‘Love’ isn’t just a word to Byron

By Marsha Sandman
CNA Media Team

When Byron Spice creates a three-dimensional wood sign that says LOVE it’s more than just a word. It’s his life purpose.

Byron calls his sign building business “Blind Expressions by Byron” because he is, in fact, legally blind. When he lost his ability to see completely, due to age-related macular degeneration, he qualified for training at the Oregon Commission for the Blind, where he learned to operate the power tools he uses to make his various assemblies with scraps of lumber.

Ironically, Byron Spice didn’t learn to operate power tools until after he became legally blind. The skill gave him a new focus to continue ministering to the lives and spirits of others. Photo by Marsha Sandman

Byron said “When I look at a piece of scrap lumber I ask, ‘What would you like to become?’ I’m guided by the grain, shape, aroma and feel of it.”

How do his creations demonstrate his love? They are symbols of the generous and caring life he has lived.

As a teenager Byron attended a Christian youth camp near his home in Fort Wayne, Indiana. There he dedicated his life to Christian beliefs and missionary work in Mexico, Paraguay and throughout the United States.

During his time in Mexico he directed the Mountain of Light Farm, which provided housing and educational opportunities for Mexican youth. He is proud that many of his students went on to be educators and community leaders.

Fluent in Spanish, Byron supported ministers and provided leadership to U.S. churches with Spanish-speaking congregants.

Byron said he’s had 33 different addresses in his lifetime. When he retired from the ministry in 1970, he became a housing consultant for the National Education Association where he developed housing for retired teachers in several states. He also became a practitioner and leader in The Trager Approach, a form of gentle touch and movement.

He has retired quite a few times and thought he and his wife of 40 years would remain at their oceanfront condo in Florida. But with children and grandchildren in the Northwest, he and Kathryn moved to Portland in 2010.

Byron, an engaging and spry 93 year old, said “I’ve gained independence and was introduced to the safe operation of power tools. This opened the door of my creativity and provided a focus for my life.”

Many neighbors and friends are proud owners of signs that shout LOVE, CHERISH, TRUST, JOY, JUSTICE, PEACE, EASE, among other expressions.

Although he’s not looking for orders, you can reach him at Spice.Byron@gmail.com.

CNA Yard Sale

Saturday, Aug. 10
Details & registration: Page 10

Concerts in the Park

Fridays, July 12, 19, 26, Fernhill Park, 6:30-8:30 p.m.
Details: Pages 2 & 4

CNA Mixer

Thursday, July 11, 6-8 p.m., Lovejoy’s Tea Room, 5013 N.E. 42nd Ave.

Upcoming CNA Events

See Page 4

CAFÉ HAS NEW NAME, OWNER
Erin Katchuk didn’t want the community-minded café to close.
See Page 6

BUY NOTHING IS HYPERLOCAL
Internet-based trading forum fills countless needs.
See Page 10

HE’S MADE COMMUNITY A CAREER
Bob Boyer’s contributions to community are limitless.
See Page 7
Can you develop passion?

The expression, “Find your passion,” leaves me thinking that all I need to do is find it, like finding a gas station. How about passion development?

For much of my secondary education, and into college, I avoided (or performed poorly in) classes that required reading and writing or anything in the creative arts.

I was much more comfortable in the worlds of math and science. This division continued to reinforce itself. I kept working at what I enjoyed doing and which came pretty easily, leaving the reading and writing for another day.

But there was something else going on. In my first year of college, I signed up for a class with the deceptively simple title: “Color.” It was an art class, but I was curious and had heard the professor made the class worth it.

I also thought I’d get off easy, compared to my other classes. But that reasoning turned out to be false. I spent vast amounts of time on the weekly color projects—often completely losing track of time.

So here’s the thing: although you may not be very good at something or you may discount yourself in some way, try to notice how you feel when you engage in the activity. For me, it was noticing that I was totally invested in the task and that everything else disappeared.

I enjoyed doing and kept working at what I do? What matters to me? How do I want to spend my time?”

I was much more comfortable in the worlds of passion development? As always, admission is free. But donations are appreciated, and they defray the costs for the entertainers, sound system, etc. The three-member volunteer Fernhill Concerts Committee has begun the long, arduous task of raising funds for the concert series.
Zenka’s ceramic beetle is more than an insect

By Nancy Varekamp  
CNews Editor

It’s not easy to find. A ceramic dung beetle, maybe 12 inches in diameter. But if you do find it – clinging to the east wall of Back to Eden Dessert Shop at 2217 N.E. Alberta St. – you may become a fan of Zenka.

She’s based in Los Angeles. “As a street artist, it’s always really important to spread your work to other cities,” she said. “Whenever I travel, I look for places to install my work.”

In addition to Portland, Zenka’s work is there for the finding in North, South and Central America as well as Antarctica and Europe.

She left behind several pieces on a 2013 visit to the Alberta Arts District. “I love Portland. You have the most artsy, unusual, wonderful culture there.” So she installed ceramic accordions and bugs, and even some invisible sidewalk stencils.

“Bugs are a fascination with me,” Zenka explained. “I wanted to draw the tie between the idea that we are ‘bugged’ today. Everything’s being recorded, but it’s OK because nobody’s really listening. We have to go boldly into our lives and communicate what we want to communicate.”

Her ceramic installments hold another fascination for Zenka. They contain augmented reality, digital images you can see only after using QR codes to scan them. “Whenever I travel, I look for places to install my work.”

In addition to Portland, Zenka’s work is there for the finding in North, South and Central America as well as Antarctica and Europe.

“The beetle’s QR has gone missing, but you can view the images at YouTube. com/watch?v=Cj14p835GC8.

The QR for her ceramic pizza on the east wall of Alberta 14 Apartments, 1451 N.E. Alberta St., is intact. But it’s inaccessible during construction next door.

Her invisible rain stencils on a few sidewalks are well-suited to Portland’s climate. The medium is a sealer.

“If you spray it on your boots, water rolls off like a duck. Paint it on a sidewalk, like I did in Portland, and the secret message stays dry when the rest of the sidewalk is wet from rain.”

Find him now in a food cart at 3625 N.E. Martin Luther King Jr. Blvd., open 11 a.m.–7 p.m. Mondays-Saturdays and 11 a.m.–6 p.m. Sundays. CNews featured Wayne and his business in 2016. Visit that story at ConcordiaPDX.org/rob-guill.

Three years ago, residents of Oak Leaf Mobile Home Park faced the threat of eviction from their affordable housing. A community partnership led to efforts by St. Vincent DePaul of Lane County to rehab the homes and park. CNews reported on the effort in the December 2016 issue, online at ConcordiaPDX.org/oak-leaf. See Page 12 of this issue for details about the July 20 welcome back party for residents and the community.

CNews updates

Community mourns Rob Guill

Concordians and loved ones June 8 celebrated the life of Robert Eugene Guill. The 65-year-old died of a heart attack May 12 while watching TV coverage of the Trail Blazers’ trouncing the Nuggets. His obituary appears at TerryFamilyFuneralHome.com/notices/Robert-Guill. Rob was featured in the April CNews, after he announced retirement from his handyman/construction company Jobs by Rob. Visit that story at ConcordiaPDX.org/rob-guill.

Cannon’s Ribs has new home

Cannon’s Ribs Express found a new home in recent months. Wayne Cannon had operated it on 33rd Avenue between Killingsworth and Emerson streets since 1995, after buying the 10-year-old business.

Cannon’s Ribs Express found a new home in recent months. Wayne Cannon had operated it on 33rd Avenue between Killingsworth and Emerson streets since 1995, after buying the 10-year-old business.
Erin Katchuk, wearing a black-and-white polkadot dress with candy red buttons, her dark hair in pigtails, sits at the table nearest the door in the coffee shop formerly known as Motivasi.

She sips an Americano in the bright June sunshine and talks about art, coffee, cats, insomnia and the benefits of daily planners. In a word: life.

Employed at Motivasi since 2013, first as a barista then moving into managerial duties, Erin had been looking for a business to start in Portland. In January, opportunity came knocking. Loudly.

Motivasi owner Joshua Wilson had other projects to attend to and the coffee shop at 4502 N.E. 42nd Ave., he informed his three employees, would be closing.

With 15 years’ experience in the coffee biz, Erin smelled a freshly brewing beginning rather than a bittersweet ending, and consulted with Michael DeMarco of Our 42nd Avenue Neighborhood Prosperity Initiative. He helped her evaluate the business opportunity.

Things looked even more promising when she began talking to her regulars about becoming the shop’s new owner, and a longtime customer offered her a low-interest loan.

"Suddenly, doors were flying open, and it became something I couldn’t refuse," she said. Jezebel’s Last Standing Merrygoround Café officially opened with Erin at the helm March 6.

If you’re curious about the name, there’s a story – as well as an ideology – to share. Jezebel was a dearly loved cat of Erin’s. Now deceased, her name lives on in her caretaker’s business. As for the merry-go-round, it’s an ode to the classic children’s playground ride, yes. But there’s more to it.

While living in Seattle, Erin noticed the city removing an entire merry-go-round of old spinning ponies and replacing it with modern, slanting and rotating rings that seemed difficult to balance on.

"Merry-go-rounds represent community to me," she shared. "There’s artistic expression and beauty there. There’s balance and a sense of people helping each other. One person steps up to give another person some time away, and the ride continues…"

"We want to reclaim the concept of the coffee shop as a place of community, a place for neighbors to get to know each other, learn from each other, support each other. We want to be a space where conversations about art and life happen."

"It’s less about making money and more about a present you give to the community."

Your present – and your cuppa – await.

Jezebel’s brews java, community

By Carrie Wenninger

Your neighborhood law firm

Position your business for success with thoughtful business formation, contracts, and tax planning.

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Business transactions

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Annual Concerts in the Park series seeks sponsors

To learn how you can help, contact Sonia at soniagf419@gmail.com or call 305.812.5280.

See Page 2 for more about the concert series.
Bond could fund Coast to the Gorge Trail

All of these visions for greater bicycle and pedestrian network connectivity could soon take one step closer to reality.

By Garlynn Woodsong
CNA Board Member, SW1
CNA LUTC Chair

For years, neighbors in Concordia have joined with folks in other northeast Portland neighborhoods to advocate for the construction of more regional bicycle and pedestrian trail connections. One trail in particular has captured the imagination of many: a trail connecting downtown Portland, through northeast Portland east to the Rocky Butte area and beyond, ultimately to the Columbia River Gorge to connect up with the historic highway state trail there.

This was called the Sullivan’s Gulch Trail Project when Portland City Council voted in 2012 in favor of it. It has since evolved to be known as the Rose Quarter to the Gorge Trail Project, and now the Coast to the Gorge Trail.

Indeed, Metro has previously discussed a concept known as the Infinity Loop for multi-day excursions. It would involve multiple trails heading out of Portland in all directions, connecting with one another at their ends to loop back and return to Portland without needing to retrace steps.

All of these visions for greater bicycle and pedestrian network connectivity could soon take one step closer to reality.

In June the Metro Council voted to send a ballot measure to voters to renew the parks and nature bond. If voters approve the bond measure in November, it would maintain the current tax rate of 19 cents per $1,000 of assessed value (about $4 a month for a home assessed at $290,000).

Among many other worthy funding categories – such as the purchase and restoration of new land from willing sellers to improve water, fish and wildlife habitat – the bond would include $40 million in funding for walking and biking trails. Metro would secure rights to build new trails and construct missing trail sections to complete projects identified in Metro’s regional plan for a network of walking and biking paths.

The Coast to the Gorge Trail would fall entirely on trail sections identified in Metro’s regional trail plan, so this funding could be applied to begin acquiring rights of way and engaging in trail planning if the bond passes.

Voters approved Metro parks and nature bond measures in 1999 and 2006, and local-option levies in 2013 and 2016, to protect and care for land, improve water quality and increase access to nature for people close to home.

As with those measures, all spending of a potential 2019 bond would be monitored by a community oversight committee and subject to annual audits.

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.

LUTC update

Bond could fund Coast to the Gorge Trail

by Garlynn Woodsong

News from the NET

Let’s take the mystery out of fire extinguishers

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

In creating a safe household, having quality, functioning fire extinguishers and smoke alarms are at the top of the list for most people. They are key parts of a solid earthquake preparedness kit as well.

Fire is one of the top four sources of major quake-related damage, as shaking can break gas lines and turn over combustibles. Additionally, post-quake road and water line damage can prevent firefighters from being able to respond effectively and turn even smaller fires into uncontrollable events.

Portland Bureau of Emergency Management recommends the installation of automatic gas shut-off valves on gas meters and the use of household fire extinguishers to help mitigate potential fire hazards on a household level.

But buying a fire extinguisher can be confusing. What do all those mixed numbers and figures mean? Can a rechargeable unit be refilled and pressurized by a professional? Replace a nonrechargeable unit once it is expired? 'A' indicates it is appropriate for fires of trash, wood or paper; 'B' indicates burning liquids and gases; 'C' indicates energized electrical sources; and 'D' combustible metals (‘D’ is rarely needed in a home setting).

For the typical home, one or more 2A10BC units is a great start, with larger options like 3A40BC and 4A60BC recommended as funds allow. Most will last five-15 years, though note the expiration date, if given, and whether it is ‘rechargeable’ or not.

A rechargeable unit can be refilled and pressurized by a professional. Replace a nonrechargeable unit once it loses pressure from use or age. Go for rechargeable!

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Hyperlocal. It's a term that's been trending for a while now. It can mean spending your dollars at neighborhood businesses or eating fresh produce grown miles or blocks away.

It can also mean putting a call out to your most immediate neighbors for art supplies, or offloading that ill-fitting but oh-so-cute sundress that you know would look great – on someone else.

Enter the BuyNothingProject.org, an organization focusing on the creation of hyperlocal gift economies – the giving and receiving of goods and services without charge – neighbor to neighbor.

Curious? Consider joining the Concordia Buy Nothing Facebook group by visiting Facebook.com/groups/245385902705257. You’ll be asked to provide cross streets to assure you’re in the right group because the Concordia group’s boundaries mirror the neighborhood association’s boundaries. Also note: you may be a member of only one Buy Nothing Project group.

From the BuyNothingProject.org website, here are the types of posts that fit the mission:

• Offers of any goods or services you’d like to share, loan or give away
• Requests for services or any goods you’d like to borrow or keep
• Gratitude posts to fuel the magic
• Gifts of self, talent and time

Sarah Brice, volunteer administrator with the thriving Concordia group, once posted an ask for broken mirrors to use as mosaic for an art project titled Gatto della Verità.

On why she loves Buy Nothing, Sarah said, "It’s a great way to get to know my neighbors. The communications are typically positive, and it’s lovely to see my neighbors through such a generous lens. "People always surprise me with how thoughtful and kind they are. I know that when I ask for something, I will not be traveling far. Likewise, I know that when I offer something, it is going to someone in the neighborhood. "Also, I am sure that I’m not the only one who is happy to consume less and save some money too. Finally, it’s a great way to move along things that no longer serve my needs.”

Sarah Brice proved her point that fellow members of Buy Nothing Concordia would supply her with sufficient broken mirrors for this mosaic. Photo by Sarah Brice
Bob Boyer never thought he’d be here.

A former boxer from West Philadelphia, he was 22 years old in 1961 when the U.S. Air Force transferred him to the local airbase vehicle maintenance division.

At the time, Oregon wasn’t a welcoming place for African Americans, having only then begun to finally upend the many segregation laws.

Nonetheless a tight-knit black community had formed in northeast Portland and, after he was discharged, Bob found work in an auto shop on Union Avenue and made himself at home.

At nearly age 80, Bob doesn’t need a résumé. If he did, it would read more like a short novel.

Among titles he’s held are: boxer, airman, auto mechanic, railyard worker, shipyard foreman, first African American elected president of the Inland Boatmen’s Union, community organizer, property manager, car salesman, small business owner, Concordia Neighborhood Association (CNA) president, Northeast Coalition of Neighborhoods (NECN) chairman, NAACP Northwest Region vice president, and state senator.

It’s the intangibles that matter to him more: husband, father of eight, grandfather of 18; community linchpin, keeper of local history.

He’s grateful for the opportunities he’s been afforded. And he subscribes to the slogan, “When one door closes, another opens,” but added that you have to look for those openings.

When Bob comes in the door, he steps all the way through. But he makes sure to leave it open for those coming behind him.

When Bob sees it, if you want things to be different, you have no choice but to dive right in.

Editor’s note: This story was shortened for space considerations. For the full-length story that appeared in NECN’s Hey Neighbor newsletter, visit ConcordiaPDX.org/bob-boyer.
Green honors CU, CNA patriarch Art Wahlers

By Nancy Varekamp
News Editor

Longtime Concordians may recall Art Wahlers as a university patriarch and neighborhood association co-founder. Students at Concordia University now see his name on the Art Wahlers Green, the wide expanse of lawn, gardens and recreational area in front of the school’s library.

Art died in 2004 at age 91. He had moved to Portland to join the faculty in 1946 when Concordia was an all-male high school, and retired in 1986. Mark Wahlers, his son, remembers playing soccer, football and baseball on the green as a student.

Joel Schuldheisz, a classmate of Mark Wahlers, his son, remembers senior Wahlers for playing football in a restricted area instead of the green.

When he did engage in sports on the green, Joel remembers baseball right field was close to the house on campus reserved for university presidents. “If you hit the ball hard enough, it went into the president’s patio.”

Now an exercise and sports science instructor at the university, he finds it fitting to name the area for Art. Living just a block off campus, Art was one of the neighbors to convince the university’s involvement with CNA continued for decades, with staff and faculty members serving on the CNA board.

Denny Strocklin, retired university chief financial officer, was among them. “Art had a knack for bringing people to a common understanding and purpose in a very soft handed way,” he said.

“Art was a collaborator, very good at connecting people, and he was a social activist before the term became popular,” said Denny, Joel served on the CNA board.

So did George Bruender, who said Art and wife Carol were an institution in the neighborhood. “Fastidious is a great word for Art,” he said. “He had the fanciest yard in the neighborhood.”

What would Art think of being honored? “Art was a very humble individual, so my guess is that he might be embarrassed by all of the ‘fuss,’” Denny predicted. “But privately he probably would feel a certain sense of pride, knowing the institution carries on the mission and traditions he helped shape, and that he continues to be held in such high regard.”

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What would Art think of being honored? “Art was a very humble individual, so my guess is that he might be embarrassed by all of the ‘fuss,’” Denny predicted. “But privately he probably would feel a certain sense of pride, knowing the institution carries on the mission and traditions he helped shape, and that he continues to be held in such high regard.”

“Art had a knack for bringing people to a common understanding and purpose in a very soft handed way.”

Denny Strocklin

1946 when Concordia was an all-male high school, and retired in 1986. Mark Wahlers, his son, remembers playing soccer, football and baseball on the green as a student.

Joel Schuldheisz, a classmate of Mark Wahlers, his son, remembers senior Wahlers for playing football in a restricted area instead of the green.

When he did engage in sports on the green, Joel remembers baseball right field was close to the house on campus reserved for university presidents. “If you hit the ball hard enough, it went into the president’s patio.”

Now an exercise and sports science instructor at the university, he finds it fitting to name the area for Art. Living just a block off campus, Art was one of the neighbors to convince the university’s involvement with CNA continued for decades, with staff and faculty members serving on the CNA board.

Denny Strocklin, retired university chief financial officer, was among them. “Art had a knack for bringing people to a common understanding and purpose in a very soft handed way,” he said.

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Practicing safety is key on Fourth

By Vanessa Miali
CNA Media Team

What is it about fireworks that brings out the worst in some people? Either it’s an enthusiastic – with hours of illegal fireworks blasting throughout the night, shrapnel and burning embers flying onto adjacent lawns and rooftops – or it’s a neighbor – stressed out by the fireworks and making verbal threats.

Tony Reyes, American Legion Post 134 commander compared using an occasional legal firework to celebrating with candles on a birthday cake.

“It’s part of our heritage, a ceremony and a tradition. But Fourth of July fireworks become an issue because people are not educated on safety, and that’s their responsibility.”

According to Portland Fire & Rescue, fireworks season is June 23-July 4. During the past five years, fireworks have caused more than $3 million in property damage.

“Fireworks upset domestic animals and urban wildlife, and they distress the elderly,” said Dianne Foster, a Concordian for the past 21 years. In 2011, she witnessed a rooftop fire on the Fourth of July above a business on Alberta Street.

“It made me aware of our close proximity to one another and the damage that can occur in a moment,” she said. “The potential for destruction is great. People can lose their homes.”

Oregon law bans possession, use or sale of fireworks that fly, explode or travel more than six feet on the ground or 12 inches in the air. Fines are hefty, as much as $1,000 per violation.

An Oregon Public Broadcasting report indicated a legal smoke bomb, thrown by a teenager, may have been responsible in part for the Eagle Creek blaze devastating 10,000 acres of the Columbia Gorge landscape in 2017.

Under Oregon law, parents are liable for fireworks damage caused by their children, including costs to suppress the fire.

“Fireworks in neighborhoods stress people out,” said April Thibault-Philips.

Legal fireworks in Oregon

Cone Fountain and Base Fountain

Wheel

Fitter Sparkler

Novelty Device

Ground Spinner

Smoke Bomb
(Not Explosive)

Party Popper

10 Inch Sparkler
(Wire Core Only)

Smoke

Image courtesy of Portland Fire Bureau

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

Do you have a room to lend to an international student?

ANDEO is looking for Concordians to host high school and university students from Japan, France or Spain for one to four weeks in July, August or September. The name ANDEO is a word coined by the nonprofit organization that’s easy to pronounce in any language.

The international students are coming to share cultures, practice English and join American households. Most will attend English classes weekdays at Concordia University or Portland State University. Others will be immersed in their host families’ daily lives, with no scheduled program obligations.

Students bring their own spending money and are covered by comprehensive medical and accident insurance. Families receive orientation materials, 24/7 support and small hosting stipends from nonprofit ANDEO.

To apply, visit GO.ANDEO.org/hostfamilyapplication. For details, contact Zach at Zach@andeo.info or 503.274.1776, or visit ANDEO.org.

Want to get to know your neighbors?

Join us at the next Concordia Neighborhood Association Board Meeting on Wednesday, July 3, 7-9 p.m. in the McMenamins Kennedy School Community Room.

Generally, meetings are held on the 1st Wednesday of the month.

Heart in Hand Preschool
Waldorf in the neighborhood since 2002

Open House every first Wednesday!

heartinhandpreschool.com

gnomeshome.org

Want to get involved locally?

For more information, visit ConcordiaPDX.org/get-involved/
CNA 21ST ANNUAL YARD SALE

Saturday, Aug. 10
One day only!

Follow these simple steps to participate:
• Register with the coupon below or electronically.
• Gather all your unwanted items.
• Display those items in your yard Saturday, Aug. 10.

Register by Thursday, Aug. 1, to be on the yard sale map.

Your packet is available to pick up after 1 p.m. Saturday, Aug. 3, at 5120 N.E. 27th Ave.

The printed map will be available after Aug 1. The pdf version and an interactive version of the map will also be available on ConcordiaPDX.org, the CNA Facebook page at Facebook.com/groups/ConcordiaPDX and on Nextdoor.com.

Register:
Paper
• Complete and mail/deliver to the address listed in the coupon below.
• Don’t forget to include the envelope a $7 check, payable to Concordia Neighborhood Association.

Electronically
• Email the information requested in the coupon below to StephSherman@gmail.com or text it to 503.593.3642.
• Visit ConcordiaPDX.org/yard-sale to make your $7 payment through PayPal.

Questions? Email Stephanie Sherman, yard sale coordinator, at StephSherman@gmail.com, or text her at 503.593.3642.

CNA Yard Sale Registration

Name: __________________________
Address: ________________________
Phone: __________________________
Cell: ____________________________
Email: __________________________

The yard sale is scheduled for Saturday, Aug. 10.

Enclose a check for $7, payable to Concordia Neighborhood Association.

mail/deliver to: Stephanie Sherman
5120 N.E. 27th Ave., Portland, OR 97211

To your wellness

Move your breath to massage your organs

By Penny Hill
Licensed massage therapist

The breath moves into and out of the body. It connects us to the outside world. It is vital energy.

In my previous column, I wrote about the diaphragm and its role in expanding and contracting the lungs. And I mentioned the importance of letting the breath move you and breathe fully and allow the diaphragm to contract, initiating the next breath, feeling the abdomen expand. Filling your lungs fully and deeply, feel the subtle expansion of the rib cage to the sides, back and lifting in the front.

Imagine your shoulders rising like they’re floating on a rising tide. Then let the air flow out without any further muscular help. If you can feel the ribs moving you’re doing great. If you are lifting your shoulders to make room for the expansion, not so great.

As the ribs expand the many muscles that attach to and around them get a stretch too. This constant expansion and contraction also drives lymph circulation.

Let the breath move you and breathe in the benefits.

Electrical currents are sent through the diaphragm, allowing the abdominal organs a bit of a massage.

As the lungs fill and expand, they give the abdominal organs a bit of a massage.

To your wellness

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.

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, SoniaGF419@gmail.com. Unless noted otherwise, events are admission free.

Mondays, July 1, 15, 29, 10-11am

EFT TAPPING STRESS RELIEF

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, phetf22@gmail.com, 503.493.5954, calmhealthease.com

SACRED HARP SINGING

This is not a choir, & there are no auditions & no performances. Each session is composed of whoever attends, including any possible level of musical experience & ability – even those who were asked not to sing in their church choir.

Details: portlandaAchor.org

Tuesday, July 30, 6-8pm

No classes in July

THE INTENTIONALS

This semi-regular gathering strengthens intergenerational community by identifying opportunities to live intentionally & create traditions. Meetings are open to all ages & genders, & they allow participants to share stories, craft & create meaning together.

Details/RSVP: Caitlin Quinn, reframe99@gmail.com

Spanish Conversation

CNA sponsors these free classes. Brush up on your Spanish skills to reach out to the Hispanic community more effectively.

To your wellness

All levels are welcome. Classes will resume next month: Thursdays, Aug. 1, 8, 15, 22, 6-7:30pm

Details: soniaGF419@gmail.com

For events scheduled after CNews press time, visit ConcordiaPDX.org/community-room-calendar.
If someone asked you to find Foxchase on a map, could you?

Here’s a clue: it was one of a dozen different subdivisions created more than 100 years ago which, taken together today, make up what we think of as the Concordia neighborhood. (For a visual clue, check out the 1954 photo on this page.)

Foxchase (not Fox Chase) was a subdivision platted in 1889 by J. Carroll McCaffrey that contains 15 square blocks, from Alberta to Killingsworth streets between 29th and 33rd avenues. Today, some might refer to the 30th-Killingsworth intersection as Foxchase, but it’s actually a much larger chunk of the neighborhood.

McCaffrey was a Georgetown-educated attorney, born and raised in Philadelphia, who kept a small practice there as well as here in Portland. He and wife Eugenie were busy on the social scene in both communities and frequent travelers back and forth.

Speculating in property was his specialty and he was getting ready for Portland’s boom times by buying up nearby open lands.

At that point in our history, there wasn’t much up here on these gentle slopes of the Columbia Slough and the Columbia River beyond. Fields, forests, a few dairies here and there, Homestead Act claims from the 1860s held by a couple dozen families.

Alberta was a dirt track meandering 10 blocks between what is now Martin Luther King Jr. Boulevard (Union Avenue then) and what is today’s 15th Avenue.

McCaffrey sold lots in Foxchase and used that money to buy up other open land for the eventual grids of streets and lots that would follow.

The name stuck and seems to be experiencing a bit of a renaissance at the moment. For more on McCaffrey and a look at the Foxchase plat, visit AlamedaHistory.org and enter “Foxchase” in the search box.

McCaffrey turned out to be a scoundrel who was arrested and imprisoned for land fraud.

After the turn of the century, years after his departure from Portland and his death, homebuilding in the Foxchase plat didn’t really take off until the 1920s.

Doug Decker initiated his blog AlamedaHistory.org in 2007 to collect and share knowledge about the life of old houses, buildings and neighborhoods in northeast Portland. His basic notion is that insight to the past adds new meaning to the present.

This photo looks west on Killingsworth Street at 30th Avenue in 1954. The Alberta Streetcar that traveled up and down 30th to Ainsworth Street had been gone six years but, as the top sign denotes, the “through street” mentality was still more with 30th than with Killingsworth. Photo courtesy of City of Portland Archives

Keep informed of CNA activities and your neighbors’ comments.

Check out the page for:
- CNA Board meeting invites & meeting minutes
- Neighborhood events
- CNews story highlights
- Community discussions

Facebook.com/groups/ConcordiaPDX/

Want to get involved?

It’s easy. The Concordia Land Use & Transportation Committee meets next on Wednesday, July 17 at 7 p.m. in the Kennedy School Community Room.

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

Info: ConcordiaPDX.org/lutc
CONCERTS IN THE PARK
Friday, July 12, 6:30-8:30pm
Location: Fernhill Park
It’s the first of three July Friday nights to enjoy music on a blanket or short lawn chair – among your neighbors, the stars overhead & the stars on stage. The 2019 season debuts with The Sirens of Blues – female blues legends Myrtle Brown, Natascha Mathews, LaRhonda Steele & Arietta Ward. Bring a picnic dinner or buy one there. This is family (and dog) friendly & activities are available for the children.
Details: Page 2
Saturday, July 13, 8:30-9:45pm
MOONLIGHT PADDLE
Location: Departs Parkrose Boat Launch, 5432 NE 112th Ave.
Under the cover of darkness, hunt for beavers, owls & other nighttime creatures. The full moon – & Columbia Slough Watershed Council – will lead the way through the braided network of slough channels & inlets. Suitable for adults & teens age 14+. Suggested donation $10-$25 per individual. If you have your own kayak, canoe or paddle board, SYOB (bring your own boat).
Details: columbiaslough.org/events/event/136, 503.281.1132
Tuesday, July 16, 6-6pm
LEAD-SAFE HOME PROJECTS WORKSHOP
Location: Community Energy Project, 2900A 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: communityenergyaproject.org, 503.284.6827 x109
Thursday, July 17, 11, 6-8pm
CNA MIXER
Location: Lovejoy’s Tea Room, 3286 NE Killingsworth St
Meet & catch up with your neighbors at the CNA Mixer. Lovejoy’s is serving a variety of mini sandwiches, scones, cream cheese & a wide variety of tea – all for free. The whole family is included.
Details: sonia419@gmail.com
Thursday, July 18, 7-9pm
TOASTMASTERS
Location: Concordia University Library, 2800 NE Liberty St
Advisors Toamastrs 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
Tuesday, July 2, 10am-noon
AARP NEIGHBOR WALKS
Location: Meet at Alberta Park basketball court
AARP Neighbor Walks visit the Alberta Arts District. During the 2-2.5 mile, 4,646-step walk, you’ll learn the story behind each building & check out the many art studios, unique shops & eateries. Bring some extra change for a treat from Salt & Straw.
Details: states.aarp.org/neighborwalks2019pxd
Tuesday, July 2, 9, 16, 23, 30, 4-8pm
TIME TOGETHER: TUESDAYS AT CERIMONY HOUSE
Location: 5031 NE 42nd Ave
Stitch, knit, craft, fold, sing, chat. Be. Gather, connect & peruse the art gallery exhibits in a simple & free format. Most Tuesdays also include a 22-foot Chartres pattern for a 7-circuit contemplative walk.
Details: cerimoneyhouse.org
Thursday, July 11, 18, 25, 4-8pm
CULLY FARMLERS MARKET
Farms market is back every Thursday (except July 4) through September. Meet & touring vendors, enjoy entertainment, grab dinner with friends, connect with your community, buy fresh veggies, support local organizations. Submit information to cullyfarmersmarket.org, facebook.
Details: cullyfarmersmarket.org, facebook.com/cullyfarmersmarket
Monday, July 8, 7pm
KENNEDY SCHOOL HISTORY & UFO FESTIVAL
Location: McMenemy’s Kennedy School
This month’s topic is “Connecting with the Other Side through the Power of Psychometry.” The presenter is psychic medium Anka-sha Amenti, who believes every object has a story. The presenter is psychic medium Ankha Sha Amenti, who believes every object has a story. The presenter is psychic medium Ankha Sha Amenti, who believes every object has a story.
Details: mcmenemyin.org/events/199330-concertsinthepark
Friday, July 19, 6:30-8:30pm
THE TONY STARLIGHT SHOWCASE
Location: McMenamins Kennedy School
The Tony Starlight Showcase takes the stage for the second Fernhill Park concert. It features music & laughter from Sinatra through the 1980s. Bring a picnic dinner or buy one there. This is family (and dog) friendly & activities are available for the children.
Details: Collagepxd.com
Thursday, July 25, 6-9pm
LAST THURSDAY
Location: Alberta Street, 15th-30th aves
The summer version of Last Thursdays is back with Alberta Street closed from vehicular traffic for 16 blocks. It offers thanks to everyone who backed the effort.
Details: Park your car at St. Charles Church, 4310 NE 42nd Ave
Thursday, July 18, 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 & instructions are provided, no registration necessary.
Details: collagepxd.com
This month’s topic is “Oregon, Indigenous Nations, Manifest Destiny & the Doctrine of Discovery.” Presenter Robert J. Miller, Arizona State University College of Law professor, will cover the history of the doctrine. That’s the international law principle that European nations deployed to claim most of the non-European world. The doctrine was applied against Native peoples in North America by England, France, Spain, Holland & Russia – & then was adopted by the U.S. All ages are welcome & the door opens at 6pm.
Details: mcmenemyin.org/events/197514-oregon-indigenous-nations-manifest-destiny-and-the-doctrine-of-discovery
Saturday, July 20, 11am-2pm
OAK LEAF WELCOME BACK PARTY
Location: Oak Leaf Mobile Home Park, 4556 NE Killingsworth St
Park residents are being welcomed home to the rehabilitated park & 22 renovated/replaced homes by St. Vincent de Paul of Lane County. Event planners promise food, music, guest speakers & games for kids. The event not only welcomes residents back. It also celebrates the partnership that saved the park’s affordable housing. It offers thanks to everyone who backed the effort.
Details: Park your car at St. Charles Church, 4310 NE 42nd Ave
SUMMER FESTIVAL
FRIDAY, JUNE 28
PARK RESIDENTS ARE WELCOMED HOME TO THE REHABILITATED PARK & 22 RENOVATED/REPLACED HOMES BY ST. VINCENT DE PAUL OF LANE COUNTY. EVENT PLANNERS PROMISE FOOD, MUSIC, GUEST SPEAKERS & GAMES FOR KIDS.
Details: OAK LEAF WELCOME BACK PARTY
Location: Oak Leaf Mobile Home Park, 4556 NE Killingsworth St
Park residents are being welcomed home to the rehabilitated park & 22 renovated/replaced homes by St. Vincent de Paul of Lane County. Event planners promise food, music, guest speakers & games for kids. The event not only welcomes residents back. It also celebrates the partnership that saved the park’s affordable housing. It offers thanks to everyone who backed the effort.
Details: 503.281.1132
SUPER-HERO TRAINING, FABULOUS CASUALTY DISGUISES, COSTUMES, FUN & GAMES FOR KIDS 4-12.
Details: Free & open to the public by dropping by the Park’s office
FRIDAY, JULY 19
THE SIRENS OF BLUES CONCERTS IN THE PARK
A dance to the rhythm of female blues legends Myrtle Brown, Natascha Mathews, LaRhonda Steele & Arietta Ward
Details: kernersville.org
FRIDAY, JULY 26
CONCERTS IN THE PARK
Location: Fernhill Park
Bloco Alegria, with high-energy Brazilian music – among your neighbors, the stars overhead & the stars on stage.
Details: kernersville.org