Local groups, organizations and individuals continue to prepare for the “big one” – an earthquake with a magnitude as much as 9.0 – expected to hit within the next 50 years. So does Portland Public Schools (PPS).

The focus is on adding safety to buildings and teaching earthquake response to students. Drills are held twice each year in each school. Called “drop, cover and hold,” students shelter themselves under their desks – or tables or against interior walls – to be shielded from falling objects.

“Part of the issue is whether you’re better off to leave,” said Vernon School principal Ben Keefer. “A lot of that is going to be based on situational awareness, especially with our building. The brick fascia and glass windows hold some issues.”

Teachers and staff train in situational awareness to make those judgment calls. Walkie talkies are based throughout the building to support communications. And, for evacuations, the playground blacktop is marked for classes to meet and take roll call.

In PPS offices, earthquake preparedness efforts tackle the resilience of school buildings. Financed by bond measures, aging schools are being modernized. Madison High School is next, beginning this summer. And assuring the building meets current life safety seismic codes is a major element of that work.

Seismic reinforcement is included in all maintenance, reconstruction and repair plans. There’s no end in sight. Vernon and Rigler elementary schools are not yet on a list for overall modernization efforts. However, any improvements and/or replacements made at those schools would include seismic attention, according to PPS spokesman Harry Esteve.

For instance, Rigler will get a new roof this summer. “When we replace a roof, we make sure it is seismically strengthened,” he said. “The whole roof is tied together, then connected directly to the walls, making it stronger and better able to withstand the shaking caused by an earthquake.”

That was the case at Jefferson in 2016 when work was required on a TV studio building wall. Seismic reinforcement was part of the job.

“All of our buildings, except the ones we’ve modernized, could use more,” he added. “We do it as we can, and as we have funding.”

By Nancy Varekamp

GALLERY CELEBRATES 5TH YEAR

Miss a show? Verum Ultimum keeps book(s) on them.

See Page 8

HOTEL IS HUGE ON COMFORT

The Alberta Petite Hotel is big on community too.

See Page 6

SC AIMS AT HOLISTIC LIFESTYLE

Strength Camp offers more than just strength training.

See Page 4

PPS prepares for the ‘big one’
Will you help your tree team keep Concordia green?

D
did you ever see a street tree in need of TLC, but didn’t know where to turn? Such trees can be pruned by expertly trained volunteers with the Concordia Tree Team later this year. Read more to learn how!
The Concordia Tree Team, of which I am one of its newest members, is now in planning stages to pursue the Urban Forestry’s (UF) Portland Pruners Program in the Concordia neighborhood. This program outfits willing tree teams with the tools, resources and support needed to care for younger and smaller trees.

Our overall goal is to improve the survival rate of newly planted trees and foster proper tree structure for less young trees so they thrive longer term.

Our overall goal is to improve the survival rate of newly planted trees and foster proper tree structure for less young trees so they thrive longer term.

The Concordia neighborhood encompasses 3,835 households according to the 2010 census, more than 1.33 square miles according to Wikipedia, with 4,036 trees according to the 2010 UF Street Tree Inventory for our neighborhood.

Of those, 56 percent were considered in good condition. The balance are fair to poor. Also, 50 percent of the trees surveyed back in 2010 are small enough to participate in the program.

What are the fundamentals of this program?
The item in question, in fact, be a tree – not a shrub and notshooters from an ill-performed tree removal. The tree must be located on a city street right-of-way, essentially the area between the sidewalk and street.

The tree must be no greater than six inches in diameter at breast height – measure a length of dental floss 18 inches long and wrap it around the tree at 4.5 feet above the base. If the ends touch or overlap, the tree is a candidate.

A signed UF permission slip from the homeowner allows us to perform the work – the tree team will facilitate this.

The size of tree is limited to only six inches in diameter because such trees are easier for volunteers to help and have minimal need for care.

The tree team is now considering how to identify candidate trees, how to cut that list to trees in need, and how to approach homeowners for approval to “make the cut” – candidate, cull, cut.

You can learn more by visiting PortlandOregon.gov and use the search bar for Portland Pruners Program, or contact me at ConcordiaDean@gmail.com.

Deanilles has lived in Concordia since 2016 and became a neighborhood tree steward in 2017. He dreams in trees and hopes to come back one day as a J.R.R. Tolkien Ent.

CNA Board of Directors

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Garlynn Woodson
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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 nonprofit)
Info: ConcordiaPDX.org/community-room-rental

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Neighborhood Response Team Officer

Anthony Zoeller, Anthony.Zoeller@PortlandOregon.gov, 503.823.6746

CNA Spring Clean Up

Save the Date

Saturday, June 1

8 a.m. – 12:30 p.m.

PCC Workforce Training Center

at NE 42nd & Killingsworth

Tired of seeing all the clutter & junk in your closet, basement & garage? Drop it all off at the PCC Workforce Training Center.

CNA’s Biggest Fundraiser of the Year

The concerts are coming!
The concerts are coming!

Ready, set, start planning those picnic basket concerts. Concert dates are now set set for three Fridays in Fernhill Park: July 12, 19 and 26.

Stay tuned for details on the performers and how you can help fund these enjoyable evenings.

All concerts are scheduled for 6:30 to 8:30 p.m. Additional entertainment for children those evenings is also being planned, and food and beverage vendors will be on hand. Admission, as always, is free.
The mural outside DarSalam, the Mediterranean restaurant at 2921 N.E. Alberta St., is accurately titled, “Old Bagdad Market.” It’s named after Al-Sarai, the buzzing, Middle Eastern outdoor market featuring classic Persian architecture.

The pastel-hued mural depicts shoppers walking throughout cobblestone streets and archways among the specialty items for sale. Vendors offer dates, nuts, fresh spices, honey, vibrant rugs, books and woven baskets among their treasures.

To achieve their vision of a multi-scene painting across the tricky “L” shaped wall, DarSalam owners worked with Pablo Gonzalez, a well-known Portland mural artist who’s completed more than 65 murals.

“My brother and I showed him tons of pictures from our culture and described our ideas,” said Shaymaa Alqurigchee, co-owner. “We wanted people to see the mural and know that inside is a classic Arabic restaurant.”

DarSalam owners loved it so much that they commissioned him to paint ancient Babylon’s Ishtar Gate – a lapis-colored brick mural with golden mosaic lions – inside their downtown restaurant.

“I immerse myself in the customer’s culture and then mix in my style of rich colors with proportion and balance,” Pablo pointed out.

He’s painted several other murals in Concordia, including roses above the golden brocade on Alberta Street between 22nd and 23rd avenues, and around the same corner is the massive turquoise panorama elephant taking flight toward one red rose.

Walking by La Sirenita, you’ve likely seen his mermaid with iridescent fins made of DVDs.

Shaymaa said Iraq is her family’s country of origin. It’s also the birthplace of the date palm which can be seen in the mural’s background.

Historically with the palm, nothing is wasted. The dates bring people sugar and energy. The palm trees provide shade.

The woven fronds make brooms and baskets. Even the wood is used to make furniture. This mural is a warm reminder of traditional Middle Eastern times and a welcoming entrance to the restaurant.

General meeting features elections and Hardesty

Elections and a newly-elected city commissioner are agenda headliners at the Wednesday, April 3, Concordia Neighborhood Association (CNA) general membership meeting.

It’s at 7 p.m. – preceded by a board of directors meeting at 6:30 p.m. – in McMenamins Kennedy School Community Room. Attendance is not only free – it’s encouraged.

Portland city commissioner Jo Ann Hardesty will report on her first three months in office and her aspirations for the city. She oversees Portland Fire & Rescue, Portland Bureau of Emergency Management, Bureau of Emergency Communications, Fire & Police Disability and the city’s retirement fund.

The meeting opens with annual board elections. 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.

According to CNA bylaws, 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 permission from parents or guardians.


Thursday, May 2, it’s showing again, along with a discussion with director Cornelius Swart. Admission is free at 7 p.m. at the Leaven Community, 5341 N.E. 20th Ave. Sponsors are Alberta Co-Op Grocery, and Vernon and Woodlawn neighborhood associations.
SC training offers more than physical strength

By Tamara Anne Fowler
CNA Media Team

Strength Camp (SC) is for more than just physical strength. The program combines strength, structure, speed and silence.

Operating at 5224 N.E. 42nd Ave., owner Phillip Adler focuses on correcting form, bringing back dynamic meditation, and an all over holistic lifestyle.

Phillip began his study when he was eight years old. He didn’t resonate with school and started practicing martial arts. His physical education teacher told him to start writing out fitness programs. That sparked his interest. Phillip had found his calling.

After graduating from school, he joined the military.

He learned how to cook in the Navy. And, even closer to his heart, he would personally train those who couldn’t pass the fitness test that troops must master every six months to stay in the military.

A huge compliment to his personality and style, Phillip still has clients from his early training days more than 10 years ago. They joke, “You think he’s mean now!” Phillip admitted he had to learn how to be nice.

SC holds discussion groups the first week of every month. Led by Phillip, he opens the group by sharing his story. In the open forum setting, the group focuses on habits and topics including nutrition, body image, food as medicine, and self love – the way you talk to yourself.

Phillip hadn’t dreamed of owning an SC franchise, but he had imagined working out at SC International in Florida. A few years ago he was on a trip to Florida and decided to extend his stay to fulfill his dream.

An enthusiastic Phillip talked to all the SC coaches and studied what they did. His mentor, the founder of SC, took him aside and asked if he wanted to apply for an SC franchise. Although 100 people submitted applications, only six throughout the world were chosen. Phillip was one.

He is always looking for opportunities to add value to the community.

In fact, Phillip and Jenn Pereau, neighboring business owner at Tiny Moreso, are hoping to ally to teach a self defense class beginning soon.

For open hours and class schedule, contact information and other details, visit StrengthCampPortland.com.

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 Spicye'D -- are also her cats. Visit her at EditKitten.com or contact her at Tamara@EditKitten.com.

CNA Annual Spring Egg Hunt
Saturday, April 20, 10 a.m. (sharp)
Fernhill Park Playground near 37th Avenue

Latecomers – by even a few minutes – lose out on the candy (seriously). BYO Basket.

Adult volunteers are needed the evening before to stuff several thousand plastic eggs with treats and prizes.

Join the party, 5-8 p.m., American Legion Post 234, 2104 N.E. Alberta St.

No registration or RSVP is required for either event.

Share your creativity

CNews is introducing a new feature in upcoming issues. “Concordia creates” will display the creative side of people who live and/or work here.

Send your creative work to CNewsEditor@ConcordiaPDX.org at any time. Your piece may be selected to appear in CNews. If not, look for it on Facebook.com/groups/ConcordiaPDX.
CNA board update

Board, committees to try remote attendance

What this policy now enables is for more people to join committees, or even the board...without fear of travel, etc. potentially causing missed meetings.

By Garlynn Woodsong
CNA Board Member, SW1
CNA LUTC Chair

At its February meeting, the CNA Board of Directors voted to authorize a pilot program to extend for the remainder of 2019. Board and committee members are now authorized to participate in meetings using electronic means, including for the purposes of meeting quorum and taking votes. This move follows up on months of discussions concerning how the board might be able to better encourage community participation. Because this is an ongoing conversation, the board felt it best to begin experimenting with policy changes that might help CNA activities be more accessible to community members.

The initial step authorized by the board is to allow CNA to learn incrementally how various technological solutions might be best used. Board and committee members will begin conducting business the way any other modern business does: using a combination of in-person and electronic means.

Using a conference line is a fact of life in business and government, so it makes sense for CNA to also begin allowing business to be conducted in this manner. Previous to this act, CNA policy had been in line with guidance, called the ONI Guidelines, from city’s bureau that oversees neighborhood associations, which indicated that in-person attendance was required for participation.

The board urges board and committee members to use the policy responsibly, and encourages in-person attendance as much as possible. However, a conference line is being made available for use when members are out of town or otherwise cannot be physically present.

The hope of the board is to allow people with busy lives, juggling many responsibilities, to have various participation options available to them. What this policy now enables is for more people to join committees, or even the board – elections are scheduled for April 3 (see Page 3) – without fear of travel, etc. potentially causing missed meetings.

If this pilot project goes well, the community may wish to encourage the board to take the next step: to allow Concordians to “tune in” to meetings they can’t attend in person.

We invite the community to let us know if there are any additional suggestions for encouraging participation.

Contact CNA board members via email addresses listed on Page 2, attend a committee or board meeting also listed on Page 2, or post on Facebook.com/groups/ConcordiaPDX.

News from the NET

The quake may hit after bedtime

By Amy Gard, team leader Concordia/Vernon/Woodlawn NET

Our area had a significant anniversary Jan. 26: the 319th year following the most recent Cascadia Subduction Zone earthquake. It’s estimated to have occurred at 9 p.m. at 8.7-9.2 magnitude. With most of us spending about eight hours a day in bed, that isn’t an unlikely place to be when the next Cascadia quake rolls in.

Stocking and safety checking your bedroom(s) is one of the more impactful things you can do to ensure your earthquake readiness. Don’t get smashed or stuck – If a quake begins while you’re in bed, you’re quake readiness.

Don’t get smashed or stuck – If a quake begins while you’re in bed, you’re probably safest holding on and covering your head until the shaking stops. So assure your bed is a safe space to ride it out. Secure or relocate anything that has a potential to fall on you or block your exit. Brace or replace your masonry chimney if its fall zone is through your bedroom. A fire ladder may be needed to exit your second floor rooms.

Have an evacuation bag – Lacerations of hands and feet from broken glass are the most common injuries after a night quake. Keep a bag with sturdy shoes, socks, helmet, work gloves, flashlight, whistle, N-95 mask (think drywall/asbestos dust) and a bottle of water near each bed. A pry-bar is a bonus! You will want to secure the bag so it doesn’t migrate and you can find it easily in the dark.

Practice situational awareness – There are likely to be hazards following a major quake, including aftershocks. Having good flashlights to inspect and verify your surroundings is essential. Plan your steps carefully and expect falling debris.

Have a plan and practice it – Once you’ve exited your house, is your family accounted for? Are your other supplies accessible? Think through your response and designate a spot for your household to congregate. Practice = muscle memory = successful response under stress.

Want more resources? Visit PrepOregon.org.

Syrian Home Cooking

Featuring fresh, healthy, homemade Syrian savories and pastries.

Special Syrian Easter Feast
Cooking Class offered
April 6th, 11 a.m. to 3 p.m.
Check out our website for details.

Mention this ad for a 10% discount in April

What’s Selling in Concordia?

184 Homes sold in RMLS in last 12 months as of March 11
1.4% Increase in Average Sale Price since 2018
Avg. Sale Price in 2018: ...
Avg. Sale Price currently: ...
Avg. Days on market: ...

This information provided by
Mark Charlesworth, Concordia resident & Broker
Keller Williams, Portland Central.
charlesworthhomes@gmail.com · 503.807.9911

ONI Guidelines, from city’s bureau that oversees neighborhood associations, which indicated that in-person attendance was required for participation.

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Hotel is big on collaboration, comfort

By Carrie Wenninger
CNA Media Team

You may not have noticed the small sign to the left of the front door at 2426 N.E. Alberta St. It truly is petite. This fully updated, 100-year-old Craftsman home, now christened The Alberta Petite Hotel, officially opened its doors to guests in December. However, owners Robin Hawley Crumrine and Brian Crumrine await the final paperwork to allow them to hang the hotel’s larger and beautifully handcrafted signs – calling out their business to neighbors and passersby – and putting the final touch on their labor of love.

Robin, who grew up in Portland, was bitten by the B&B bug in her 20s, and originally envisioned herself operating a retreat center. Career, marriage and children filled many of the intervening years, but she still felt the pull toward hospitality.

When Portland’s White House Bed & Breakfast in the historic Irvington District recently came on the market, she and husband Brian considered becoming its new owners.

She realized, however, that her dream location was in a vibrant, active and highly walkable neighborhood – and the Alberta Street property fit the bill perfectly.

June 1, 2018, they took possession and began the work needed to outfit the home’s three guest bedrooms, kitchen and shared living and dining spaces to offer what they call a “small scale, modern approach to comfortable travel.”

The Alberta Petite Hotel is committed to working and collaborating with minority- and locally-owned businesses to source materials to furnish and operate the hotel.

Sustainable and reclaimed elements are also a focal point, like the warm-hued bamboo wall cladding and the rustic shelves you’ll find in the guestrooms. Those latter are fashioned from the Douglas fir salvaged from an old bowling alley.

Robin herself even made the mid-century modern-inspired hairpin coffee table that graces the living room.

“We’re all about fostering relationships, becoming a part of the local community, and offering a safe and welcoming space for everyone.”

– Robin Hawley Crumrine

Carrie is a Concordia resident and lives on 29th Avenue. As a freelance writer with a penchant for poetic prose, she tries to look for the humor in everyday life. She also is a mom and world traveler who, with her partner, owns a company that restores and repurposes vintage homes. Contact her at WurdGurl@gmail.com.
Vision to become reality at Las Adelitas

By Karen Lotts

Dedicated community members are working to bring more low-cost housing to the Cully neighborhood. Their latest accomplishment is redeveloping the site of the former adult entertainment complex Sugar Shack into an affordable housing and community space called Las Adelitas.

Construction is scheduled to begin this summer at the now-vacant lot at the intersection of Cully Boulevard, Killingsworth Street, and Portland Highway. It is projected to last about 18 months and cost about $47 million.

Las Adelitas will house 141 units, common areas and about 5,000 square feet of community facility space.

It is the vision of Living Cully, a coalition of four Portland nonprofits: Hacienda Community Development Corporation, Habitat for Humanity Portland/Metro East, Verde, and the Native American Youth and Family Center (NAYA). It is being led by Hacienda CDC, a Latino community development corporation that, among other goals, focuses on affordable housing.

The Cully neighborhood is one of the most diverse census tracts in Oregon. When it was annexed into the city of Portland in 1967, the neighborhood lacked basic amenities and, until recently, investment in Cully has been minimal.

Being home to the former Sugar Shack complex complicated matters, as the establishment was occasionally the epicenter of crime in the neighborhood. “Technically there is nothing wrong with any of those businesses,” said Ernesto Fonseca, Hacienda CEO. “But the kind of activities that were believed to be happening weren’t necessarily the right ones. Also, the fact they were across from 200 family homes, that was kind of a problem.”

For years community members fought for redevelopment of the Sugar Shack. When it went on the market in 2015, Hacienda, Habitat, and Verde created Living Cully Plaza LLC and bought the property.

In their ongoing mission to strengthen the Cully neighborhood, they wanted to ensure that whatever was built in that location enhanced Cully’s livability. Hacienda CDC then bought the property from Living Cully Plaza in 2017.

The mission of Las Adelitas mirrors those of its designers, which is to support the diverse community. The community space will facilitate economic, youth and family, and small businesses development services.

Additional social services organizations will be encouraged to use the space for everything from wellness to home repair classes.

Through the collaboration with Verde, a sustainable development nonprofit that works in low-income communities, the development will feature green amenities.

Las Adelitas is another successful step in the community-led collaboration to ensure Cully is a thriving, livable neighborhood that supports its diversity.

Gardening guidelines

Here’s your April planting guide, from starts to seeds

By Jolie Ann Donohue

The Gardening Goddess

April heralds a bright beginning to the gardening season in Portland. If you did not plant any vegetables or herbs in March, you did not miss out and you are not too late. March weather was super unpredictable. When soil and air temperatures are cold, seeds are slow to germinate and small plants are slow to grow.

Throughout April we are planting cool season vegetables. Wait on planting warm season crops like basil, tomatoes and cucumbers until mid-May when night temperatures are consistently above 55 degrees.

Keep in mind the warm season vegetables you will plant mid-May and reserve garden space for them as you are planting cool season crops this month.

Vegetables to plant in April and the preferred planting method are:

- **Seeds or starts:** Asian greens, chervil, collards, Florence fennel, kale, lettuce, mustard greens, peas, radicchio, scallions, spinach, Swiss chard

- **Seeds:** beets, carrots, kohlrabi, mesclun mix, parsnips, radishes, salad greens, turnips

- **Starts:** broccoli/broccolini/raab, Brussels sprouts, cauliflower, cabbage, leeks

For garlic, plant cloves or starts; for onions, sets or bunches; and potatoes, certified seed potatoes.

In the herb garden plant cool season annual herbs: cilantro and chervil. Hardy annual herbs include: chamomile, dill, and parsley. Plant all perennial herbs like chives, lavender, oregano, rosemary, sage and thyme. Wait to plant warm season basil until mid-May.

In April annual bedding plants become available at nurseries. Don’t forget to interplant your veggie garden with annual flowers and herbs as companion plants for beneficial bugs.

Some of my favorites are aliums, calendula, cosmos, marigolds, nasturtium and zinnia. Mid-April is a great time to plant sunflower seeds directly into the garden.

Find detailed spring planting information at MissJolieAnnKitchenGarden.blogspot.com.

Sing Into Spring

Fridays 10:30 – noon
April 5 – June 7
SUBUD Center, 3185 NE Regents Drive
All voices welcome.
FeastCommunityChoir.com
It’s what she was ‘meant’ to do

By Joel Dippold

It was just several months prior to the fifth anniversary of Concordia’s Verum Ultimum that it was named Best Art Gallery runner up by the Willamette Week in the 2018 Reader’s Poll. The gallery came in second only to the Rental Sales Gallery operated by the Northwest’s oldest art museum, 127-year-old Portland Art Museum.

Concordians who have stumbled onto Jennifer Gillia Cutshall and her art gallery, Verum Ultimum, celebrated five years recently.

"I love the gallery located on Ainsworth Street just off 30th Avenue already knew it was a treasure. Duck under a big wisteria vine, descend a short set of stairs, and you’re in another world. It may be this sense of surprise and discovery that propelled Verum Ultimum to the top layers of the Reader’s Poll – that and the undeniable quality of the art.

Owner Jennifer Gillia Cutshall presents blind-juried works from an international pool of artists, although most are closer to home. Each show is organized around a theme, often one of a recurring set of themes, and when the art comes down, she captures it all in a hardcover book.

She now has dozens of volumes, covering the gallery’s five years and comprising work from more than 1,100 artists.

Jennifer and her husband are both professional artists, and she said there’s something of an art to balancing the business and artistic sides of the gallery.

“This feels like what I was meant to do – I’ve been a collector and an artist my whole life.”

The exhibition “Fierce & Frail: Beings, Beasts, and Seed” opens April 14 with a reception from 6 to 8 p.m. Find details at VerumUltimumArtGallery.com. Hours are Tuesdays, Wednesdays, Thursdays and Saturdays 11 a.m. to 4 p.m., or by appointment.

Jennifer Gillia Cutshall and her art gallery, Verum Ultimum, celebrated five years recently. When each show comes down, she captures it all in a hardcover book. Photo by Alexandra Haehnert

Won’t you be my neighbor?

I started as an oft-spoken phrase by TV’s Mr. Rogers. Then a 2018 movie documented Fred Rogers’ philosophy. Now it’s the title of community conversations in conjunction with Oregon Humanities.

One of those conversations is Saturday, May 4, from 4 to 5:30 p.m. in McMenamins Kennedy School Community room. Admission is free; however, RSVPs are appreciated at Piera@AlbertaGrocery.coop.

Sponsors are Northeast Coalition of Neighborhoods and Alberta Co-op Grocery. Look for future details on their websites: NECoalition.org and Alberta.coop.

In the meantime, learn more about these conversations about community interaction and social networks at OregonHumanities.org/programs/conversation-project/catalog/wont-you-be-my-neighbor.

Like your neighborhood? Opportunities abound – volunteer and sometimes paid – to help support your community through Concordia Neighborhood Association programs.

Ready to help? Email Chair@ConcordiaPDX.org

2019 30th ANNUAL YOUTH SOCCER CAMPS

"Our curriculum encourages fundamental skills, cooperation, and creativity. Our camp environment is upbeat, fun, and positive, yet challenging."

— D. Birkey,
Camp Director and Concordia Men’s Soccer Head Coach

YOUTH CAMP A
June 17 – 21, 2019
Boys & Girls, Ages 5 – 14

YOUTH CAMP B
July 8 – 12, 2019
Boys & Girls, Ages 5 – 14

YOUTH CAMP C
July 22 – 26, 2019
Boys & Girls, Ages 5 – 14

All camps will be held at the Concordia University
HILKEN COMMUNITY STADIUM, TUOMINEN YARD 2715 NE Liberty, Portland, OR
Open to any and all entrants, limited by age, gender, and space.

Register Today: gocugo.com/youthsoccersects
Handyman Rob and his toolbox part company

By Rachel Richards
 Conradia News

W oman by nature, I believe Rob Guili of Jobs by Rob is – he was between jobs in 2007 when he received a card from wife Elise that said, “What would you do if you knew you would not fail?”

He took it to heart. Because he loved building things, was good with tools and had experience remodeling houses, Jobs by Rob began.

Rob was a pioneer of the DIY movement and it became a natural progression to help others.

As a resident on the border of Concordia and Sabin, Rob has remained focused on fixing homes on Portland’s inner east side. He created a niche market for helping neighbors with their smaller jobs and repairs.

From emergency fence repairs to basement remodels, Rob has helped people in the community tackle their projects. Rob loves old Portland houses and of course his business.

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Rob loves old Portland houses and of course his business.

To your wellness

What shall we give in return for so much?

By Kim Magraw
 Licensed massage therapist

Y ou may know that Oregon’s Secretary of State Dennis Richardson died of brain cancer in February. This disease also took my grandfather. One of my earliest memories is of him reclining in his bed in St. Paul, Minnesota, during his cancer ordeal.

In an article announcing his passing, I read with interest Dennis Richardson’s personal motto: “Pro Tanto Quid Retribuamus,” meaning: “What shall we give in return for so much?”

This perspective of gratitude could have been 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.

What’s more, if you’re NOT the one who’s suffering, but your husband, wife or partner, mother or father is, then please read on because I have some simple, actionable advice that is easy to achieve long term solutions to back pain through better movement and increased functional strength.

Here Are a Few Things We Cover Inside This Free Back Pain Report

• The change you make in the bedroom to get a better night’s sleep.
• Simple tricks for easing back pain that cost nothing – perfect for if you want to play golf, cycle longer or jog farther.
• What you can do to stop relying on pain pills and endless doctor visits, and take control of your low back pain.

We’ve only printed 15 copies, so be sure to request yours by calling our clinic at (503) 954-2495. Leave a message 24/7. Reminder: This is our gift to you. No one will ask you for money when you call (503) 954-2495.

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

Are You Living With, Or Worried About, Someone Suffering with Chronic Back Pain?

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

Have you ever been told that back pain is just one of these 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.

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Paid for by the office of Dr. Carl Baird DC, MS, CCSP
Soul Boxes travel from Concordia to Salem

Leslie Lee helped bag the 36,000 Soul Boxes folded to date before volunteers carried them to a demonstration and exhibit in the state capitol. The Soul Boxes were collected at – and many were made at – Cerimon House in Concordia. Photo by Lloyd Kimeldorf

By Tamara Anne Fowler
CNA Media Team

• Terry L. Strawn, 58, a sheriff’s office veteran who was once named Officer of the Year, used his service handgun to kill his family before turning the gun on himself.

• Seventeen months before that, a Dundalk, Maryland, man allegedly fatally shot his wife Janice Lynn Dipietrantonio, 47, after she filed a protective order against him.

• DaShawn Johnson, 18, was a member of the Hoola Gang sect of the Black P-Stones street gang before a rival gang member’s bullet ended his life.


• Since 2014, gun violence has killed or injured 220,000 people in the United States.

The national epidemic was brought home to Portland – even to Concordia – by Southwest Portlander Leslie Lee, an artist who at nights dreams of ways to save the world. The 2017 Las Vegas shooting was the final straw for her, and she struggled to come up with a way to heal.

There are many organizations working to reduce gun deaths, but they have nothing visual to catch people’s attention. AIDS fighters have a quilt, an impressive one. In 1996, when the AIDS Quilt hit the National Mall, there were 37,000 different patches for 37,000 different lives lost.

Like AIDS, gun victims comprise too big of a figure to grasp – without something visual.

Then she realized Soul Boxes – 3-by-3-by-3-inch hand-folded origami boxes – are easy to make and can be folded and mailed to central locations.

Volunteers in organizations across Portland gathered to fold boxes. For months of Tuesday evenings, several of those volunteers have put hands to paper and completed 5,000 boxes at Cerimon House. And they still do.

Leslie’s intention is to count and honor victims as well as provide solace for the people participating. By February, 36,000 Soul Boxes had been folded, the number of people killed nationwide in an average year. The goal is 200,000 by 2020.

Cerimon House also served as the depot to collect and bag those Soul Boxes for travel to Salem and a Feb. 15 demonstration and exhibit at the state capitol.

This month the Soul Boxes are on display in the Multnomah Arts Center and soon they’ll be on a U.S. tour. Oregon Community Foundation has made a grant for $225,000 from its W. Fields Fund to help the project continue. According to Leslie, additional funding is needed, $3,000 a month for office space to continue administering the volunteer project. Donations may be made at SoulBoxProject.org/donate.

Tamera Anne Fowler is EdiT Kitten, a writer with 20 years of experience offering a softer, gentler approach to editing and coaching. Her personal editors -- Armenti, Max Factor and Spiccy D -- are her cats. Visit her at EdiT Kitten.com or contact her at TamaTea@EdiT Kitten.com.

Soul Boxes travel from Concordia to Salem

Community Room Calendar

Concordia Neighborhood Association hosts these events in McMenamins Kennedy School Community Room. If you’re interested in sponsoring community-building events in this 49-person-capacity venue, contact Sonia Fornoni at Sonia@Fornoni@gmail.com.

Mondays, April 1, 15, 29, 10-11 am
EFT TAPPING STRESS RELIEF
Admission: free
EFT combines cognitive elements 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.
Details: Penny Hill, phill927@gmail.com, 503.493.5954, calmhealthease.com

Thursday, April 4, 11, 18, 6-7:30 pm
SPANISH CONVERSATION
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.
Details: sojournpdx.org.

Friday, April 5, 7-9 pm
SPIRITUAL ABUSE FORUM
Admission: free
This informal, open group meets quarterly to explore issues of abuse that occur in churches & other religious organizations. Each meeting offers a topic. Details: TamaraGF419@gmail.com.
For events scheduled after CNews press time, visit ConcordiaPDX.org/community-room-calendar

Sojourn Church
A Neighborhood Church
Join us this Easter Sunday, April 21, 5pm
4828 NE 33rd Avenue

You’re invited to join us for our Easter celebration where we will discover the message of True Love that took place on a cross. Afterwards we will have free food and fun kids activities.
**Concordia News**

April 2019 | Page • 11

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**Ask the historian**

| Do you know about the ‘old’ St. Charles? |

By Doug Decker

Historian

For more than 40 years, a dignified and simple clapboard-sided wood frame church presided on the corner of 33rd Avenue and Webster Street, serving as a local landmark for its parishioners and for the neighborhood that was steadily growing up around it.

The young St. Charles Parish congregation of 25 families held its first mass Feb. 3, 1914, in a grocery store built and owned by Henry Hall near the corner of Alberta Street and 32nd Place. The congregation held mass there every Sunday from February 1914 until the completed church opened Oct. 1, 1916.

Newspapers of the day covered the dedication and noted the church building was just the first phase of construction that would eventually include a parish school and a rectory.

By 1918, the parish bought the two lots immediately to the south with the future in mind. One was vacant and the other held a house that was used as a rectory.

However, leaving the old building was hard on some of the established families that had known it all their lives.

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**De La Salle to share St. Charles parish facilities**

De La Salle North Catholic High School in March announced it has signed an agreement with St. Charles Parish to lease space from the parish at 42nd Avenue and Killingsworth Street.

Plans are intended to take effect by autumn 2021, when the school’s lease with Portland Public Schools for the former Kenton Elementary School expires.

Details are still in negotiation; however, the parish and the school report they have signed a letter of intent for a 50-year lease with two 25-year extensions.

A capital campaign will soon launch for the school to raise funds for renovations and additions to its new campus.

According to Leif Kehrwald, the pastoral administrator of St. Charles Parish, the church will maintain its existing operations, including parish offices for staff members and the St. Vincent de Paul Food Bank.

Love Concordia Alleys?

**Want to help keep them tidy?**

The 5th Annual Concordia Neighborhood Alleyway Clean Up is Saturday, April 13.

Join volunteers from CNA, Concordia University and SOLVE Oregon. We meet at 9:30 a.m. on the CU Green (in front of the library).

We’ll scour 120 blocks, totaling about 13 miles, and we plan to be finished by 12:30 p.m. Last year 700 pounds of trash were collected.

SOLVE provides collection bags, trash grabbers, protective gloves, first aid kits and sharps containers. So just bring yourself, friends, neighbors and family members.

For details, contact John McSherry, CNA board member, at AL3@ConcordiaPDX.org.

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**Computer help**

for homes, small businesses, and non-profits.

Efficient, friendly, cost-effective, computing help. PCs, Macs, iOS, cloud & more. In the neighborhood!

Certified IT Consultant (Apple and Windows Certified Support Professional).

email: help@itsupportpdx.com
call Shawn: 503.314.2215
itsupportpdx.com
Tuesday, April 2, 9, 16, 23, 30, 4:30-8pm
TEXTILE TUESDAYS & OPEN ART GALLERY
Location: Cerimon House, 5131 NE 23rd Ave
Stitch, knit, crochet & chat in a simple gathering 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
Wednesday, April 3, 7pm
CNA GENERAL MEMBERSHIP MEETING
Location: Mcmenamins Kennedy School Community Room
It’s election night for Concordia Neighborhood Association. Come vote for members of the board of directors & join in conversation with Portland City Council’s newest commissioner, Jo Ann Hardesty.
Details: Page 3
Thursday, April 4, 11, 18, 25, 7-4:40pm
TOASTMASTERS
Location: Concordia University Library, 2800 NE Killingsworth 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 improve speaking, listening & leadership skills.
Details: advisors.toastmastersclubs.org
Thursday, April 4, 9-3pm
ALBERTA MAIN STREET SMALL BUSINESS SEMINAR
Location: 1722 NE Alberta St
Topic: “Negotiating Your Commercial Lease,” conversation & registration 9:30-10am, program 10-11am.
Details: Ann Griffin, 503.683.3252, annr@albertamainst.org
Friday, April 5, 12, 19, 26, 10:00am-noon
FEAST COMMUNITY CHOIR
Location: Subud Portland, 3185 NE Regents Dr
Forget Everything & Sing Together (FEAST) is a community acappella choir with the goal to build community, New songs welcome. Spring term starts April 5.
Details: feastcommunitychoir.com
Saturday, April 6, 8:30-9:30am
SLOUGH 101 WORKSHOP
Location: 16790 NE Mason St
Ever wonder about that slow-moving channel of water running through Gresham, Fairview, & northeast & north Portland? Hands-on workshop explores historic & current uses of the slough & watershed. Open to everyone.
Registration: columbiaslough.org/events/ event/149
April 4 & 6
LEAD POISONING PREVENTION
Locations: Various
Participants learn how to prevent lead exposure in their homes, especially homes built before 1978 with children, pregnant women & others concerned about lead exposure.
Thursday, April 4, 4:30-5:30pm, WIC Clinic, 5329 NE Martin Luther King Jr Blvd
Saturday, April 6, 10:30am-noon, Community Energy Project, 2900 SE Stark St
Details: registration: communityenergyproject.org, 503.284.6827 x109
Saturday, April 6, 12:30-2:30pm
LEAD-SAFE HOME PROJECTS WORKSHOP
Location: Community Energy Project, 2900 SE Stark St
This class is for anyone who is planning to complete a small project that may involve exposure to lead paint, such as sanding down an old window frame, repurposing an older door or any other small construction project in an older home. Each qualified participant receives a free kit of supplies.
Details: registration: communityenergyproject.org, 503.284.6827 x109
Saturday, April 6, 4-5pm
VERNON NIGHT OUT FOR THE OWLS
Location: Melody Ballroom, 615 SE Alder St
Annual fundraising dinner, silent bidding, raffles, games of chance, craft art, live music & live bidding. Items donated by Portland businesses, local artists & Vernon students.
Tickets: vernonschool.slauctiononline.net/2019
Tuesday, April 9, 6pm
RACE TALKS
Location: Mcmenamins Kennedy School
These opportunities for dialogue about race in Oregon – both historically & the current day – are presented by Mcmenamins History & Donna Maxey. Doors open: 6pm; discussion: 7pm.
Details: racetalkpdx.com
Saturday, April 13, 9-11am
STEWARDSHIP SATURDAY
Location: Heron Lakes Golf Course
City-owned golf course operated by Portland Parks & Recreation encompasses 340 acres with ponds, wetlands & natural habitats that provide important ecosystem services in the watershed. Columbia Slough Watershed Council & the golf course are working together to restore microhabitats throughout. Blueprint Foundation leads the restoration plantings. Volunteers needed.
Details: registration: columbiaslough.org/ events/event/546
April 13, 9:30am-12:30pm
5TH ANNUAL CONCORDIA NEIGHBORHOOD ALLEYWAY CLEAN UP
Location: CU Green, in front of library
Join your neighbors to pick up litter from 120 blocks – that’s about 13 miles – between 22nd and 33rd avenues, and Prospect to Dekum streets. This early Earth Day event is sponsored by Concordia Neighborhood Association, Concordia University & SOLVE.
Details: Page 11
Sunday, April 14, 1-3pm
CU SPRING CONCERT
Location: Subud Portland, St. Michael’s Lutheran Church, 6700 NE 29th Ave
All Concordia University’s performing ensembles perform.
Details: cu-portland.edu/about/events/ campus-calendar
Thursday, April 18, 6-8pm
FREE CRAFT NIGHT
Location: Atlas Pizza, 710 N Killingsworth St
Atlas Pizza collaborates with the third Thursday of each month to sponsor this event. Supplies & instructors are provided, no registration necessary.
Details: collegempx.com
Friday, April 19, 5-8pm
CNA EGG STUFFING PARTY
Location: 2104 NE Alberta St
Adults are needed to stuff plastic eggs with treats & prizes for the next day’s CNA Annual Spring Egg Hunt. It’s in American Legion Post 524. No RSVP needed.
Details: Page 4
Friday, April 19, 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 April 20, 9-noon
STEWARDSHIP SATURDAY
Location: 15401 NE Fremont St
This day is celebrated at Wilkes Creek Headwaters with Columbia Slough Watershed Council & Portland Parks & Recreation. Volunteers – no experience necessary – need to mulch & plant native trees, shrubs & forbs in understory. Registration: columbiaslough.org/events/
event/356
Saturday April 20, 9:30am-2pm
ALBERTA STREET EARTH DAY OPERATION CLEAN SWEEP
Location: 16790 NE Mason St
Remove graffiti, paint up ideas, registration 9:30-10am, clean up 10am-12:30pm, followed by a pizza party with Salt & Straw ice cream. Meet at plaza between Upogu Bank & Barista.
Details: Ann Griffin, 503.683.3252, annr@albertamainst.org
Saturday, April 20, 10am
CNA ANNUAL SPRING EGG HUNT
Location: Fernhill Park
Bring your little ones, but don’t be late. The hunt begins at 10am and lasts only minutes.
Details: Page 4
Saturday & Sunday, April 20 & 21, noon-4:30pm
CREATIVE PATH WALK
Location: Cerimon House, 5131 NE 23rd Ave
Ceremon House hosts a monthly indoor labyrinth walk installation, each featuring a new theme. The 30-minute immersive & contemplative experience offers a place to unplug, focus & restore. Enjoy the unique replicas of historic patterns from Reims, Chartres & guest patterns. This quiet activity is recommended for walkers 9 years & older, & walk-in tickets are accepted. Donations are accepted.
Details: reservations: creativepathwalk.org
Saturday, April 20, 6pm
FAUBION NIGHT OUT FOR THE OWLS
Location: Lagunitas Community Room, 237 NE Broadway St
Spring Egg Hunt – plus school wide raffle, buy-in parties, games of chance, silent auction & live music, featuring a special performance by Faubion’s own LaRhonda Steele.
Details: charityauction.bid/FaubionNight- Out2019
Sunday, April 21, 9am-12pm
STEWARDSHIP SATURDAY
Location: 15401 NE Fremont St
This day is celebrated at Wilkes Creek Headwaters with Columbia Slough Watershed Council & Portland Parks & Recreation. Volunteers – no experience necessary – need to mulch & plant native trees, shrubs & forbs in understory. Registration: columbiaslough.org/events/
event/356
Sunday April 21, 9-11am
YOU GOT THIS! VINTAGE & ANTIQUE GIFT WALK
Location: Lagunitas Community Room, 237 NE Broadway St
Annual fundraising dinner – catered by Tamale Boy – plus school wide raffle, buy-in parties, games of chance, silent auction & live music, featuring a special performance by Faubion’s own LaRhonda Steele.
Tickets: charityauction.bid/YouGotThis-
2019
March 2019 Concordia News Concordia events community calendar

Community calendar items
Admission to events is free unless otherwise noted. Priority is afforded to local events sponsored by -- or which benefit -- local nonprofit organizations. Submit information to CNewsEditor@ConcordiaPDX.org by the 10th of the month preceding the event.