Church generates own power

Unless you’re a bird or a piloted drone, you probably haven’t noticed the array of solar collectors on top of the 67-year-old classroom building along the Emerson Street side of the 42nd Avenue St. Charles Church.

Perhaps you saw the large banner on the church listing the organizations that made the project possible.

The rooftop panels are part of the installed equipment that came on line in January. The 81.07-kilowatt (kw) (DC), 66.6-kw (AC) installation consists of 235 345-watt modules. Two Solar Edge inverters provide 98.5 percent efficiency.

Cost was $3.45 per watt installed, with an estimated energy savings of 88,015 kilowatt-hours per five per year – which translates to $9,000 per year in energy savings.

“Our parish of 350 families recycles most everything and encourages its people to care for this earth.”

The genesis of the project was spring 2016, when St. Charles Borromeo Parish planned a 122-kilowatt solar installation for the building and an additional battery storage component on church property.

The church and Neil Kelly Company applied for a Pacific Power Blue Sky Community Projects grant.

Customers of the utility support new renewable energy generation by volunteering to pay as little as $1.95 extra per month on their power bills. Since 2006, Blue Sky participants have helped fund more than 100 new community-based renewable energy projects in Oregon, Washington and California communities.

A grant for the St. Charles project was not approved at that time, due to a perceived lack of adequate community impact. However, in 2017, the church joined with Neil Kelly again, and with Verde Builds in a successful grant application.

Verde is a licensed general contractor that conceives, designs and implements environmental infrastructure projects.

Verde Builds describes itself as being by and of low-income communities, and was initiated by Hacienda Community Development Corporation, an affordable housing provider in the Cully neighborhood.

The $300,000 Blue Sky grant helped defray a 78-kilowatt installation, designated Phase I by the parish. Funds are now being raised for Phase II, the rest of the installation and energy storage.

Due to the success of the partnership, Verde Builds has moved forward another local solar project with Neil Kelly and is currently developing an energy efficiency program for low-income homeowners in Cully.

By Steve Elder
CNA Media Team

Mark your calendar for 5:30-7:30 p.m., Sunday, March 24. It’s the Concordia Neighborhood Association’s mixer. See details on Page 9.

EXPO EDUCATES ON EMERGENCIES
Preparing for emergencies was the topic for this daylong event.

See Page 4

SYRIAN FOOD IS MADE TO ORDER
Leila Yacoub Piazza cooks from recipes her father imported.

See Page 6

THEY OFFER KOREAN, VIETNAMESE
Couple dishes up food from both their ancestral homelands.

See Page 8

Our parish of 350 families recycles most everything and encourages its people to care for this earth.”

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By Steve Elder, East2@ConcordiaPDX.org, is an inactive lawyer, a developer, activist and old grouch.
Education is one of top issues in 2019 Legislature

The legislative session is in full swing, with myriad issues and hundreds of bills under consideration. Among the most important issues is funding education. My goal is a comprehensive education for all Oregonians and joy in learning.

As a former educator and past public information officer for Portland Public Schools, I’ve steeped in educational issues with three of my committee assignments.

I co-chair the Joint Committee on Ways and Means Subcommittee on Education and the Joint Committee on Student Success Subcommittee on Early Childhood Education, and I’m a member of the Joint Committee on Student Success (JCSS).

Our major goal is to better prepare Oregon’s students for higher education or the workforce by giving students more options. Oregon ranks 49th in the nation for its high school graduation rate. We need to do a better job preparing the next generation for success at making a direct connection from one interchange ramp to the next.

Drivers can transition from one ramp to the next without having to merge into through traffic. There are several examples of that already on I-5, like the southbound connection between Grollie Avenue and Broadway Street or northbound between Broadway and the entrance to the Fremont Bridge.

If you’re moved by any of the issues affecting Concordia, I encourage you to come visit the capitol, call my office at 503.986.1722 or write me an email at Sen.LewFrederick@OregonLegislature.gov to discuss them with me.

Your engagement is important to the political process. Constituent voices impact what happens in Salem.

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Bylaws:
ConcordiaPDX.org/about-cna/bylaws/
The mural on the outside, west-facing wall of Aladdin’s Restaurant looks like it could be set in Syria, precisely what restaurant owner and chef Diyana Kassab wanted. She had admired the works of local muralist Pablo on Alberta Street and elsewhere. “I decided long ago that I wanted him to do murals inside and outside my café, and six months ago it all came together.”

All she had to do was tell him she wanted a Mediterranean scene, he offered options and they collaborated on the designs. One was for the exterior wall and the other a panorama across two interior walls.

The outside mural, in fact, carries the colors of the exterior walls you’d find in Diyana’s homeland. “Many people dine outside there, so I told him I needed two people sitting at a table.”

Pablo even painted a pool of water below the hose faucet. “That was a great idea,” Diyana said of the detail.

Customers comment on both murals. “They come and enjoy what they see,” she said. In fact, those diners served as audiences while Pablo painted the interior one.

“The restaurant, our food and our customers are like family,” Diyana reported. Those who’d usually dine at Aladdin once a month were coming in twice a week to view Pablo’s progress.

“There are a lot of people who follow his work on Instagram,” she said. Diyana is one of them.

Syrian flavors aren’t confined to the menu

Aladdin Restaurant wants diners to experience more than the tastes of Syria. Murals inside and out take on the visual flavor of the owner’s homeland. Photo by Nancy Varekamp

Hardesty slated to greet Concordians April 3

A visit with Portland city commissioner Jo Ann Hardesty and board elections are on tap Wednesday, April 3, at the Concordia Neighborhood Association (CNA) General Membership Meeting. It begins at 7 p.m. in McMenamins Kennedy School Community Room.

Seven incumbents will run for re-election. However, you’re invited to nominate yourself or other Concordians for any of these positions (see zone map and board list on facing page): East 2, Northwest 2, Southwest 2, At Large 2, At Large 4, At Large 6 and Chair.

Then settle in to hear the commissioner comment on her first three months in office, and her hopes and aspirations for Portland. She’ll welcome questions from you and your neighbors.

Have you checked out CNA’s Facebook page?

Keep 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

Facebook.com/groups/ConcordiaPDX/
Check out seismic contractors and DIY info

By Nancy Varekamp
News Editor

When you have something that’s unregulated and there’s tons of fear, there are all sorts of placebos,” said Tim Cook, NW Seismic structural consultant.

He told participants at the recent, local Neighborhood Emergency Preparedness Expo to be careful about making – or hiring – residential seismic retrofits.

Following the event, Tim explained there’s no code for installing anchors to hold an existing home to its foundation during an earthquake. New home construction codes offer some reference for builders. And forensic engineering studies of homes damaged by earthquakes offer evidence-based criteria for optimum retrofit methods.

“It’s not rocket science, of course, but there are a lot of nuances,” he reported.

Tim has been involved in the retrofit industry for six years, now working for a company that traces its roots to the Spring Break Quake in the 1990s.

“There’s no education required to do seismic reinforcement. We see a lot of engineering that people are paying for that isn’t going to work,” he said.

A survey in the San Francisco Bay area – ground zero in terms of industry knowledge – found 80 percent of the residential retrofits inspected probably won’t be effective.

“If city inspectors don’t understand this, why would contractors go out of their way to learn the basics?”

“In this way, this is really embarrassing to the industry,” Tim noted.

Websites can provide both good and bad information. Tim pointed to the site maintained by the city of Salem Building & Safety Division. It recommends hardware designed to resist uplift forces generated by wind, rather than the lateral forces generated by earthquakes.

“If city inspectors don’t understand this, why would contractors go out of their way to learn the basics?” Tim asked.

He has these suggestions for DIYers and/or those who plan to hire contractors:

• Research contractors’ websites for information on their experience, methods and recommendations. Take note if they provide simple statements about earthquakes and nothing about how all the components fit together.
• Research Tim’s company website at NWSeismic.com to learn the basics about retrofitting.
• Attend a free workshop. Multnomah County Library invited NW Seismic to present them. The workshops are geared to homeowners – some of whom are DIYers and some who just want to be informed consumers. For details, visit MultCoLib.org/events/seismic-retrofitting.

“Just keep digging deep and asking questions until you’re comfortable to make decisions,” Tim advised.

“Above all, remember this business is fussy enough,” he added. “We recommend contractors do only seismic. If they do insulation, they shouldn’t do seismic. It’s not a recipe for success.”

Computer help

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Syrian Home Cooking

Featuring fresh, healthy, homemade Syrian savories and pastries, made-to-order and available for pick-up right here in the Concordia neighborhood.

Leila Piazza
503-467-6232
syrianhomecooking@gmail.com
syrianhomecooking.com

Mention this ad for a 10% discount in the month of March.
**Bikeways diversion plan awaits city action**

By Garlynn Woodsong, Concordia/Vernon/Woodlawn NET

A few years ago, the city of Portland solicited feedback from the Concordia Neighborhood Association (CNA) about the 20s Bikeway project.

One of our responses was to request diverters at major streets in our neighborhood—such as Prescott and Killingsworth—to prevent cut-through car traffic from turning onto the narrow one-lane streets on which the 20s Bikeway is routed. That practice can stress out potential bicyclists on the route who may be interested in bicycling more, but are concerned for their safety.

But we were told the city would only install diverters on streets with higher than a certain amount of automobile traffic.

They then informed us they had changed their policies, and now they only installed diverters on streets with sufficiently high traffic volumes. They measured the traffic volumes in Concordia, and the single-lane streets of the 20s Bikeway project didn’t have enough cars to meet their new standard (for two-lane streets), so therefore they didn’t feel diverters were necessary.

I’ve told this story to folks around the city. In doing so, I’ve found a coalition of folks who also want to see physical diverters installed to protect our investment in the bicycle greenway system and keep it safe for bicyclists of all ages and abilities.

Together we developed a community-based policy proposal called “Diversion on Bikeways as Urban Form.” The basic concept is that the urban form of bicycle greenways should include diverters to ensure that they are local-access-only for motor vehicles, while allowing bicycles to continue as through traffic.

The idea is the same as the existing urban form standard for sidewalks that includes wheelchair ramps where side-walks meet street intersections, and for driveways that includes ramps and aprons where driveways meet streets.

This policy proposal is endorsed by CNA, the Northeast Coalition of Neighborhoods, SE Uplift and BikeLoudPDX.

Those groups presented this policy proposal to Portland Bureau of Transportation (PBOT) staff in December.

We were told PBOT will take no further action until it fills its new greenways coordinator position.

Once this policy is adopted officially, it includes a strategy to deploy temporary installations initially to test each diverter location. It advises using kiosks to allow neighbors to provide feedback to PBOT, so temporary installations can be moved or adjusted, retested and perhaps moved and tested again, before being made permanent.

This sort of iterative public feedback loop is proposed as a more effective version of public engagement.

Traditionally, public engagement involves discussions in meeting rooms far from actual installation sites.

Traditionally, public engagement involves discussions in meeting rooms far from actual installation sites. Feedback thus received comes from people who haven’t yet interacted with the physical diversions in question as a part of their daily travels.

We look forward to working with the city to test this new policy to help encourage more bicycling in Portland—in a way that is respectful of and responsive to the concerns of neighbors and roadway users.

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**News from the NET**

**Expo prepares neighbors for any future emergencies**

By Tom Phillips, Concordia/Vernon/Woodlawn NET


They attended the Emergency Preparedness Expo sponsored by the Concordia/Woodlawn/Vernon Neighborhood Emergency Team (NET).

Our own Fire Station 14 first responders fielded an information booth and pulled up in front with the fire engine to the delight of kids and grownups alike.

Additionally, the excellent Oregon Public Broadcasting (OPB) documentary “Unprepared” was screened. If you missed the 55-minute program, you can view it at Watch.OPB.org/video/ oregon-field-guide-unprepared-oregon-field-guide-special.

OPB’s “Oregon Field Guide” spent 1½ years investigating the state of Oregon’s preparedness. It found that—when it comes to bridges, schools, hospitals, building codes and energy infrastructure—Oregon lags far behind many quake-prone regions of the country.

I’ve told this story to folks around the city. In doing so, I’ve found a coalition of folks who also want to see physical diversions installed to protect our investment in the bicycle greenway system and keep it safe for bicyclists of all ages and abilities.

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**LUTC reports**

**What’s Selling in Concordia?**

 avg. Sale Price in 2018: ................ $523,453

avg. Sale Price currently: .............. $530,739

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**What's Selling in Concordia?**

Homes sold in RMLS in last 12 months as of Feb. 13

1.4% Increase in Average Sale Price since 2018


Avg. Sale Price currently: .......... $530,739

Avg. Days on market: .............. 32

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Concordian Leila Yacoub Piazza is a first generation Syrian-American who has cooked traditional food for family and friends all her life. Her father arrived here in the 1950s from his Syrian village of Amar Al Hosn.

The war left many families suffering and in dire need due to the tragic loss of husbands and sons. They lost financial support, and bombed factories can no longer produce basic life needs.

Leila’s nephew in Amar Al Hosn helped to identify 17 families she could help. She was able to distribute money and hygiene products directly to families with the help of her nephew and a local priest.

Before her trip to Amar Al Hosn Leila sponsored a bake sale and raised $1,700 by cooking and selling an assortment of exotic Syrian foods. During a very warm July, friends and family helped cook savory meat and cheese pies, traditional dips and sweet desserts.

“Altogether, we turned out 10 to 12 dozen each of seven recipes. We sold out in six hours and turned people away.”

After her trip Leila said, “I couldn’t stop thinking about this, but I also need to earn a living. So I started Syrian Home Cooking.

“I make a living while cooking. I donate a portion of the profits to help those families in Syria, share my cooking and heritage with my neighbors, and I spend some of my work hours doing something I love.”

Although he left behind family and friends, he brought with him the recipes, flavors, traditions, and passions of his home.

In 2018 Leila spent a month in Amar Al Hosn visiting her brother and sister. It was her first trip there since the Syrian war broke out in 2011.

“I’d been waiting for eight years for the fighting to die down in Syria,” she said. By the end of 2017, it had. “The rebels had left our valley.”

Through her new business, Syrian Home Cooking, Leila Yacoub Piazza fills custom orders and sometimes operates a pop-up. A percentage of what she earns helps the people ravaged by war in her father’s homeland. Photo by Marsha Sandman.

SyrianHomeCooking.com was born from passion, caring and need. In addition to a delicious rotating menu, Leila offers Syrian cooking lessons in her home, custom cooking for celebrations, and has recently stocked a pop-up at High-Wheel Fizzy Wine Co. in the Dekum neighborhood. “Each week, we will bake made-to-order specialties available for pick up right here in Concordia. All our food is made fresh, using quality ingredients, and is prepared in our fully-licensed home kitchen.”

For a taste of Syria, contact Leila through her website or at 503.467.6232.

Intuitive Eating: Done with Dieting

Four week class starts Tuesday April 9, 2019, 7-9 pm
Community Room at McMenamins Kennedy School
Taught by a Registered Dietitian Nutritionist. Learn more and sign up at: meredithkleinhenz.wixsite.com/website
Cornucopia Wellness, LLC: Nourishing Lifestyle Change

Want to get involved locally?
Want to get to know your neighbors?

Join us at the next Concordia Neighborhood Association Board Meeting on Wednesday, March 6, 7-9 p.m. in the McMenamins Kennedy School Community Room.
All are welcome!
Local students illustrate book

By Karen Lotts
CNA Media Team

A group of Vernon Elementary School students are officially published illustrators thanks to a collaboration between their fourth grade classes and authors/Ethiopian literacy advocates Jane and Caroline Kurtz.


The text is written in both English and Amharic, one of the three main languages spoken in Ethiopia.

According to the sisters, who grew up in Ethiopia, children's literature is just taking root in that country. There are still limited options for beginner books that both appeal to children and are written in Ethiopian languages.

To help meet this need, Jane cofounded the nonprofit Ethiopia Reads 20 years ago and in 2016 began writing stories for Ethiopian children learning to read. Jane and Caroline now volunteer as creative directors for Ready Set Go Books, a project of the Seattle-based nonprofit Open Hearts Big Dreams.

They have collaborated previously with community volunteer illustrators through churches or community college art programs. The project with Vernon came to life last spring when teacher Marie McMahon asked the sisters if they'd be interested in her students contributing to their next book.

"When my students heard that they could be a part of making a difference in other children's lives by increasing access to literacy, they were immediately on board," Marie said.

Using additional background art from a previous collaboration with students in Beaverton and combining it with the illustrations from Vernon students, a colorful book was ready to be published online and printed in Ethiopia.

The Vernon community has reacted warmly to the philanthropic project, and gathered recently at Cafe Eleven for the debut of the book and copies signed by the student illustrators.

"As a published author, I face incredible odds…a hard craft journey…and the payoff is in seeing readers connect with my books," Jane said. "I think something similar happened with these students."

The books are available through Amazon.com. Involvement opportunities can be found via EthiopiaReads.org and OpenHeartsBigDreams.org.

Karen Lotts is a local freelance writer who helps local small businesses and nonprofits connect with their audiences through copywriting. She can be reached at KarenLotts.com.
nana cooks up Vietnamese, Korean cuisine

By Vanessa Miali
CNA Media Team

It started as a joke driving down Alberta Street when Thao Huynh noticed there was no Vietnamese or Korean food anywhere. She told her husband, Bo Shin, they should open a restaurant featuring their favorite foods from both their cultures.

This was a turning point for the couple and last May they opened their restaurant at 1625 N.E. Alberta and called it nana, their daughter’s nickname.

Concordia gained an authentic dual-experience restaurant with hawee-cooked food from both worlds. “The food at nana is exactly like I serve inside my home, at my table,” Thao said.

“It took us a lot of time to get the recipes just right,” Bo explained. “We did many tastings with friends and family before finalizing our menu.

Owned and operated by the husband and wife, both are passionate about food and home style cooking. Bo is more of the operator and Thao brings the flare, style and home style cooking. Bo is more of the operator and Thao brings the flare, style and home style cooking. Bo is more of the operator and Thao brings the flare, style and home style cooking.

“Everything has to be perfect. All the ingredients must connect, have the right preparation, amounts and, of course, freshness,” Thao explained. Preparation of the Vietnamese pho broth is an example of their dedications to the utmost traditional foods. The menu describes pho as a complex broth made from a variety of spices and beef bones that simmer for more than 16 hours.

“No one touches the broth but me because it’s a delicate balance of spices,” Thao explained. “The way you roast the onion and ginger can change the flavor of the broth.” The food is plated with many colorful sauces, veggies and sides. “You eat with your eyes first,” Thao said. “Then it’s all about creating texture and balance.”

For instance, the crunchy and delicious Korean bibimbap dolsot is a mix of veggies and bulgogi beef served in a sizzling stone bowl. Bo said bibim means “to mix” and bap means “rice,” so typically it’s eaten all stirred up.

“Many people mistake Korean food for only BBQ,” Bo pointed out. One menu change since they opened has been adding seafood such as grilled mackerel and steamed clams. nana also offers gluten-free, vegetarian and vegan options seven days a week for lunch and dinner.

Lunch is served from 11 a.m. to 3 p.m. and dinner is from 5 to 9 p.m.

“We put a lot of love into each of our menu items,” Thao noted. “We want people to come back because of the taste.”

Lessons I Learned from My Mother’s Experience as A Medical Doctor

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

One of the most common questions I get asked is how did I decide to be a chiropractor? And if I’m being honest, the answer isn’t because I’m IN LOVE with chiropractic care. The answer goes a bit deeper than that.

Growing up I always knew I wanted to be in the health field. When I was 8 years old my mom went back to medical school. I was old enough to see the work and sacrifice it takes to go back to medical school.

I also saw her gradually become frustrated with how the medical system operates and the impact it can have on patient care and outcomes. Hospitals setting appointment times. Insurance companies determining what treatments to prescribe. She routinely expressed her frustration with not being able to deliver the care her patients deserved.

Feeling burned out - she eventually left the hospital system and opened a private practice. Her experience in the medical system left a lasting impression on my career path and provided three important lessons that I carry into my life and work today.

Lesson 1: We’ve placed so much focus on the doctors, treatments, and technologies that we’ve lost sight of the most important part of the treatment plan – the patient. Treatment plans should be tailored to the individual’s unique concerns and goals.

Lesson 2: The experience matters. How we’re greeted when we walk in the door. Being fully engaged in the treatment plan. Providing a positive, healthy environment to reach health goals. These are things that matter if a smooth enjoyable, and successful recovery is what we’re after.

Lesson 3: Don’t forget the big picture. Health is more than a number on a scale or the finding of a lab report - health is about how we experience the world we live in. Our ability to do what makes us happy. And as such, healthcare should be about creating the optimum conditions to achieve happiness.

So to answer the question - why did I become a chiropractor? It was because of my mom. Because of her confidence to leave a system that wasn’t working for her or her patients and create a clinic that gave her the freedom to make her priorities number one.

The author, Carl Baird, is owner of Evolve Performance Healthcare. He’s happy to answer any questions about his experience by phone at (503) 954-2495 or by email at hello@performancethecarepdx.com

Feel alive – write for us!

Concordia News
Email: CNewsEditor@ConcordiaPDX.org
To your wellness

Rewrite the story of you by identifying your themes

By Penny Hill
Licensed massage therapist

We’ve all been there: the place where we look around and think, “How did this happen again?”

The same bad romance, but with a different partner. The same money issues. The promotion you did not get again. We’ve all watched our friends – or been that friend – make the same mistakes repeatedly. Not thinking things through. Making choices that everyone else can see will lead to the same old problems.

Why? We are mesmerized by our story. We all have one.

Actually we have at least two:
• The one in our conscious mind where we are the hero of the story: brave, honest and true
• The story that is really running the show, the one in our subconscious

Of the two, the second is by far the most powerful. This story is written primarily when we are young and establishes many of the themes that play out over and over in our lives.

There certainly can be good themes: that we are loved no matter what, and we are capable. But the most enduring themes are established when our experiences come with powerful, often negative, emotions.

The most important component is not the event itself, but how we reacted to it. Look back over your life and write down a few key events and important people.

How did you react to them? Can you see a recurring pattern? Did you respond with fight, flight or freeze? The sum of your reactions may add up to something like: “I’m not good enough,” or “If I don’t do it, it won’t get done.”

Look for your themes. See how they are playing out in your life. They may wear many different masks. Once you’ve seen the script you can begin to rewrite it. Author! Author!

Penny Hill provides stress relief to her neighbors through her massage business, Rising Sun Massage, and Tapping For Less Stress at CalmHealthEase.com.

Mingle at the mixer March 24

A community-wide mixer is scheduled Sunday, March 10, for Concordians to mingle. Mark your calendar for 5:30 to 7:30 p.m. at Jinx, 3000 N.E. Killingsworth St.

It’s the first of a series of mixers Concordia Neighborhood Association (CNA), plans for every other month. Admission is free, and participants are welcome to purchase additional food and drinks from the menu.

“It’s a partnership with local businesses to provide the opportunity for Concordians to get to know their neighbors, and to enjoy delicious samplings of appetizers and drinks,” explained Sonia Fornoni, CNA Social Committee chair.

She invites other businesses – including retailers, caterers, service providers and nonprofits – to contact her about future mixers. Venues aren’t limited to the boundaries of Concordia neighborhood. Businesses from neighboring associations are also invited to host CNA mixers. Those include Cully, Beavmont-Wilshire, Alameda, Sabin, Vernon, Woodlawn and Sunderland.

Email Sonia at SoniaGF419@gmail.com for details and/or to make plans.

“This is all about CNA’s mission to connect people – business people as well as residents – and build community,” Sonia reported.

$5 million grant goes to CU business school

Concordia University (CU) in February received the largest financial contribution in its 114-year history. The $5 million grant from the Robert D. and Marcia H. Randall Charitable Trust will establish the Robert D. Randall Endowed Chair for Business and Technology.

According to university officials, that chair will expand the CU School of Management’s focus on an innovative business education and technology program.

“This gift will be transformative in advancing Concordia’s commitment to developing ethical and impactful leaders,” said Michelle M. Cowing, Ph.D., school of management dean.

“Concordia Portland will continue its long history of innovative partnerships to solve difficult societal and business challenges throughout the Pacific Northwest,” said Julieatt, president. “The focus for the business & technology program is driven by the unique makeup of the regional economy, she added. It’s one fueled by homegrown businesses as well as global enterprises.

A new clinical model and technology curriculum will be co-designed with regional business leaders working in small and large businesses alike, startups and the growing tech sector.

According to the dean, engaging students in a variety of clinical experiences and a strong technology emphasis will prepare future leaders who are able to help businesses respond to ever-increasing economic and technological change.

The $5 million grant kicks off a university campaign to raise an additional $1.25 million. That’s also for the university’s business program, which is now named the Randall Fellows Clinical Program for Business & Technology.

Save April 20 for the annual egg hunt

Volunteers are needed:
• April 19 to stuff 6,000 plastic eggs with candy
• April 20 to hide those eggs

Contact Sonia Fornoni, SoniaGF419@gmail.com

Watch for details in the April CNews

Sponsored by CNA & American Legion Post 134
Gardening guidelines

It’s time to get started on preparing garden edibles

By Jolie Ann Donohue

The first day of spring arrives on the equinox, March 20. The earth is awakening, and so is our persistent gardening urge. To be most successful in your vegetable garden, keep in mind a few guidelines. Our average last frost – 32 degrees – is March 15. Cool season vegetable planting spans March-May.

Working in wet gardens causes soil compaction that impacts plant health. Covering your garden beds with cardboard or a tarp will help them dry faster so you can prep soil for planting on a dry day.

In addition to dry soil, optimal planting conditions include day temperatures rising to 50 degrees and soil warming to 55 degrees. In wet cold soil, potato tubers will rot, seeds won’t germinate and transplants will struggle to grow.

Into April we generally have more ideal planting conditions. It’s too early for summer heat-loving edibles, so wait until after May 15 to plant basil, beans, cucumbers, squash and tomatoes.

For now, focus on cool season edible crops and keep handy a frost blanket, cloche or cold frame for temperature dips. Plant these:

- Vegetables from crowns/roots/tubers: asparagus, garlic, horseradish, potatoes, onions, shallots and sunchokes
- Direct seed salad greens: arugula, cress, endive/escarole, lettuce, mache and mesclun
- Herb gardens with cool-loving annual herbs like chervil, cilantro and parsley
- Perennial herbs from transplants: chives, lavender, mint, oregano, rosemary, sage and thyme
- Small fruit and fruit trees: apple, blueberry, cherry, currant, grape, hops, kiwi, pear, plum, raspberry and strawberry

Want to get involved locally?

Care about transportation or land use issues affecting our Concordia neighborhood?

It’s easy. The Concordia Land Use & Transportation Committee meets next on Wednesday, March 20 at 7 p.m. in the Kennedy School Community Room.

(Generally, meetings are held on the 3rd Wednesday of the month.)

Meetings are open to the public. Just show up or contact LandUse@ConcordiaPDX.org.

Info: ConcordiaPDX.org/ltuc

Mark your calendar for Vanport Mosaic Festival

The 2019 Vanport Mosaic Festival returns for its fourth event May 21–June 2, organized by community-driven nonprofit Vanport Mosaic. “Through exhibits, documentary screenings, tours, performances and dialogues, we will celebrate the lessons of resilience and resistance as defined and told by historically oppressed communities,” reported the festival’s Facebook page.

The multi-disciplinary festival has received the Oregon Heritage Excellence Award, the Spirit of Portland Award and the Columbia Slough Watershed Council’s Achievement Award. Returning sponsors and funding sources are Oregon Historical Society, Portland Bureau of Emergency Management, Multnomah County Drainage District, Port of Portland, Regional Arts & Culture Council and Multnomah County Cultural Coalition.

The festival is seeking more sponsors, funders and volunteers. For details, contact Info@VanportMosaic.org or visit Facebook.com/events/318223914257888.

The story of Vanport Mosaic Festival, Oregon Historical Society digital file no. ba018658
The question:
We live on 35th and Ainsworth in a home built in 1941 and – like the rest of our neighbors between 33rd and 37th circling the blocks of Ainsworth and Simpson – we all have lots 50 by 230 feet. Why do you suppose the lots on this block were platted so long?
– Rose and John Yandell

The historian reports:
The long, narrow configuration of this block stems from decisions made more than 100 years ago by John D. Kennedy. He once owned much of the property between Killingsworth and Ainsworth streets, the years after the 1905 Lewis and Clark Exposition, when it seemed anyone who could was buying property or building houses.

Kennedy's stated rationale was to sell the larger chunk of land as acreage for farm fields.

As urbanization spread in the years that followed, neighborhoods were built to the north, south and west, but the 12-acre parcel – with no north-south through streets – stayed as one big block in farm use.

Kennedy died in December 1936. In 1938 the property was controlled by Ward D. Cook, a Portland insurance and real estate agent, who designated 80 lots on the long block ready for construction.

After World War II the market truly picked up. Most of the houses were built and sold between 1940 and 1950.

So there you have it. In the original Kennedy's Addition plat, that one long block was going to be five blocks. But then Kennedy did away with the blocks to better sell the property, which he never did.

The market came and went and came back again. Then another speculator saw opportunity and turned the island of farm into the more than 50 lots there today, most of them a very long and narrow quarter-acre each.

To ask the historian is a CNews standing feature that encourages readers to ask questions about the history of the neighborhood and its buildings. Is there something you've wondered about? Drop a line to CNewsEditor@ConcordiaPDX.org and ask Doug Decker to do some digging.

Ask the historian
Why are the lots on my block extra long?

By Doug Decker
Historian

Northeast Portland’s ripeness for real estate didn’t take place until the years after the 1905 Lewis and Clark Exposition, when it seemed anyone who could was buying property or building houses.

and 33rd and 42nd avenues, and Kennedy School was named for him.

The Irishman immigrated to Oregon in 1866, found his way to Baker City and worked in and then owned a dry goods store.

After coming to Portland about 1881, Kennedy bought this property, originally part of the 1855 Isaac Rennison Donation Land Claim. It was outside the city limits and far from any developments.

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**Concordia community events calendar**

**March 2019**

**Friday, March 1, 8, 15, 10:30am-noon**

**FEAST COMMUNITY CHOIR**

Location: Subud Parliament, 3185 NE Ren-ge St

Forget Everything & Sing Together (FEAST) is a community acapella choir with the goal to build community. Guests welcome for end of term sing on March 15.

Details: feastcommunitychoir.com

**Monday, March 4, 6-8pm**

**IN GOOD FAITH: EXPLORING RELIGIOUS DIFFERENCE IN OREGON**

Location: Concordia University Library lobby, 2800 NE Liberty St

The Library Multicultural Arts & Events Program, in partnership with the University Foundation, presents this Oregon Humani- ties Conversation Project. Writer & former chaplain Elizabeth Harlan-Ferlo leads par-ticipants to examine tools used to talk about religion without dismissing others' beliefs. Light refreshments are provided.

Details: cu-portland.edu/about/events/ campus-calendar

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**Tuesdays, March 5, 12, 19, 26, 4:30-8pm**

**TEXTILE TUESDAYS & OPEN ART EVENT**

Location: Cerimon House, 5131 NE 23rd Ave

Stitch, knit, crochet & chat in a simple gath-ering of artful citizens. Peruse the art gallery exhibits. Fold origami with the Soul Box Project to help with the goal of 200,000 small boxes for a national display.

Details: cerimonhouse.org

**Thursday, March 7 & 14**

**LEAD POISONING PREVENTION**

Participants learn how to prevent lead expo-sure in their homes, especially homes built before 1978 with children, pregnant women & others concerned about lead exposure.

- March 7: 4-30-5:30pm, Northeast WIC Clinic, 5329 NE Martin Luther King Jr Blvd
- March 14: 6-30pm, Community Energy Project, 2900 SE Stark St A

Details: registration:
comcounterproject.org, 503.284.6827

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**Thursday, March 7, 14, 21, 28, 7-8:40-9:40am**

**TOASTMASTERS**

Location: Concordia University Library, 2800 NE Azalea St

Advisors Toastmasters is a small, but active group that gives members opportunities to try their hand at helping others through a safe, nurturing & supportive environment with feedback that is aimed at helping improve speaking, listen-ing & leadership skills.

Details: advisors.toastmastersclub.org

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**Friday, March 8, 8-9:30pm**

**21ST CELEBRATION GALA AWARDS CEREMONY & BANQUET**

Location: Sheraton Airport Hotel, 8235 NE Airport Wy

This gala evening honors outstanding lead-ership & achievement in support of Columbia Slough Watershed Council's mission: to pro-tect & enhance the slough & its watershed through community engagement, education & recreation. The event includes a curated silent auction, wine & beer, raffles, dinner & photo booth.

Details/tickets: columbiaislough.org/events/ event/69

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**Friday, March 8, 7-9pm**

**INSTRUMENTAL CHAMBER MUSIC CONCERT WITH BRASS, HANDBELLS & STRING ENSEMBLES**

Location: Concordia University Fine Arts Building, 2811 NE Holman St

This is the university’s annual instrumental Chamber Music Concert.

Details: cu-portland.edu/about/events/ campus-calendar

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**Monday, March 11, 6pm**

**ABOUT CELTIC PAGANISM IN MODERN PRACTICE**

Location: McMenamins Kennedy School theater

The March Paranormal Pub, sponsored by McMenamins Kennedy School & the UFO Festival, hosts Jenny Wilde & Ines Meredith Bell to explore the practices & beliefs in Celtic Paganism, delving into mythology, divination, herbalism & rituals. A minor adult may be admitted with a parent or guardian.

Details: mcmenamins.com/events/199326- the-nature-of-time-and-its-anomalies

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**Tuesday, March 12, 6pm**

**RACE TALKS**

Location: McMenamins Kennedy School

These opportunities for dialogue about race in Oregon — both historically & the current time — are presented by McMenamins His-tory & Donna Maxey. Doors open: 6pm; discussion: 7pm.

Details: racetalksdpx.com

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**Wednesday, March 13, 6-8pm**

**HOME ENERGY SCORE WORKSHOP**

Location: Community Energy Project, 2900 SE Stark St A

Participants learn how to prevent lead expo-sure to home sellers/buyers & real estate brokers. Scores to be listed for sale. This class is for a companion is free.

Details: registration:
communityenergyproject.org

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**Friday, March 15, 7-8pm**

**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 com-partment is free.

Details: officethecouchevents@gmail.com, 503.702.2394

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**Saturday, March 16, 6-8pm**

**CREATIVE PATH WALK**

Location: Cerimon House, 5131 NE 23rd Ave

Cerimon House hosts a monthly indoor laby-rinth walk installation, each featuring a new theme. The 30-minute immersive & contem-plative experience offers a place to unplug, focus & restore. Enjoy the unique replicas of historic patterns from Reims, Chartres & chartesque patterns. This quiet activity is recom-mended for walkers 9 years & older. Walk-ers are welcome. Donations are accepted.

Details/reservations: creativepathwalk.com

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**Saturday & Sunday, March 16 & 17, noon-4pm**

**WINTER CONCERT/LENT PRESENTATION**

Location: St. Michael’s Lutheran Church, 1700 NE 29th Ave

The voices & instruments of Concordia University’s Concert Choir & Christ Crus Ensemble combine at this concert.

Details: cu-portland.edu/about/events/ campus-calendar

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**Wednesday, March 20, noon-1pm & 7-8pm**

**CIVIL DISOBEDIENCE SYMPOSIUM**

Location: Cerimon House

The Center for Applied Lutheran Leader-ship hosts this symposium. Guest speaker is the Rev. Greg Seltz, Lutheran Church for Religious Liberties.

Details: registration:
officethecouchevents@gmail.com, 503.702.2394

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**Thursday, March 21, 6-8pm**

**FREE CRAFT NIGHT**

Location: Atlas Pizza, 711 N Killingsworth St

Collage & Pizza collaborate the third Thursday of each month to sponsor this event. Supplies & instruc-tors are provided, no registration necessary.

Details: collagelife.com

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**Sunday, March 24, 5-30-7:30pm**

**CINA MIXER**

Location: Jinx, 3000 NE Killingsworth St

This partnership with local businesses offers Concordians the opportunity to mingle with neighbors.

Details: Page 9

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**Monday, March 25, 6pm**

**CRISIS ON THE COLUMBIA: MAKING A DIFFERENCE AT MID-CENTURY**

Location: McMenamins Kennedy School

The March History Pub focuses on the crisis of the mid-nurseries. The community of Celilo Village following World War II. An illustrated presentation by author Katy Barber is fol-lowed by a Q&A session featuring Linda Meanus. Confederated Tribes of the Warm Springs Reservation.

Details: registration:
communityenergyproject.org, 503.284.6827 x109

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**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.