Mix with your neighbors

Cinco de Mayo
(Sunday, May 5)
5-7 p.m.
Taqueria Los Pepitos
Locos 2
5013 N.E. 42nd Ave.
Details: Page 12

Cerimon celebrates 10th year

Cerimon House turns 10 this month and, to celebrate, the arts and humanities organization is hosting “The Ten Spoke Wheel” anniversary fundraising gala Saturday, May 11.

Festivities include a formal dinner, music and storytelling entertainment, art installations, a silent auction, and a surprise announcement, according to Randall Stuart, founder and artistic director.

He promised the building will be bedazzled with current and past art exhibits. The art gallery will transform into an auction hall that extends through the end of the month, along with a music-enhanced performance about Cerimon House’s journey.

Cerimon House’s mission is to foster the four Cs: community, curiosity, creativity and ceremony. It accomplishes this with events that spark conversation, togetherness and inspiration, such as art exhibits, talks, discussions, plays, music and crafting.

The Creative Path Walk features a labyrinth that offers a variety of contemplative walking patterns and suggests a different theme for contemplation each month.

The building also offers rental space when available, and it’s used by community groups and nonprofits whose missions align with its own.

The idea for the organization took root in 2009 when Randall, a professor and theater artist, envisioned a space where education, the humanities and arts could mingle and be showcased in a supportive community environment. He presented his vision to friends and peers who then joined him in creating the nonprofit.

Not wanting to wait for funding for a location, they spent the next five years hosting events in shops, book stores and rental spaces throughout Portland. In 2014 they found a home in a large building in the heart of the Alberta Arts District.

The 95-year-old hall at 23rd Avenue and Sumner Street has a history as community space — first a Masonic lodge and then a Baptist church — that inspired Randall. He and the others involved in Cerimon House saved it from the wrecking ball, restored it with a vivid terra cotta color scheme and reunited it with its original purpose.

“We believe that, if our patrons and neighbors convene together for live events, performances and celebrations, they strengthen not only their immediate community, but really the world,” Randall pointed out.

For event tickets and to learn more about the online auction, visit CerimonHouse.org. All proceeds benefit the nonprofit.

By Karen Lotts

CNA Media Team

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.
Award winning Main Street relies on dedicated volunteers

Alberta Main Street works with resident and business volunteers to advance programs to keep Alberta Street a vibrant, creative, equitable and sustainable commercial district.

As a longtime neighborhood development advocate, I was thrilled to take on the executive director role at Alberta Main Street last November. Our mission drives a tall order – equitable, sustainable, vibrant. But I know that the Alberta neighborhood has the creative and dedicated people needed to put these words into on-the-ground actions.

I encourage you to read on and get involved in what’s happening.

I’ll start off with some big news! The National Main Street Center honored Alberta Main Street with the Great American Main Street Award at its annual Main Street conference last month. Congratulations to our hard working volunteers who made this possible. For details, visit Vimeo.com/3/29j074eef72d4887.

Our priority projects for 2019 include:

• Installation of live Alberta Street Black Heritage Markers
• Small business development assistance programs and partnerships to help local business people thrive – with support in particular for art-based and creative businesses
• Matching mini-grant program

CNA Board of Directors
Chair | Chair@ConcordiaPDX.org Chris Lopez
East 1 | East1@ConcordiaPDX.org Heather Pashley
East 2 | East2@ConcordiaPDX.org Steve Elder
Northwest 1 | NW1@ConcordiaPDX.org Isham “Harris” Goubert, Robert Bowles
Northwest 2 | NW2@ConcordiaPDX.org Amelian Murrell, Sarina Hiltz
Southwest 1 | SW1@ConcordiaPDX.org Gaylann Woodsong, Sarah Schacht, Al Novak
Southwest 2 | SW2@ConcordiaPDX.org Al Novak, Donn Dennis, John McSherry
At Large 1 | AL1@ConcordiaPDX.org John McSherry
At Large 2 | AL2@ConcordiaPDX.org Donna examination, Gordon Riggs
At Large 3 | AL3@ConcordiaPDX.org Gina Levine, Karen Lotts, Tami Fung, Will Goubert
At Large 4 | AL4@ConcordiaPDX.org Sonia Fornoni, Garlynn Woodsong
At Large 5 | ALS@ConcordiaPDX.org Truls Neal
At Large 6 | ALS@ConcordiaPDX.org Matt Boyd

CNA News

Board Meeting
1st Wednesday of the month, Wednesday, May 1, 6:30 p.m., McMenamins Kennedy School Community Room

General Membership Meeting
Wednesday, May 8, 7 p.m., McMenamins Kennedy School Community Room

Social Committee
If you’d like to volunteer to help plan fun, community building events, contact Sonia Fornoni at SoniaGF419@gmail.com.

Media Team
1st Tuesday of the month, Tuesday, May 7, 6 p.m., McMenamins Kennedy School Community Room, contact MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee
3rd Wednesday of the month, Wednesday, May 15, 7 p.m., McMenamins Kennedy School Community Room, contact LandUse@ConcordiaPDX.org

Finance Committee
Last Wednesday of the month, Wednesday, May 29, 7 p.m., McMenamins Kennedy School Community Room, contact Heather Pashley, Treasurer@ConcordiaPDX.org

Community Room Rental
For info and scheduling, visit ConcordiaPDX.org/community-room-rental or contact Sonia Fornoni at CNAcommunity@gmail.com.

CONTACTS
CNA Chair
Chris Lopez, Chair@ConcordiaPDX.org, 503.290.6871

CNA Vice Chair
Truls Neal, TrulsRobin@hotmail.com

CNA Secretary
Steve Elder, Secretary@ConcordiaPDX.org

CNA Treasurer
Heather Pashley, Treasurer@ConcordiaPDX.org

North Crime Prevention Team
North.PDXTeam@PortlandOregon.gov, 503.823.3432

Neighborhood Response Team Officer
Anthony Zoeller, Anthony.Zoeller@PortlandOregon.gov, 503.334.0743

SUBMISSIONS & ADVERTISING
Submissions to Concordia News: Deadline is the 10th of the month preceding the upcoming monthly publication. Contact CNewsEditor@ConcordiaPDX.org

Submissions to CNA Website: Submit nonprofit news & events to MediaTeamLead@ConcordiaPDX.org

Advertising: Gina Levine, CNewsBusiness@ConcordiaPDX.org, 503.891.7178

MEDIA TEAM
CNA Board Liaisons: Heather Pashley, John McSherry, Gordon Riggs, MediaTeamLead@ConcordiaPDX.org, 503.315.8209

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

CNews Graphic Designer: Susan Trabucco

Media Team: Chris Baker, Tom Buell, Joel Dippold, Jamie Elsbury, Tamara Anne Fowler, Rachel Richards, Gordon Riggs, Rob Rogers, Marsha Sandman, Nancy Varekamp, Karen Wells, Carrie Wenninger, Dan Werle

Three park concerts due this summer

As always, admission is free. But donations are appreciated, and they defray the costs for the entertainers, stage, sound system, etc. The three-member volunteer Fernhill Concerts Committee has begun the long, arduous task of raising funds for the concert series.

Please donate or become a sponsor. It’s an investment in and from the community that makes Concordia richer, keeps the concerts coming and makes them free to the public. Your community spirit and generosity in helping raise the dollars needed will make this the most memorable season yet.

For details, contact Sonia at soniaGF419@gmail.com or call 305.812.5280.

Three Park Concerts due this Summer

April showers may – or may not – be fading. But sunshine and summer are on their way, along with the annual Concerts in the Park series in Fernhill Park.

Mark your calendar for:
Friday, July 12, 6:30 – 8:30 p.m.
The Sirens of Blues: female blues legends and rising stars

Friday, July 19, 6:30 – 8:30 p.m.
Tony Starlight Showcase: music and laughter from Sinatra through the 1980s

Friday, July 26, 6:30 – 8:30 p.m.
Bloco Alegria: high-energy Brazilian music and dance

What would you like to see on Alberta Street?
Help make it happen.

Keep it local and creative...Only on Alberta.

Ann Griffin is a neighborhood economic development junkie and dedicated believer in supporting local businesses. She previously ran a Main Street program in her birth city of Boston, and has managed programs for the Portland Development Commission, Earth Advantage and the Lloyd EcoDistrict. She likes hiking with her family and finding new restaurants on Alberta Street.

Local Main Street one of Top 3
See Page 3 for details about the Great American Main Street Award.

CNA Main Street Executive Director
There may be more ‘free walls’ in future

By Nancy Varekamp
CNews Editor

Free wall. Legal wall. Rotating wall. You name it, but there are only two in Portland, and one is in an alley intersecting with the south side of Alberta Street between 27th and 28th avenues.

The Portland Street Art Alliance (PSAA) and a group of Portland State University students are collaborating to convince the city to allow more. They’d like your opinion in an online survey posted in April at PDXStreetArt.org/articles-all.

A proposal to the city this summer will seek permission for building owners to allow street and graffiti artists to express themselves any time on walls that are painted over completely on a regular basis. The wall off Alberta Street is covered once a year.

The PSAA website reported the objective is “for the collective empowerment of Portland’s street artist community to achieve city-wide district revitalization goals and use art as a means to include the voices and perspectives of historically marginalized communities. “The proposal will combine research, original data collection and analysis to present policy alternatives allowing Portland to better leverage its thriving street arts culture and solidify the city’s identity as a haven for creatives.”

The effort includes an analysis of similar policies throughout the Northwest and around the world. Plans call for submitting the proposal to the city this summer.

Main Street earns honor

Alberta Main Street was one of three organizations selected by a national jury for the 2019 Great American Main Street Award. Comprising the jury were community development professionals and representatives of government agencies involved in economic development and historic preservation.

Each of the Main Street programs honored have turned around local economies by investing in locally-owned businesses, collaborating with public and private partners and rallying their community members’ support. Across the country, 2,000 communities have revitalized through the Main Street program.

Announcing the local award, Main Street America reported, “After decades of disinvestment, Alberta Main Street has become a bustling and inclusive arts district. “Since the Alberta Main Street program formed in 2010, they have worked to create an equitable commercial district by offering programs that encourage small business development and property ownership among residents who have been historically marginalized from economic growth.”

Today more than 50 percent of Alberta businesses are women-owned and 23 percent are minority-owned. Forty-four new businesses have started since 2010, and job opportunities have nearly doubled — from 696 in 2010 to 1,375 in 2018. Last year events, programs, and activities drew 30,000 people to the district, with an estimated economic impact of over $5 million.
**CNA SPRING CLEAN UP**
Saturday, June 1
8 a.m. – 12:30 p.m.

PCC Workforce Training Center at NE 42nd & Killingsworth

Spring cleaning comes to Concordia, and CNA will dump, recycle and/or find new homes for your household items.

### ACCEPTED MATERIALS
- Household waste
- Metal
- Styrofoam (no peanuts)
- #6 Polystyrenes **NEW ITEM!**
- Furniture
- Electronics
- Lamps
- Mattresses
- Clothes
- Bicycles
- Other household items

### PROHIBITED MATERIALS
- HAZARDOUS WASTE, including batteries and chemicals
- Construction, demolition, roofing & remodeling debris
- Kitchen garbage
- Residential yard debris
- Commercial landscaping materials
- Waste & recyclables collected curbside
- Light bulbs
- Refrigerators & freezers
- Large appliances/white goods
- Tires, rocks & concrete
- Paint & oil

**SPECIAL FEATURES IN 2019**

*Recycling #6 Polystyrenes: Remember to check your numbers! Look on this page for details.*

*“You Price It” Yard Sale: See something you like among the reusable household goods, say what it’s worth and it’s yours.*

**SUGGESTED DONATIONS:**
- Car: $10
- Truck, van, SUV: $15
- Large truck: $20
- Oversized load: $30
- Electronics: $5

**PROHIBITED MATERIALS**
- Paint & oil
- Tires, rocks & concrete
- Large appliances/white goods
- Refrigerators & freezers
- Light bulbs
- Large appliances/white goods
- Tires, rocks & concrete
- Paint & oil

**SPECIAL FEATURES IN 2019**

*The National Oregon Trail Interpretive Center in Baker City, where Jan was raised, attended the University of Oregon and taught interior architecture for six years.*

*Before semi-retirement a year ago, Jan was involved from the inception of many projects. She provided exhibit research, led planning workshops and developed goals, concepts and construction documents.*

*She is currently offering her services pro bono for the proposed McKenzie River Discovery Park.*

*When touring a museum, zoo, botanical garden, interpretive center or historic site, your visit is often enhanced by the physical manifestation of storytelling, exhibit design and interactive opportunities that intensify your experience.*

**THANKS TO THE CNA SPRING CLEAN UP’S GENUINE SPONSORS**

**Artist leaves her touch all across the continent**

By Marsha Sandman

CNA Media Team

When visiting a museum, zoo, botanical garden, interpretive center or historic site, your visit is often enhanced by the physical manifestation of storytelling, exhibit design and interactive opportunities that intensify your experience.

Concordian Jan Coleman, sole member of Red Caviar Planning and Design LLC, has dedicated her career to planning and designing museums, zoos, botanical gardens, etc. with environmental, historical and cultural messages.

Her original ideas can be seen throughout North America. In Oregon, her efforts are at the “Great North West” exhibits at Oregon Zoo and at the National Oregon Trail Interpretive Center in Baker City.

Before semi-retirement a year ago, Jan was involved from the inception of many projects. She provided exhibit research, led planning workshops and developed goals, concepts and construction documents.

She is currently offering her services pro bono for the proposed McKenzie River Discovery Park.

Jan started her journey in Eugene, where she was raised, attended the University of Oregon and taught interior architecture for six years.

Her expertise was noticed by various design firms throughout the country, she moved east to farther east, and then back again. She worked on large projects that often took two to three years.

For more than 35 years, she drew on her formal background of interior architecture, knowledge of the arts, anthropology, sociology, landscape architecture and architecture.

“Extraordinarily creative, Jan’s vast experience and keen sense of how people learn are a terrific addition to any planning team,” reported Scot Medbury, Brooklyn Botanic Garden director.

Since Jan is also an artist, she continues to pursue her interest in lom and non-lom woven structures. She sees what she called, “engaging ways to connect environmental education and the role of fungi in the health of ecosystems.”

Her home — filled with colorful yarns, a painter’s easel, slender lengths of exotic wood and a large loom — is testament to her abundant creative energy.

Jan’s impressive work combines geometric patterns of woven elements with coil-wrapped yarn and wood. “There is a long line of weavers stretching behind me to the horizon and beyond until, like a tail, the line traces a route to every locale on the globe,” she said.

“This line of weavers exists across time, emerging from the most distant past and, moving through me, continues on.”

To learn more about Jan and some of her many projects visit RedCaviarStudio.com.

Recycle your #6 polystyrenes!

agilyx joins the CNA Spring Clean Up June 1. Visit ConcordiaPDX.org/cleanup for the many #6 polystyrenes the recycling company can accept.

Then check out the Tigard business’ website at agilyx.com to learn about its recycling innovations that are receiving national attention.
Different plans could relieve I-5 congestion

By Garlynn Woodsong
CNA Board Member
CNA LUTC Chair

Outside Concordia borders, but of interest to many Concordians is the future of transportation in the Rose Quarter.

Comprising its the L-1/L-405/I-84 interchange, the Broadway/Weidler and Williams/Vancouver one-way couplets, and the bicycle routes that thread their way through the area.

The Oregon Department of Transportation (ODOT) is tasked by the Legislature to deliver a $500 million project to add auxiliary lanes to I-5 underneath the Broadway/Weidler overpass.

Some point out that doing so will invoke the principle of induced demand – that any attempt to add capacity to a system that brings that life-giving juice to our homes will be catastrophically damaged. This might not be a downtown-style water-front district, but something new – something that happens when a more maker-focused area meets the river. It could be anything that citizens want it to be.

The important fact is it no longer needs to be a freeway.

I-405 through downtown Portland could become rebranded as L-5. Sure, running all that traffic through that corridor might increase emissions downtown. This would need to be mitigated by capping the freeway, creating additional real estate for parks, buildings and new surface transportation facilities – perhaps including a new light rail line bypass of the congested inner downtown stations. The possibilities are many.

Congestion could be managed using congestion pricing, another measure that ODOT was tasked by the Legislature to study, indeed, in the same bill that authorized the Rose Quarter project. Curiously, ODOT didn’t assume this pricing would be in effect in its traffic studies providing the rationale for the Rose Quarter project.

That’s despite a Portland City Council resolution stating that pricing must be in place before the Rose Quarter project can begin.

All of this could support and enhance the Albina Vision project, as well as the North Portland Greenway waterfront path to St Johns. But, those are future topics for this space.

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

Make water and sewage your top priorities

News from the NET

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

Water and sewer will be among the services that fail in a severe earthquake.

You probably know there’s a 37 percent chance of a big quake within the next 50 years. Did you know that, if 1 percent chance of a big quake within the next 50 years. Did you know that, if earthquakes had followed the average of the next 50 years? Did you know that, if earthquakes had followed the average of the next 50 years.

Weberat and sewer will be among the services that fail in a severe earthquake. You probably know there’s a 37 percent chance of a big quake within the next 50 years. Did you know that, if earthquakes had followed the average of the next 50 years. Did you know that, if earthquakes had followed the average of the next 50 years.

Luckily, in northeast Portland, we are likely to have water and sewage services back on the lower end of the spectrum. Even so, one month may be 27 days too late for us if we have not stored water.

So water storage is priority No. 1. It’s followed closely by emphasizing that our city of nearly 650,000 will all be meeting nature’s call without indoor plumbing. And that could lead to a health crisis, so No. 2 emphasis is for every household have a plan for human waste management.

What should you do to prepare? Store 14 gallons of water per person in your house hold. Beg, borrow or buy two five-gallon buckets – one to dedicate to urine and one to line with a heavy-duty garbage bag for solid waste.

Shredded paper, dry leaves, sawdust, etc. can cover each “deposit” to encourage composting and discourage odor. When full, these bags can be stock-piled for disposal once services are up and running.

For additional guidance visit Region- 11.info/ and PortlandOregon.gov/ pbem/article/394125.

What’s Selling in Concordia?

184 Homes sold in RMLS in last 12 months as of April 10

0.9% Increase in Average Sale Price since 2018

Avg. Sale Price in 2018: $523,453
 Avg. Sale Price currently: $528,422
 Avg. Days on market: 12 months as of April 10

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

Provide for your loved ones, plan for the future, and have peace of mind with a thorough estate plan.

(503) 683-3843

• Business transactions
• Estate planning
• Tax solutions
Lovejoy’s offers high tea experience

By Vanessa Miali
CNA Media Team

A worldly tea connoisseur is not someone you’d think of driving a TriMet bus, MAX train or Portland Streetcar, but Brendon Constans, has done it all.

“I’m a transit nerd who realized that I like riding, but not driving.”

After seven years of driving, he knows all Portland-area neighborhoods and chose Concordia to open his own Lovejoy’s Tea Room at 3286 N.E. Killingsworth St.

It’s an offshoot of the original Lovejoy’s in San Francisco.

Step back in time with the charming decor, enjoying delicate tea sandwiches on unique, mismatched china while relaxing with a steaming pot of tea is what Lovejoy’s is all about.

The mood is calm and the atmosphere inviting with its gallery of quirky keepsakes and vintage cabinets full of lacy table linens.

Brendon said he has always adored tea and spent his 18th birthday traveling in England and Ireland. He stayed at bed-and-breakfast establishments and dined in tea rooms.

“It’s all about the experience of sitting and enjoying the tea. The formal presentation attracts you and then you get distracted with the food.” — Brendon Constans

Lovejoy’s tea list is deep with more than 40 varieties from around the world and a featured tea of the day. The majority of the black teas come from England’s Taylors of Harrogate and some from Portland’s The Jasmine Pearl Tea Company.

The menu offers several options that include a bottomless pot of tea and a crumpet with Meyer lemon curd, fresh fruit, a petit four, and a shortbread tea biscuit.

Exceeding profit estimates for the first month is only the beginning of the tea room’s good fortune. Brendon attributes much of the success of Lovejoy’s to the employees.

“I have an amazing staff,” he pointed out. “They’ve all been so flexible and willing to help.”

Call 503.567.7888 or visit LovejoysPortland.com/reservations to book a table for Wednesdays through Sundays between 11 a.m. and 6 p.m.
Jaclyn adds to sense of community

By Rachel Richards
CNA Media Team

E

xperiences and insights Jaclyn Sisto-Lopez gained in Mexico have helped her build the 3 to PhD program at Faubion/Concordia University into a model for schools to serve as the heartbeat of the community.

The many resources available to families connected to Faubion School on site are something schools across the country will try to replicate. Jaclyn started working for this new program as a part-time services coordinator in 2017. Within a year, her position expanded to full-time.

She grew up in Carlton, Oregon, and at the University of Portland majored in social work with minors in Spanish and social justice. She then volunteered for a children’s home in Mexico for a year.

“Going to work in Mexico changed my world view by teaching me about my own bi-racial identity,” Jaclyn reported. “I am half Chicana ancestry from Mexico.

“Returning to the U.S. was difficult, as I went from speaking Spanish every day in a small insulated community in Mexico to Portland.

“I recognized that, in the U.S. there is a culture of individualism,” she added. “Worth is tied to labor and money – which was different from the culture of community, family and resourcefulness I experienced in Mexico.

“Worth was tied not to money, but to what you can offer the community, like your time.”

Jaclyn’s own time spent serving the Concordia community has put structures in place at the 3 to PhD program that value family success and diversity. But she takes no credit for the program’s success.

“A vibrant, diverse culture of families willing to share their experiences, struggles and dreams helped inform the program,” she explained. Jaclyn pointed to the first accomplishment of the program, a family resource room that offers space to connect.

“It’s not just another meeting space,” she said. Parents gather casually and the room is full of resources.

“Community is the focus of our work, people feel empowered to voice feedback, lead events and start new programs.”

Aztec dancing classes are offered Fridays, in addition to monthly community cooking classes and parent meetings.

Jaclyn invites neighbors to participate in all programming offered at 3 to PhD. And she welcomes volunteers and donations. Contact her at 971.864.9125 or JSisto@CU-Portland.edu.

What does she do when she’s not at 3 to PhD? Jaclyn married Samuel Lopez in November and plans to complete her master’s degree in social work from Boston College in 2020.

Jaclyn Sisto's time in Mexico taught her that personal worth is defined by what you give to your community.

Rachel Richards is a 17-year resident of Concordia who enjoys helping her neighbors. Get in touch with her at RachelRichardsPDX@gmail.com.
She’s the sister you never knew

By Carrie Wenninger
CNA Media Team

“G o within.” These wise words can be found on Psychic Sister’s website at Psychic-Sister.com. However, if you wish to find this charming and eclectic shop at 1829 N.E. Alberta St, you’ll either need to use your intuition, or know the entrance is actually around the corner on 19th Avenue. You can also ask for directions via 971.420.2962 or Portland@Psychic-Sister.com.

Look for the orca mural – if you’ve come this far, don’t turn back now...

An alchemical mix of all things metaphysical – plus vintage clothing and a great hall of a community gathering space – await on the other side of the portal. Pardon, the beaded curtain, as do bewitching founding sister (aka owner) Dreamy Sea and her curiously calming, pint-sized pup Purple Rain.

Dreamy, who claims a natural affinity for the mystical since childhood, has run Dreamy Sea and her curiously calming, pint-sized pup Purple Rain.

Dreamy, who claims a natural affinity for the mystical since childhood, has run Dreamy Sea and her curiously calming, pint-sized pup Purple Rain.

Dreamy Sea and her curiously calming, pint-sized pup Purple Rain await your visit at Psychic Sister.

Opening the smaller retail area in April 2018 and the larger community room behind it in November, Dreamy noted, “Offering an accessible and inclusive place to create community feels like a mandate for me and, perhaps, an energetic priority for the neighborhood.”

Former occupants included the Wild Unknown and the Red Rose Ballroom. Further back, and far harder to envision, a meat packaging plant once called this lovely, high-ceilinged great room home.

Today, there’s a curated, museum-like feel to the place, with calming and positive energy emanating forth from both the products and services for sale, as well as from Dreamy and her employees. Psychic readings? Check. Rocks, gems, crystals, cards? Indeed. Metaphysical books, Tarot decks, clothing both new and old? That too.

Classes on strengthening your intuition, healing with sound, and a safe and welcoming community space with the potential to act as a gathering spot for your highest self? Yes, and so much more.

Your spirit is truly welcome here.

To your wellness

Everyone: just breathe

By Penny Hill
Licensed massage therapist

W e don’t think about it much, this vital life process that happens automatically. But we do have to be aware of how we’re breathing – if not exactly making it happen.

Our breath is exquisitely connected to our emotions. Evolutionary history created the mechanics of breathing, and our well being is supported or diminished by how well ventilated our lungs are.

Our breathing is even influenced by social pressures. Let’s take a quick look at the basics.

The diaphragm is the primary breathing muscle, a dome-shaped muscle that attaches just under the ribs. Contracting, it moves down, drawing air into the lungs. Relaxing, it rises and pushes air out of the lungs. Pretty simple.

But then all sorts of other factors can come into play. A common breathing disorder is reversed breathing. Evolution has provided a secondary set of breathing muscles. If the diaphragm is immobilized, the shoulder muscles contract to lift the ribs up and bring air in.

This vastly increases their work load, explaining in part why your shoulders are so sore. Assess and correct your breathing pattern. Place one hand on your chest and the other on your abdomen, between your ribs and belly button. Breathing happens naturally. Just notice which hand rises first.

Penny Hill provides stress relief to her neighbors through her businesses, Rising Sun Massage, and Tapping for Less Stress. Find other resources and contact information at CalmHealthEase.com.

Heart in Hand Preschool
Waldorf in the neighborhood since 2002

Open House every first Wednesday!

Heartinhandpreschool.com

Parent-Child Classes Starting Monthly

gnomeshome.org

Contact Penny Hill
www.rising-sun-massage.com

rsvp; HeartinHandPreschool.com
Goal: send right person at right time

As a candidate for Portland City Council, Jo Ann Hardesty campaigned on homelessness and rogue police. She was described by the Portland Tribune as “a long time rhetorical bomb thrower.”

April 3 she reported at the Concordia Neighborhood Association general meeting on her campaign platform — building a livable and sustainable city — and her first three months in office.


Although close, they did not coincide precisely with her platform. However, she said she’s staying on track.

“My goal is to change who first responders are so we’re sending the right people to the right incidents at the right time,” she pointed out.

“Today sometimes we send the police, sometimes we send a fire truck or an ambulance because we don’t know who to send. In 60 percent of the cases, none of those are the appropriate first responders. My goal is to send the right people at the right time.”

She said 911 operators should ask a series of questions on each call to determine whether to send a mental health professional, triage nurse, social worker, police, fire truck or ambulance. Her goal is to have the improvements in place long before her term ends.

“Four years from now we will no longer be sending armed police to address people who have mental health issues.”

According to Street Roots newspaper, funding for that Portland Street Response plan’s pilot program has been committed to date by only Jo Ann, but not yet by her peers.

In addition to 911 response, the commissioner focused on three topics:

- **Housing:** “We didn’t have an emergency until white middle class people couldn’t find a home they could afford. In Portland 10,000 African American families were displaced. They called it ‘development.’”

- **Building:** “We have 16,000 vacant expensive units. If we stopped issuing building permits today, we would have seven years of permits for developers to build whatever they want.”

- **Public Transportation:** In a world class city public transportation should be free.

---

**Four years from now we will no longer be sending armed police to address people who have mental health issues.”

---

**Concordia News**

By Steve Elder

CNA Media Team

---

**Remodeling**

In Your Neighborhood

Since 2001

recrafthome.com

503.680.0939

Licensed, Bonded, Insured • CCB #206087
Thanks to all for egg hunt contributions this year

The 2019 CNA Spring Egg Hunt was the usual success with hordes of children claiming toy- and treat-filled plastic eggs in Fernhill Park.

As always, thanks go to egg hunt sponsor American Legion Post 134, to volunteers Friday night and Saturday morning, and to Mark Charlesworth Real Estate Team for providing refreshments at the hunt.

New this year was the opportunity to pet bunnies, thanks to Mark Charlesworth Real Estate Team. Thanks also go to Sojourner Church for face painting and children’s games.

Mark your calendar now... for the 2020 CNA Spring Egg Hunt Saturday, April 11, 10 a.m. (sharp)
I’ve been fortunate recently to spend some time with Jeanne Allen, a 98-year-old neighbor whose sharp and clear memory reaches well back into her childhood days here in northeast Portland.

As we chatted about change during a recent drive through the neighborhood, Jeanne talked about how different things were around here in the early years. Pointing out a small home toward the back of one lot, she said something that required some follow-up:

“I sure hate to see the orchard houses going away.”

Wait. What’s an orchard house? We’ve never heard that term. We want to know more.

When Jeanne and her husband Bob built their home in Concordia back in 1950, they were surrounded by orchards of cherries, apricots, pears and apples that were planted in the early 1900s.

Most of the streets in the surrounding area between Prescott and Killingsworth streets and 42nd and 33rd avenues weren’t paved. Some hadn’t even been constructed.

Jeanne remembers simple small buildings scattered out among the orchards that served as temporary quarters for those tending the orchards during the year and harvesting during the fall. She didn’t call them shacks, but that’s a term that comes to mind.

She and her family always called these little places “orchard houses,” which was a commonly known term and function during those years.

They took a simple form:

- Shed-roofed front and back porch
- Entry door in the middle and a back-door lined up out the back
- Bedroom and window on one side
- Open living space on the other
- Maybe a counter for food preparation
- Often oriented in an unusual way on the lot, either toward the back or sitting at an angle

Pictured is one Jeanne knows for certain was an orchard house. In fact, she remembers the actual nearby orchard. Plumbing was added to the house in 1924, when it was described as an old one-story frame residence.

Do you know of any orchard houses?

There are likely just a small handful left and we’d like to document them and explore their stories. If you have one in mind — or think you know a candidate — send along a photo or address c/o CNewsEditor@ConcordiaPDX.org.

**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.
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 CNEWEditor@ConcordiaPDX.org by the 10th of the month preceding the event.

Concordia News events calendar

Thursdays, May 2, 9, 16, 23, 30, 7-40-8:40am

TOASTMASTERS
Location: Concordia University Library, 2800 NE Liberty St
Advisors: Toastmasters is a small, but active group that gives members opportunities to try speaking & leadership in a safe, nurturing & supportive environment with feedback that is aimed at helping improve speaking, listen- ing & leadership skills. Details: advisors.toastmastersclubs.org

Fridays, May 3, 10, 17, 24, 31, 10:30am-

FEAST COMMUNITY CHOIR
Location: Subud Portland, 3185 NE Gen- ery St
Forget Everything and Sing Together (FEAST) is a community acappela choir with the goal to build community. Now singers welcome. Details/fee: feastcommunitychoir.com

Fridays, May 3, 10, 17, 24, 31, 6:30-8:30pm

DANZA AZTECA
Location: Fauna Sauria
Learn about Mexican culture & participate in ceremony. All levels are welcomed to purchase other drinks. Details: soniagf419@gmail.com

Tuesdays, May 7, 14, 21, 28, 4:30-8pm

TEXTILE TUESDAYS & OPEN ART GALLERY
Location: Cerimon House, 5131 NE 23rd Ave
Stitch, knit, crochet & chat in a simple gathering of artistful citizens. Peruse the art gallery exhibits. Fold origami with the Soul Box Proj ect to help with the goal of 200,000 small boxes for a national display. Details: cerimonhouse.org

Tuesdays, May 7, 6pm

RACE TALKS
Location: McMenemy’s Kennedy School
These opportunities for dialogue about race in Oregon – both historically & the current time – are presented by McMenemy’s His- tory & Gender Reunion team. Open: 6pm-7pm Discussion.
Details: demokataska@gmail.com

Saturday, May 11, 6-8:30pm

CERIMON HOUSE TURNS 10
Location: 5131 NE 23rd Ave
The Cordina arts & humanities nonprofit invites you to a community gala with dinner, music, storytelling, art installations, an auction & a surprise announcement. Details: cerimonhouse.org/calendar/2019/5/11/the- ten-spoke-wheel-gala

Thursday, May 16, 6-8pm

FREE CRAFT NIGHT
Location: Atlas Pizza, 710 N Killingsworth St
Collage & Atlas Pizza collaborate the third Thursday of each month to sponsor this event. Supplies & instructors are provided. No registration necessary. Details: collagepxd.com

Friday, May 17, 7pm

OFF THE COUCH EVENTS
ACTIVITY NIGHT
Location: St. Charles Catholic Church, 5310 NE 21st Ave
Differently-abled individuals, 18 & older are invited for games, crafts, dancing & snacks. Admission is $7 per participant & family is free. Details: offthecouchevents@gmail.com, 503.702.2394

Saturday & Sunday, May 18 & 19, noon-

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 & contemplative experience offers a place to unplug, focus & restore. Enjoy the unique replicas of historic patterns from Reims, Chatres & guest patterns. This quiet activity is recommended for walkers 9 years & older, & walk ins are welcome. Donations are accepted. Details/reservations: creativepathwalk.org

Tuesday, May 21-22, 6-8pm

LEAD-SAFE HOME PROJECTS
Location: Community Energy Project, 2900A SE Stark St.
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. Details: registration: communityenergyproject.org, 503.284.6827 x109

Wednesday, May 22, 6-8pm

SAFE HOME PROJECTS
Location: Community Energy Project, 2900A SE Stark St.
This class is for anyone who is planning to complete a small project that may involve ex- posing kids 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 list of supplies. Details: registration: communityenergyproject.org, 503.284.6827 x109

Thursday, May 23, 5-7:30pm

EVENING CANOE THE SLOUGH
Location: Whitaker Ponds Nature Park, 7040 NE 47th Ave
This trip is safe for infants, adults & grandparents alike. Columbia Slough Watershed Council provides a variety of single kayaks, tandem kayaks & bimaran’s to choose from. Lifejackets; paddles; & bimaran captains to steer. You provide the paddling muscle. You are also welcome to BYOB (bring your own boat).
Details (required)/suggested dona- tion: columbiaisloough.org/events/event/102/

Saturday, May 25, 9-3pm

CULLY ASSOCIATION OF NEIGHBORS CLEAN UP
Location: Timly Lutheran Church & School, 5150 NE Kilingsworth St
Set aside some time to unload your unwanted household goods! A full list of vol- unteer duties, sign-up & details about what can be dropped off at the clean up are available online. Construction materials, hazardous waste & large amounts of yard debris cannot be accepted. Details: cullyneighbors.org, cullycleanup@gmail.com, 503.912.4283

Saturday, May 25, 9am-2pm

WOOLDAWN COMMUNITY COLLECTION EVENT
Location: McMenamins Kennedy School, 6360 NE Martin Luther King Jr Blvd
All donations support the Wooldawn Neighbor- hood Association. Suggested donations are based on sizes of loads: $15-$35 for carloads, $20-$40 for additional trailers. Details: facebook.com/events/henry- wooldawn-annual-clean-up-got-junk/4354372810030175

Saturday, May 25, 6pm

REDEFINING ALBERTA
Location: Albertos Rose Theatre, 3000 NE Alberta St
This immersive storytelling experience by local African American actors & afterwards journey into augmented reality offers eight true stories of power, strength, promise & resilience. It is hosted by Portland’s legend- ary Rukeyah Adams & story writer Chris Williams. It is a production of Diverse in part- nership with World Stage Theatre. Minors are welcome if accompanied by parents/ guardians. Details/tickets: portlandmercury.com/ events/20048487/redefining-alberta

Letter to the editor

et your calendars out folks and circle the date of Saturday, June 1. “Why?” you ask. That’s the day of the Jarrett Grove intersection painting and party! The event is part of City Repair’s 19th annual Village Building Convergence (VBC). Jarrett Grove began in 2013 when a group of neighbors came together to build community through art. The dynamic and engaging street mural is at the intersection of 28th Avenue and Jarrett Street.

This painting party begins at 10 a.m. and will likely wrap up around 2 p.m. There will be coffee, water, snacks, and we will pool some money together for a big pizza feast for lunch.

During the event there will be face painting, nail painting, kids activities and a whole lot of good, wholesome fun. Then, in the late afternoon/early evening there will be a multi-block potluck and dance party you can join us at as well! To stay up to date and learn more details, please join the Jarrett Grove Facebook group, or you can also find out more at the VBC’s website as well. We welcome everyone to be a part of Jarrett Grove, let’s celebrate community together, shall we?

Joe Culhane

The opinions expressed by this writer do not necessarily reflect the views of the Concordia Neighbor- borhood Association.