain Expert, Dr. Carl Baird DC, MS



Have YOU ever been told that back pain is just one of those things that comes with age, is part of your job, or that it runs in the family? Worse, do you stress and worry that your back pain may cause you to miss out on your exercise routine, outdoor adventures, or family vacations?

If you're aged 40+ and answered 'YES' to any of these questions and you have suffered with low back pain on **more than 3 separate occasions**, please pay attention to what I'm about to tell you. It could help save you time, money, stress and most importantly... your active lifestyle.

Reality is that most active adults don't have debilitating low back pain. They have daily, annoying low back pain and live with the stress and worry

that it will one day get worse and cause them to miss out on the activities they love. And they are probably right. **These small occurrences always add up to a bigger problem.**

It's a shame that so many people are told to rest and mask their pain with pills in the hopes that it goes away. If you've experienced similar low back pain on more than three occasions, it's a sign that there is a problem. And I'd love to show you all the different options available to you – most of which are free, 100% natural, and are overlooked by most doctors and insurance companies.

We discuss these options in our new report titled **'Twelve Ways to Take Control of Low Back Pain and Maintain Your Active Lifestyle.'** Inside is simple, actionable advice that is easy to follow and proven to work...the kind which can often make the difference between those who suffer for weeks and those whose pain lasts a lifetime.

My name is Dr. Carl Baird, a Portland Chiropractor and Movement Specialist who works with individuals aged 40-60 on a daily basis creating plans to achieve SUSTAINABLE back pain relief through better movement and increased functional strength.

My goal is to give our community the knowledge and power to control how we feel as we age; to not be limited in their activities because of chronic back pain. To become fully immersed in the activities they love without the stress and worry that the pain will get worse.

My reasons for writing this report are clear and simple: to help people in Portland make a better, more educated, and more informed decision about their health. If you've tried traditional physical therapy or routine chiropractic care with limited results then this report is for you.

Here Are a Few Things You'll Learn in This Free Back Pain Report

- Five easy changes to your daily routine that you can implement TODAY to ease low back pain.
- The change you can make in the

bedroom to get a better night's sleep

- The biggest mistake people make when 'stretching' their low back.
- The most commonly overlooked areas of the body that contribute to low back pain.
- How our lifestyle plays a role in chronic and recurring pain and what you can change to fix it.
- What you can do to stop relying on pain pills and endless doctor visits, and truly take control of your low back pain.

What To Do Next?

- Request your copy by calling our clinic at (503) 954-2495. You can leave a message 24/7.
- Or, if you want the report right now, please visit <https://www.performancehealthcarepdx.com/free-report-low-back-pain> and gain lifetime access to your free report.

Reminder: This is our gift to you. No one will ask you for money when you call (503) 954-2495. We've only printed 25 copies of the report (A \$30 Value). So Call Now.

Paid for by the office of Dr. Carl Baird DC, MS, CCSP

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Paper artist is curious, crafty and creative

By Marsha Sandman
CNA Media Team

The season is here for arts and craft shows. Concordia neighborhood is full of artists, designers and makers.

Calley Dodero is one of them, and she converts everyday objects into joyful bursts of magic. In her skillful hands, paper is converted into items of wonder. Her fruitful imagination brings forth ornaments, decorations, masks, jewelry, glittery houses, three-dimensional scenes and so much more.

Although some artists are burdened with carrying heavy loads and cumbersome displays into crafts shows, Calley delights in the ease of moving her products to market.

She says she usually sells out and always has a great time.

Early inspiration came from her parents. “My background is rooted in craft and has been propelled by my parents,” she said.

Her father is a ceramic artist and her mother works in textiles. As a child, Calley helped them at craft shows and at the family art gallery in southern Oregon.

There she was instilled with a love of craft and design which lead her to work as a floral designer, event decorator, window dresser, paper crafter and

jewelry designer.

As a compulsive crafter, she worked for seven years crocheting baby accessories and fingerless gloves which sold in stores throughout the Concordia area.

“This most current incarnation of my creative self has been inspired by a love of paper crafting and the exploration of the medium,” she explained. “As much as I love to create art pieces, I have always had a desire to connect art to the everyday.”

After designing a new piece, she will assess how to produce it economically and efficiently with a balance of passion and practicality. She says she appreciates the benefits of being self-employed and working at home with her two kids and her self-employed husband.

Calley displays a spark of joy and creativity in her home, personality and life. “I love all things vintage and am compelled to create all sorts of objects inspired by my collections.”

She offers her wares online at CalleyDodero.squarespace.com and on Etsy. As for craft shows, she’s in four this year:

- Plucky Maidens Holiday Fest, Oaks Park, Nov. 16-17.
- Monticello Antique Vintage Christmas Show, 8600 S.E. Stark St., Nov. 16-Jan. 6.
- daVinci Arts Middle School Arts Fair, 2508 N.E. Everett St., Dec. 1.
- Crafty Wonderland, Oregon Convention Center, Dec 7-9.

Calley’s items are on sale at:

- Frock, 1439 N.E. Alberta St.
- Blithe & Bonny, 4140 N. Williams Ave.
- Theas Vintage Living, 1204 N.E. Glisan St.

Contact her at CalleyDodero@yahoo.com.



Passion and practicality are the hallmarks of Calley Dodero’s creations. She’s in high gear preparing for holiday craft fairs. Photo by Marsha Sandman.

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

Science reveals more about pain experience

By Kim Magraw
Licensed massage therapist

“Nature has placed mankind under the governance of two sovereign masters, pain and pleasure... every effort we can make to throw off our subjection will serve but to demonstrate and confirm it.” – Jeremy Bentham (1748-1832).

Leave it to science to strive to isolate and quantify our “masters.” A New Yorker article from July 2 profiles Irene Tracy of Oxford University who has spent decades picking apart pain.

At her lab, affectionately called “the torture chamber,” researchers insert willing people into an MRI tube and subject them to various forms of pain – burning, bloating, stabbing – while imaging their brains.

Her map of the “cerebral signature of pain” reveals an array of pain hotspots. The researcher has explored differences between ordinary pain and chronic pain, the contribution of anticipated pain to the actual experience of pain, how being distracted and one’s religious faith affect pain, and the overlap in brain regions devoted to pain and pleasure.

Understanding has progressed to the point that in 2013 Tor Wager, a neuroscientist at the University of Colorado Boulder, wrote an algorithm that reads

MRIs and accurately predicts when a brain is in pain, including the intensity, with more than 95 percent accuracy.

Possible applications include improvements in pain medication prescription, and the use of pain scans as evidence in courts. Consider also the possibility of misuse: while pain and pleasure drive basic animal nature, the ability to control pleasure and pain leads us to confront basic human nature.

You may not need to ask: “What will I eat tonight and where will I stay?” We can focus on community, self-worth and spirituality – subjects less amenable to the pain/pleasure dichotomy. Paradoxically, while medicine and self-help programs work hard to eliminate pain, many in our society experience intense anguish – physical, emotional and/or spiritual.

Could improving our scientific understanding of pain reveal new and better pathways?



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

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Childhood stresses affect entire lifetimes

By Karen Wells
CNA Media Team

What is an “adverse childhood experience (ACE)?” The Centers for Disease Control and Prevention defines it as “any act which harms or threatens a child.”

Although children often survive ACEs and toxic stress, a lifetime of struggles lay ahead.

Events that hurt children include any form of violence – social, emotional, psychological, rape, abuse – food insecurity/hunger, family separation/deportation, or witnessing parents being bullied.

These encounters inform them that they or their families are not safe. Not feeling safe creates stress.

A child’s body reacts to stress by increasing heart rate and blood pressure, and releasing stress hormones. These physiological changes are reduced if the child is surrounded by supportive caregivers. The presence of those buffering caregivers helps children develop healthy stress responses.

That’s how children can usually manage occasional stress-producing threats. When stressful episodes occur regularly, however, the result is toxic stress.

That’s the most severe stress children can encounter. Frequent, prolonged episodes of toxic stress are damaging to a child’s physical/mental health because they negatively impact brain development and learning.

Although children often survive ACEs and toxic stress, a lifetime of struggles lay ahead. As youths and later as adults, they often struggle with establishing trust and healthy lifestyle choices, and they experience mental health issues and/or chronic illnesses.

The financial cost to the community of ACEs and toxic stress is large. It is estimated that the annual cost related to them in Oregon is about \$5.74 billion, according to the Task Force to Develop Prevention in Oregon..

How can you know if your child is experiencing an ACE?

“Every child has a unique style of handling stress,” said Ira Karon, child and family therapy intern with Trillium Family Services at Faubion’s 3 to PhD Wellness Center.

Signs of stress can appear slowly. Parents know their children best. If you have concerns, simply ask them if everything’s OK or if something happened that they’d like to talk about.

Talking with them is your first opportunity to spot a concern. When asking, be compassionate, wait for them to share,



Childhood isn’t necessarily carefree. Adverse childhood experiences can affect brain development and learning. Photo courtesy of Concordia University

and be respectful while listening.

The mental health team of the wellness center can help mitigate some of the effects of ACEs. It creates a safe, engaging, child-centered environment that validates children’s experiences.

Families and children are not asked their immigration/citizenship status when seeking care or support services there.

If you have concerns, call the wellness center at 503.916.5908 for more information and help.

Editor’s note: Karen invested consid-

erable effort researching adverse childhood experiences and how they can affect the lifetimes of those who experience them. If you would like to delve into the subject, find her resource list at ConcordiaPDX.org/aces-resources.



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

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Have you checked out CNA’s Facebook page?



This page keeps you informed of CNA activities and your neighbors’ comments. Check out the page for:

- CNA Board meeting invites & meeting minutes
- Neighborhood events
- CNews story highlights
- Community discussions



Visit [Facebook.com/groups/ConcordiaPDX](https://www.facebook.com/groups/ConcordiaPDX)

Artists collaborate to share their art

By Nancy Varekamp
CNews Editor

Mandala drawing – the art of making the invisible visible – appealed to Ansula Press from the moment in 1996 that she and her husband observed a class in progress while at an ashram in India.

Despite her master’s degree in art,

“Creating a mandala is a meditation in itself. When it’s finished, it’s a tool for meditation by yourself and others.”

– Ansula Press

Ansula had never observed a mandala drawing.

“There’s no ego in any of these,” she thought at the time. And she spent the next two days in the class learning the principles of the art.

“Creating a mandala is a meditation in itself,” she explained. “When it’s finished, it’s a tool for meditation by yourself and others. It’s a grounding, quieting activity either way.”

The couple returned home to Baltimore, but two years later moved to India for 3½ years – during which time Ansula continued to practice and then spent a year teaching mandala drawing.

“It was one of the most wonderful years of my life,” she reported. A circle – called the sacred circle – contains and combines a repetitive pattern that represents the mind, brain, heart and soul.

Thirty-eight mandalas she has created in the past 25 years hang in the Concordia home where she and husband Rantu have lived for 15 years.

A year ago she happened to meet Cully resident Nadi Hana at a Willamette Valley gathering of eclipse watchers. They met again at a Liminal Space Society gathering at Cerimon House, where they talked more about their art passions. Nadi’s specialty is sacred geometry.

“That’s the study of harmonic patterns that underlie and create the world around us,” Ansula said. “It’s what ties the universe together, and mandala drawing brings it home.”



Ansula Press (left) and Nadi Hana live in adjacent neighborhoods. But it wasn’t until last year that they met and realized they have meditative art interests in common.

So the two are collaborating for the first time to offer what they call a playshop at Cerimon House Nov. 11. No drawing experience is necessary, and the two artists supply materials.

The event is planned under the auspices of the Liminal Space Society, a group of diverse individuals who invite re-enchantment and reimagining of self and community through threshold experiences of liminal space.

Samples of mandala drawing and sacred geometry by Ansula and Nadi are on view at Cerimon House through Nov. 11, on Tuesdays between 4:30 and 8 p.m., and other times by arrange-

ment. For details on the showing and for playshop price and registration, visit CerimonHouse.org/calendar.

Why are they calling it a “playshop?” “It’s not work, so it’s not a ‘workshop,’” Ansula pointed out. “It’s more like ‘Oh, here’s this new stuff. Let’s play with it.’”



Nancy Varekamp is semiretired from her career in journalism, public relations – and her favorite work engagement - writing and editing targeted newsletters.



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CERIMONHOUSE.ORG

Biking evolves from passion to vocation

By Tamara Anne Fowler
CNA Media Team

When bike enthusiast Dave Stoops moved to Portland from Connecticut in 2002, he was 18 and ready to get out on his own. Dave’s two sisters had already moved here and, when visiting them, Dave had the opportunity to experience the Pacific Northwest. He’d fallen in love with the wilderness

tion. He began making a living as a bike courier. That mode would open his eyes to a lot more of what the world had to offer. Bike camping – or bike packing – is one of those offerings. It’s touring the countryside by bike. Survival items are loaded into bicycle bags called panniers. After a few stops and scenic surroundings, you reach your destination, set up camp and enjoy reflecting on your day

He began making a living as a bike courier. That mode would open his eyes to a lot more of what the world had to offer.

outside the city — the Wallowas’ meteor showers, the high desert, the beautiful coast line and the forests. Discovering cycling as a young adult showed Dave he could live a healthier life by changing his mode of transporta-



Tamara Anne Fowler 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.

with some fireside food and beverage. “I personally like this type of tourism because it lets you experience the world a lot slower than driving by in a car, but allows you to cover a lot more ground than back packing,” Dave said. Biking also became his sport in 2003 when he joined the bike polo group at Alberta Park. “Other than the banged-up shins and hands over the years, I would say bike polo has primarily taught me how to crash out on a bicycle and walk or roll out of a collision. This skill saved my life when I was struck by a car while commuting to work one morning.” Then the bike became his livelihood in 2007 when he started his own company, Black Star Bags to design and manufacture panniers.



Dave Stoops began his bicycle bags business on his kitchen table in Concordia, using a sewing machine adopted from a curb. First, he had to teach himself how to sew. Photo courtesy of Ashley Anderson

A housemate of Dave’s – and another cross country tourer – found a beat up sewing machine in a “free” box near their home at 14th Place and Killingsworth Street. It inspired Dave to start designing his own panniers. After a year of teaching himself how to sew, he began test riding a variety of prototypes. Soon, he opened a small shop on Alberta Street at 10th Avenue, which

he outgrew and moved to southeast Hawthorne Street. in 2011. But his heart and home are still in Concordia. “After paying rent for 10 years, in 2012, I was finally ready to purchase a home and start a family,” Dave recounted. It’s across 33rd Avenue from McMenamins Kennedy School. “Concordia was my first choice.”

Community Room Calendar

Find these events – open to the public – in McMenamins Kennedy School Community Room. Concordia Neighborhood Association hosts some of the events and rents space for others. If you’re interested in sponsoring community-building events in this 49-person-capacity venue, contact Sonia Fornoni at CNARoomKennedy@gmail.com.

- Thursdays, Nov. 1, 8, 15, 6:30-8pm
SPANISH CONVERSATION CLASSES
Admission: free
CNA sponsors these free classes. Brush up on your Spanish skills to reach out to the Hispanic community more effectively. All levels are welcome. For, details email cnaroomkennedy@gmail.com.

Mondays, Nov. 5, 12, 19 & 26. 10-11am
EFT TAPPING STRESS RELIEF SESSIONS
Admission: Free
EFT combines a cognitive element with tapping certain acupuncture points. This allows for quick release of current stress & the release of old, stuck energy that may be affecting your health & well-being. For details, contact Penny Hill, pheft22@gmail.com, 503.493.5954 or visit CalmHealthEase.com.

Saturday, Nov. 10, noon-2pm
HOLIDAY HIVE CRAFTING - SKIN CARE
Admission: \$30 + \$15 materials
Looking for gift making ideas? This year, Santa’s elves from Bee & Bloom have some super sweet assistants: honey-bees – to craft luxurious skincare goods that are moisturizing, soothing & have antibacterial properties. Advance registration required, beeandbloom.com/events/holiday-hive-crafting-skin-care

Tuesdays, Nov. 13 & 27, 7-9pm
MEXICAN FOLK MUSIC
Admission: Free
Beginners are welcome at these intergenerational workshops that feature music & dance from Veracruz, Mexico. Check the website – named below – for details.

- Friday, Nov. 16, 6-8:30pm
TWEEN MONTHLY POTLUCK/ GAME NIGHT
Admission: free
Throw your favorite card or board games (no electronics please) in a bag & bring a child age 8-12 & potluck finger food. Registration is required & a parent or guardian must accompany his or her children. Email virtualjohanna@gmail.com with: number of attendees, children’s ages & type of potluck dish.

Wednesdays, Nov. 21 & 28, 10-11am
QIGONG BASICS
Admission: free
Qigong is an ancient Chinese practice using postures, breath & the mind to cultivate, balance & harmonize qi, life energy. It is generally used for health & healing, spirituality, & physical training. For details, contact Renée Carlson, sweetrubi@me.com, 503.415.9951

Sunday, Nov. 25, 3-6pm & Thursday, Nov. 29, 7-9pm
SACRED HARP SINGING
Admission: free
This is not a choir, there are no auditions & no performances. Each session is composed of whomever attends, including every possible level of musical experience & ability – even those who were asked not to sing in their church choir. For details, visit portlandsacredharp.org.

Friday, Nov. 30, 7-9pm
SPIRITUAL ABUSE FORUM
Admission: free
This informal, open group meets quarterly to explore issues of abuse that occurs in churches & other religious organizations. Each meeting offers a topic. For details, email betsyfreeman16@gmail.com.

For events scheduled after CNews press time, visit ConcordiaPDX.org/community-room-calendar

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Alberta Main Street advances efforts to develop Alberta Street as a vibrant, creative, equitable, and sustainable commercial district serving residents and visitors to our community.

Cully Park turns former trash into treasure

By Vanessa Miali
CNA Media Team

Cully Park is not your ordinary park or location. It’s a \$14 million dollar, 25-acre outdoor destination for people of all ages.

The neighborhood, at 72nd Avenue and Killingsworth Street, is one of Oregon’s most ethnically and racially diverse, according to Portland Parks & Recreation. It is also one of the most park deprived in the state.

Its history goes back almost two decades. The city purchased the lot in 2000, in hopes of turning it into a park. But lack of funds put the project on hold until 2008, when nonprofit Verde, a Cully-based outreach and advocacy group, created the Let Us Build Cully Park coalition.

Funding for the park came from public and private partnerships. Verde raised more than \$7 million in donations from a combination of 50 donors, partners and grants. Portland Parks & Recreation devoted \$6 million in system development charge revenues for the park’s construction.

More than just fundraising involvement, Verde took a community-based approach to the park’s research and development process. That allowed it to meet ambitious contracting and workforce diversity goals. This generated income for low-income people and people of color, as well as the businesses they work for or own.

“We’ve devoted a lot of energy to working with the community on this project and are most excited about how in-depth it has been,” said Tony DeFalco, Verde executive director.

“My friends and I went to Cully Park and had a great time. The first thing we did was race to the top of the hill and then climb down the rope wall. My brother Enzo (age 13) said it was cool because you can climb up and not worry about falling down. We all agreed that the giant hill was the most fun. We could see the airplanes in the sky and the trains go by on the tracks. I really liked the big giant swing because it holds a bunch of kids and goes in all directions. I thought the seesaw was cool because it had round balls that helped balance the kids on each side.”

– Marcella Miali, age 10



(Top left to right) Margot Bender and Enzo Miali, and (bottom left to right) Wyatt Pyle and Marcella Miali find Cully Park to be like no other they’ve visited. Photo by Vanessa Miali

“We had existing relationships in the Cully neighborhood, and we developed a bilingual survey to expand our reach to over 1,000 people. Their feedback was incorporated into the design process, construction and workforce,” he added.

Verde also worked with 191 neighborhood students to design the play area. That involved teaching them basic design concepts, map reading and calculating scale using an architect ruler.

In addition to a youth soccer field and huge play area that includes a wheelchair-accessible sensory wall, Cully Park has a community garden, an off-leash dog area, parking lot, trails, fitness course, overlooks, habitat restoration and picnic areas.

Another unique element is the Native Gathering garden, which is the highest point in Cully Park and provides visitors views of Mount St. Helens and Mount Hood.

Verde also turned undeveloped 72nd Avenue into a modern greenstreet with flush curbs and an extra wide sidewalk.

“This alternative street design delivers environmental benefits such as storm water handling and tree canopy

cover,” Tony pointed out. “The community has been asking for this park for 20 years, and we are thrilled to have made their vision a reality.”

“You should go to Cully Park because there are a lot of opportunities like playing musical instruments, hills, free space to roam and places to run and have fun. I’d like to design a park one day because most don’t have what kids really want to play on. This park is different because of the instruments, hills and lack of regular play structures. I didn’t even notice that it was raining because we were all having so much fun.”

– Wyatt Pyle, age 10

“I liked the hill, the stuff on the hill and the bridge best of all because I like being up high. I also climbed on the drum things and pounded, and it was amazing. I heard the park was built over a pile of garbage.”

– Bea Houston-Anderson, age 5



Vanessa Miali has lived in Concordia for 18 years. She is a former public relations professional with two kids who cooks every day and gardens occasionally.

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Concordia community events calendar

Sunday, Nov. 4, 1-5 pm
RAIN GARDENS 101
Location: Whitaker Ponds Nature Park, 7040 NE 47th Ave
 Learn how to build your own rain garden by assessing your site to determine the best location & size, calculating impervious surfaces, determining soil suitability, choosing appropriate plants, maintaining it. You will also receive a comprehensive manual that guides you through all the steps in constructing your rain garden.
Details/registration: emswcd.org/workshops-and-events/upcoming-workshops

Sunday, Nov. 4, 3-5pm
FALL CONCERT: WIND ENSEMBLE
Location: Concordia University Fine Arts Building
Details: cu-portland.edu/about/events/campus-calendar



Tuesdays, Nov. 6, 13, 20, 27, 6:30-9pm
TEXTILE TUESDAYS
Location: Cerimon House, 5131 NE 23rd Ave
 Join other neighbors for camaraderie & craftiness. Bring a textile project you are working on or observe others – as the group stitches, knits, quilts & crafts. It's a simple gathering of artful citizens.
Details: cerimonhouse.org

Thursdays, Nov. 1, 8, 15, 29, 7:40-8:40am
TOASTMASTERS
Location: George R. White Library & Learning Center Community Room, 2800 NE Liberty St
 Advisors Toastmasters is a small, but active, group that gives members opportunities to try speaking & leadership in a safe, nurturing & supportive environment with feedback that is aimed at helping you improve your speaking, listening & leadership skills.
Details: advisors.toastmastersclubs.org

Save the date: holiday party slated Dec. 12

The holidays are coming, the holidays are coming.

Save the date, Wednesday, Dec. 12, for the Concordia Neighborhood Association holiday party at Cerimon House.

Look for details about the time, food, entertainment and crafting opportunities in the December CNews.

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.



Fridays, Nov. 2, 9, 16, 30, 10:30am-noon
FEAST COMMUNITY CHOIR
Location: Subud Portland, 3185 NE Regents Ave
 Forget Everything & Sing Together (FEAST) is a community acapella choir with the goal to build community.
Details/fee: feastcommunitychoir.com

Wednesday, Nov. 7, 7:30pm
CNA ANNUAL MEMBERSHIP MEETING
Location: McMenamins Kennedy School Community Room
 Meet &/or catch up with other Concordia neighbors, vote for new &/or returning board members & hear a presentation by a representative of the Portland Police Bureau.



Thursday, Nov. 8, 6-8pm
OPENING RECEPTION: VERNON VOICES: A PHOTOGRAPHIC HISTORY
Location: Concordia University George R. White Library & Learning Center lobby
 Vernon Voices creates a community mosaic of Vernon School experiences, present & past, through the photographs & interviews by students. The project focuses on current students & recent alumni who have a relative from a previous generation who attended Vernon. Read CNews' coverage of the project in July at concordiapdx.org/wp-content/uploads/2018/06/cna-201807-web.pdf. The exhibit continues through Nov. 23.
Details: portland.edu/about/events/campus-calendar



Saturday Nov. 10, 9am-noon
STEWARDSHIP SATURDAY: WILSHIRE PARK NATURE PATCH
Location: Wilshire Park, NE 33rd Ave & Skidmore St
 Help build the nature patch at Wilshire Park by planting native trees & shrubs in an under-used part of this park.
Details: friends@friendsofwilshirepark.org

Saturday, Nov. 10, 12:30-2:30pm
DIY WEATHERIZATION WORKSHOP
Location: Habitat for Humanity Portland/Metro East Office, 1478 NE Killingsworth St
 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/registration: communityenergyproject.org, 503.284.6827 x108



Tuesday, Nov. 13, 6pm
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: racetalkspdx.com



Friday, Nov. 16, 7:30pm
ALBINA SOUL REVUE
Location: Alberta Rose Theatre, 3000 NE Alberta St
 World Arts Foundation Inc. presents a one-night soul revue spotlighting some of Portland's unsung heroes of 1970s Albina soul music. They include Shirley Nanette, Gregg Smith & the Legendary Beyons. Portland funk scene staple Tony Ozier will head up a talented backing band, with Calvin Walker emceeing the proceedings.
Details/tickets: albinamusictrust@gmail.com, albertarosetheatre.com, 503.899.5035



Friday, Nov. 16, 7-9pm
OFF THE COUCH EVENTS ACTIVITY NIGHT
Location: St. Charles Catholic Church, 5310 NE 42nd Ave
 Differently-abled individuals, 18 & older are invited for games, crafts, dancing & snacks. Admission is \$7 per participant & first companion is free.
Details: offthecouchevents@gmail.com, 503.702.2394



Saturday, Nov. 17, 9:30am-2:30pm
FIX IT FAIR
Location: Madison High School
 The event sponsored by the city of Portland teaches simple ways to save money & connect with resources. Bring one item – a countertop appliance or article of clothing – to the Repair Café to be fixed by a Repair PDX volunteer, while learning how to do it yourself.
Details: fixitfair@portlandoregon.gov, 503.823.4309



Sunday, Nov. 18, noon-4pm
CREATIVE PATH WALK
Location: Cerimon House, 5131 NE 23rd Ave
 Cerimon House hosts a contemplative labyrinth walk with a monthly theme. The 30-minute immersive indoor experience of light, sound & walking meditation offers a place for you to focus, unplug, & restore. This is a unique replica of a historic pattern from Reims, France. \$10 suggested donation
Details/reservations: cerimonhouse.org

ALBERTA ROSE THEATRE
 GREAT FOOD MUSIC BEER & WINE

NOVEMBER 2018

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THE NITEMARE B4 XMAS + THREE FOR SILVER

SCIENCE ON TAP
 FUSION: CREATING A STAR ON EARTH FOR CLEAN AND LIMITLESS ENERGY

MOTO 10 THE MOVIE PREMIERE
 PRESENTED BY MOTOSPORT

THE WIND + THE WAVE
 + SHAWN JAMES + SWELLS

JEFFREY FOUCAULT
 + DUSTY HEART

LIVE WIRE RADIO
 WITH LUKE BURBANK
 PORTLAND BOOK FESTIVAL EDITION

COLE ESCOLA
 HELP! I'M STUCK!

CASCADE BLUES ASSOCIATION 2018 MUDDY AWARDS
 HOSTED BY RAE GORDON

LIVE WIRE RADIO
 WITH LUKE BURBANK

ALBINA SOUL REVUE
 FEATURING THE UNSUNG HEROES OF PORTLAND SOUL

MORTIFIED PORTLAND
 TWO SHOWS!

MICHAEL FRANTI
 "STAY HUMAN" FILM TOUR

THE NEXT WALTZ
 A PORTLAND ALL-STAR TRIBUTE TO THE BAND'S "LAST WALTZ"
 + FUNDRAISER FOR THE JEREMY WILSON FOUNDATION

AN INTIMATE NIGHT OF SOLO ACOUSTIC SONGS & STORIES WITH
RYAN BINGHAM

11TH ANNUAL
WHITE ALBUM XMAS
 8 SHOWS THROUGH DEC 8

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