PCC seeks ideas for local project

By Nancy Varekamp
CNews Editor

In 2017 Portland Community College (PCC) asked voters to approve a bond measure that includes rebuilding the Metropolitan Workforce Training Center at Killingsworth Street and 42nd Avenue.

Now it's asking what services there could serve the community as well as students. Concordia Neighborhood Association (CNA) hosts a forum on the topic Wednesday, Sept. 4.

PCC and Oregon Department of Human Services serve 185 students and clients weekly at the site.

“We expect that number to grow significantly if we provide wrap-around services, like day care, health care and more,” said Rebecca Ocken, PCC metro center project manager.

Prior to being purchased by PCC and opening under its banner in 1998, the facility had served as both a grocery store and a Veterans of Foreign Wars hall.

“It wasn’t constructed as an educational center,” Rebecca said. “So, while we’ve made it work over the years, it doesn’t really fit PCC’s needs.

“The time has come to make this a full-service workforce center. You’ll work toward your career goals here, and have other needs – like health care and child care – taken care of, too.”

A food pantry and food carts are among current suggestions for the facility.

and Rebecca encourages attendees to bring additional ideas to the September meeting.

As part of the project, PCC is partnering with Living Cully, a collaboration of four local nonprofits, to help with community engagement.

“We’re asking people for their vision for the neighborhood in general,” explained Cameron Herrington, Living Cully program manager. “Then we’ll distill those things down to what works here. But we’ll hang onto other good ideas for potential implementation nearby.

“Living Cully’s experience is in community engagement,” he said. “We’re pleased to partner with PCC on involving community members in a project that’s catalytic.”

The workforce center $32.5 million portion of the $185 million bond was promoted to demolish the two outdated buildings and build one multi-story facility on the three-acre site.

PCC intends to have affordable housing with as many as 100 units built on one acre of the property. The school won’t build or operate the housing, but will encourage the operator to rent to students.

Otherwise, plans are fluid and await community input.

A design team was formed in August and will participate in community meetings in September and October. According to Rebecca, a Nov. 14 open house is already scheduled to share the results of those meetings with community members.

“We’ll talk about the top themes and ideas we’ve heard, and ask citizens to weigh in on those.”

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

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

Concordia News is printed on 40% post-consumer or better paper, manufactured at a local mill.

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

Mark your calendar for the first community engagement session about the PCC redevelopment. It’s at the CNA general membership meeting, Wednesday, Sept. 4, at 7 p.m. in McMenamins Kennedy School Community Room.

YOU CAN GET READY, SET, GO
Is your family growing? This business has plenty of help.

See Page 4

PRIMROSE HAS FLOWER POWER
Clients’ healing begins at this cozy Alberta Street suite.

See Page 6

MILAGROS CELEBRATES 15TH
It’s not just merchandise at this retail spot anymore.

See Page 8
Dog treats create community

Each day, neighbors walking their dogs down 29th Avenue between Answorth and Holman streets stop in the middle of the block, open a little glass door, take dog treats from a jar and make happy dogs.

We stock this Little Free Library box in the front of our house. Instead of books, it’s full of dog treats, poop bags and a little guest book. Since my wife Theresa and I love dogs and the dog culture in Concordia, we thought giving cookies to our furry friends would be a fun way to interact with our neighbors and add to our community.

I made the box from a small cabinet drawer I found on the side of the road. I added a slanted roof, some siding from my house and a glass door on the front. I painted the whole thing to match our house and guest book on top from the poop bags below. The cookies are Costco chicken and rice premium dog biscuits, broken into smaller pieces. The jar holds about 150 cookies and lasts about a week, which results in about 18 happy dogs a day.

Sometimes the dogs will do tricks for cookies. Some people leave dog-related trinkets, prepaid coffee cards, and several times boxes of cookies have been left on our porch.

The poop bag supply is a collective effort, with neighbors adding bags as they can. People write in the guest book, leaving their names, names of their pups and anecdotes about the garden. When I’m outside, people stop to thank me for the cookies, and I put faces and tails to the names in the guest book.

Here are some of my favorite quotes from the guest book:

- “Thank you for bringing a smile and a tail wag to our day!”
- “Bart now thinks every Little Lending Library has treats!”
- “Kodi knows this house from down the street.”
- “Eldan and Otis are delighted by the unexpected treat! Woof!”
- “I ate so many of your treats (they are delicious!) I refilled your treat box. Love Huey”
- “I ate so many of your treats (they are delicious!) I refilled your treat box. Love Huey”
- “I ate so many of your treats (they are delicious!) I refilled your treat box. Love Huey”
- “I ate so many of your treats (they are delicious!) I refilled your treat box. Love Huey”
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Occasionally, haikus are attached to the front of the box or added to the guest book and signed by Haiku Scotty. More photos and stories are on his Instagram account, @HaikuScotty

What fun it is! We’re so grateful to meet so many of our wonderful neighbors, human and canine alike.

John McSherry lives on 29th Avenue and serves on the CNA board and Media Team. When not spending time with his family, John loves playing music, recreating on the water and volunteering. He can be reached at AL3@Concordiapdx.org.

Editor’s note: CNA respects the views and beliefs of all cultures and faiths. The views expressed by this writer do not necessarily reflect the views of CNA.
Kinetic structures adorn Alberta lamp posts

There’s so much to see and do on Alberta Street. But do you ever look up at the light posts, especially those at 30th and 13th avenues? If you do, there’s a treat in store: kinetic embellishments created by Jason Seale in 2000.

They were commissioned from the artist – inventor and CEO of Flat Function – by the city as part of the Alberta Streetscape Project. Community members initiated that project to plan and build transportation improvements that would improve the safety and visual quality of the roadway to support commercial and residential revitalization on and near Alberta Street.

“The seeds for the Alberta Streetscape Project were sown in 1991 when local entrepreneur Sam Brooks invited a class of architecture students from the University of Oregon to analyze the street and generate proposals for improving Alberta Street,” reported the city’s 2000 project plan.

“The students’ ideas, presented at a community open house, were met by a variety of responses from enthusiasm to skepticism. While many people wanted to see changes on the street, the momentum was not yet strong enough to move the project forward.”

Eight years later, the city appointed an advisory committee and held several public forums to invite input about the street and its sidewalks. The committee included representatives of Concordia, Vernon and King neighborhood associations; churches; schools; Sabin Community Development Corporation; and Alberta Business Association.

Open houses engaged local residents and business owners in the planning. The final plan resulted in the lamp post embellishments, street trees, sidewalk furniture, street entries and safety features like street lights, signals at intersections, crosswalks, transit stops and curb extensions.

Funding for the project came through grants from the state departments of transportation and land conservation and development, plus the city transportation department and Portland Development Commission.

For project details, visit ScholarsBank, UOregon.edu/xmlui/bitstream/handle/1794/5182/Portland_Aberta_Streetscape_Plan. For updates on the artist’s career and successes, visit FlatFunction.com.

CNews update

Featured teacher dies

Kate Drew, featured in the July CNews Page 11 Ask the Historian, passed away shortly after publication. The CNews piece was condensed from a McMenamins Kennedy School blog. For the full blog – and to read comments by two of her former students – visit Blog.McMenamins.com/wonderful-things-happen.

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Spanish Conversation classes

CNA sponsors these free classes, held at the Kennedy School Community Room. Brush up on your Spanish skills. All levels are welcome. Meets Thursdays (except last Thursday of the month) at 6:00 p.m.

For more info, contact Sonia at soniagf419@gmail.com.
Ready, Set, Grow offers services to families

By Tamara Anne Fowler
CNA Media Team

Ready Set Grow (RSG) is a new movement, art, education and wellness studio dedicated to families.

Classes are offered for new parents, ones well past postpartum, for parents who didn’t give birth to their children and for kids, including those with sensory and learning differences.

Opened in February, RSG is the creative brainchild of Daniele Strawmyre, a professional dancer, choreographer, yoga instructor and installation artist.

After growing up in Philadelphia, she moved to Portland with partner Mike four years ago. The family – including children Colin and Donavyn, 6 and 3 respectively – purchased a home in north Portland.

Daniele created RSG as a program before she rented space for clients to come to her. After giving birth, she was shocked at how long it took to recover and feel strong again. She wanted to help other mothers recuperate in healthy, nurturing ways.

Those ways include yoga, dance and Pilates-based classes, including some fun ones for parents like “Ballet & Babies,” “Ma-Ma Modern Dance,” and “Core Baby Bounce.”

Not only are there movement classes, there are educational series for parents as well as childbirth education, baby sign language and baby sleep classes.

For class lists, schedules and events, visit AndReadySetGrow.com or call Danielle at 503.905.6989.

Often, in other schools’ classes, once the child reaches a certain age or ability, it’s difficult to find anything for the parents with kids still present or allowed.

RSG’s offerings include classes that are for parents of kids of all ages.

As for children’s classes, they range from “Kids Contemporary” to “Story-Time Ballet” and “Wild Forer Kids Yoga” in this cozy space at 5433 N.E. 30th Ave. That’s next door to Milagros, one of RSG’s several collaborators in serving local young families. See the CNews story about Milagros’ 15th anniversary on Page 8.

Art events are also hosted at RSG. One is the art gathering from 6 to 8 p.m. the last Thursday of every month. That’s when the art on the walls is changed out.

“It’s really important for me to support artists as well as parents and families,” Daniele said.

In fact, she’s looking forward to the opportunity to host dance, theater and music events, and she would like to rent the space to dancers in need of rehearsal space.

Tamara Anne Fowler is Edit Kitten, a writer with 20-plus years of experience offering a softer, gentler approach to editing and coaching. Her personal editors -- Armani, Max Factor and Spicey’D -- are also her cats. Visit her at EditKitten.com or contact her at Tamara@EditKitten.com.

Movement classes for new moms, along with educational series for parents top the offerings of new 30th Avenue business Ready, Set, Grow. Photo courtesy of Kimmi Burk Photography
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LUTC update

PBOT tackles traffic death risks

By Garlynn Woodson
CNA Board Member, SW1
CNA LUTC Chair

“On Tuesday, June 25, just before 6 p.m., police officers responded to a rollover crash near northeast Lombard Street and northeast 42nd Avenue,” reported the Willamette Week last June. “The unidentified driver was pronounced dead at the scene. The death is the 28th traffic-related fatality so far this year.”

“Smith was driving a blue 2000 Ford Crown Victoria eastbound on northeast Lombard Street, just west of 42nd Avenue, when it appears he struck the rear tire and wheel of a bicyclist, the affidavit said,” reported The Oregonian in December 2015. “Smith said he had veered to the right to avoid another vehicle that had swerved toward him, the affidavit said.”

“A busy road in northeast Portland has reopened now after a man was hit and killed by a taxi cab this morning,” KXL Radio reported in April. “Police got the call just before 1 a.m. to the intersection of northeast 64th and Columbia Boulevard, saying a pedestrian was hit. Crews tried to save him, but he died at the scene. Police say the victim was a delivery driver, who just pulled his truck out into the road, hopped out to close a gate and was hit by the taxi cab.”

Between 2008 and 2017, there were 25 fatalities and 85 severe injuries on Columbia Boulevard and Lombard Street between I-5 and I-205.

We’re tired of hearing of deaths on North Portland Highway / Lombard Street, and on Columbia Boulevard. People are dying needlessly on Lombard, both on bicycles and within automobiles, because the Oregon Department of Transportation does not maintain the bicycle facilities there to any acceptable standard of safety. And both high-speed streets have local-street and driveway intersections that offer many opportunities for car-on-car crashes as well.

The Concordia Neighborhood Association has been concerned with the Columbia / Lombard Corridor for many years now. We are unable to safely walk from our neighborhood to the Columbia River, even though we can see it from some of our houses, and its distance would certainly be within a pleasant walking distance of our neighborhood – if only safe facilities existing to connect us with it.

Emissions – not only from the roadway facilities themselves, but also from the industrial land uses nearby – drift into our neighborhood and foul our air when the wind blows from a generally northerly direction, as well as when it doesn’t blow much at all.

It is in this context that the Portland Bureau of Transportation has kicked off the Columbia / Lombard Mobility Corridor planning process, which focuses on the corridor between I-5 to I-205, with a buffer area to include parallel routes.

The process is expected to last through next July, resulting in a plan to guide a strategy for making implementation investments.

Stay tuned to this page in CNews.

Better yet, attend the LUTC meetings the third Wednesday each month at 7 p.m. in the McMenamins Kennedy School Community room.

News from the NET

Who’ll get the kids in an earthquake?

By Amy Gard, Team Leader
Concordia/Vernon/Woolwood NET

I can’t believe it myself, but we are almost at the end of summer! And back-to-school time is perfect to remind families to update their children’s emergency contacts at school.

But don’t do it by rote. In the event of a regional disaster, you may not be able to get to your child’s school in a timely manner – perhaps days later if a bridge separates you.

Who will go to get them if you’re not able? Don’t wait to figure it out.

Plan now with neighbors or school families and make sure they’re on your contact list. Schools will not release your child to anyone not designated in advance. Before an emergency is the best time to think these things through.

Recently two bills to strengthen the emergency preparedness of our schools were voted down in Salem, and they were just touching the tip of the iceberg of what needs to happen in our state.

It is of utmost importance that parents and communities advocate for our children’s safety and use their voices to influence policy.

One way to raise awareness is to help your school participate in the Great ShakeOut. The ShakeOut is coming next month. Every year, millions of people worldwide practice how to drop, cover, and hold at 10:17 a.m. Oct. 17 during these earthquake drills. Most schools in the area will participate on this date.

Amy Gard is a mother, retired teacher/administrator, former Concordia business owner, saxophone player and active volunteer for the NET and Oregon Food Bank.

Find out how at ShakeOut.org/oregon.

What’s Selling in Concordia?

176 Homes sold in RMLS in last 12 months as of August 12
- 1.6% Decrease in Average Sale Price since 2018

Avg. Sale Price in 2018: $532,453
Avg. Sale Price currently: $514,835
Avg. Days on market: 97 days

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

HISTORY PUB:
Beyond Chinatown: Uncovering Oregon’s Rural Chinese History
Thursday, September 26
5 pm doors; 6 pm event

KELLYN SCHOOL
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(503) 249-3983
mcmenamins.com
Free - all ages welcome (unlimited)

Thursday, September 5
The Brothers Jam
Roosty rock and deep rhythm grooves
Gym · 7 - 9 pm

Saturday, September 21
Halftime to St. Patrick’s Day
Come celebrate with us: Workingmen’s Central Bar & Cabbage, HILLS AND HALLOWS
THE NEW SHILLING BAND
5:30 - 8:30 pm
McMenamins

Saturday, September 14
RUTHIE’S MOAN
Psychedelic soul
Gym · 7 - 9 pm

Saturday, September 21
Oktoberfest Brewfest
Featuring 24 German-style beers
$15 includes 9 bingo cards and a Brewfest glass + 10 tokens: $20
5 pm doors; 6 pm show

Amy Gard is a mother, retired teacher/administrator, former Concordia business owner, saxophone player and active volunteer for the NET and Oregon Food Bank.

Stay tuned to this page in CNews.
Primrose recommends flower essence energy

By Carrie Wenninger  CNA Media Team

P etite and dark haired with a quick, warm smile, Felicia Howe perched like a wood sprite in a chair in her studio, Primrose Organics Apothecary. She sipped raspberry leaf and nettle tea from a vintage floral teacup with one hand while the other danced emphatically in the air and gestured toward a busy-looking workbench and wall shelving full of mysterious, amber colored, liquid-filled bottles. Her cozy healing suite in the Alberta Studios building at 1627 N.E. Alberta St., No. 4, opened in June.

“The opportunity presented itself and I just threw myself into the space. It’s slowly revealing to me how I’m going to work here. It’s an evolving process!” she laughed.

A self-described botanical counselor, Felicia deals in the subtle art of flower essence energy medicine. It’s a vocation that, although somewhat hard to explain, seems perfectly at home here in Portland, that, although somewhat hard to explain, essence energy medicine. It’s a vocation thatFelicia deals in the subtle art of flower essence energy medicine. It’s a vocation that, although somewhat hard to explain, seems perfectly at home here in Portland, that, although somewhat hard to explain, essence energy medicine. It’s a vocation that, although somewhat hard to explain, seems perfectly at home here in Portland.

“Flower essences, as she described it, can encapsulate the experience of the City of Roses. It’s a vocation that, although somewhat hard to explain, seems perfectly at home here in Portland, that, although somewhat hard to explain, essence energy medicine. It’s a vocation that, although somewhat hard to explain, seems perfectly at home here in Portland.

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Flower essences, as she described them, can encapsulate the experience of being in nature in much the same way a day at the beach or hiking in the woods can leave you feeling deeply nourished, grounded and peaceful.

“Flower essences don’t have a scent,” she explained. “They’re liquid extracts that work in a way that’s similar to acupuncture, along the lines of the body’s meridians, on an energetic and vibrational level, to support emotional well-being and mind-body balance.

“I also love that it’s an environmentally-friendly, non-invasive modality. A single flower can infuse a large quantity of water; whereas, a drop of essential oil takes a considerable amount of plant matter to produce.”

An artist, empath and intuitive alchemist, Felicia’s background also includes experience as a stylist, life coach, Reiki practitioner, herbalist and aromatherapist.

“You don’t have to completely understand it to experience it, but you do have to be open and curious,” she pointed out. “There’s an intentional aspect that’s essential to working with flower essences, and it’s a wonderfully effective and gentle way to engage in self-care.”

Primrose Organics Apothecary is open Tuesdays, Thursdays and Fridays, by appointment only. Call 971.258.8022 to schedule a consultation, or visit FeliciaHowe.com for more information.

Carrin Wenninger lives on 29th Avenue in Concordia. She is a freelance writer, a mom, a world traveler and a small business marketing consultant. Contact her at WardGurl@gmail.com.

Gardening guidelines

You can still plant for a winter harvest here

Our September mixer will be a collaboration between the new KISS Coffee & Verum Ultimum Art Gallery! 3014-3016 NE Ainsworth Street

Saturday, Sept. 21, 6-8pm

CNA Mixer

Tara and Sarah will offer some sweet and savory tastings from their new menu and Jennifer at the gallery will have a brand new showing for all to enjoy along with some wine.

Robbin and Byron from THE LARKS pdx will be playing for us! What a treat! Make sure not to miss this family-friendly sidewalk event!

For details, contact Sonia at: sonia@510@gmail.com

Parkways wheels through Concordia Sept. 22

By Nancy Varekamp
CNews Editor

Every September thousands of Portlanders arrive on wheels to ride the 7.6-mile loop of city streets that connect four Concordia-area parks in NE Sunday Parkways.

They return Sunday, Sept. 22. Neighbors move their cars to where they can access them on other streets, or they simply plan to be part of the annual event between 11 a.m. and 4 p.m.

Rebecca and Nick O’Neil on Ainsworth Street, and Nell Westerlund and Bryce Tolene on 37th Avenue didn’t realize they’d be on the route when they bought their homes five and four years ago, respectively.

“We’d lived in Portland 20 years and participated in some of the Sunday Parkways around town,” Rebecca said. “But being on the route came as a surprise, a welcome one.”

“We were excited when we realized it,” Nell recalled. “We have always participated in Sunday Parkways in some form, changing every year as the kids’ abilities grow.”

Last year her children drew bike art in the driveway. This year they plan to sell vegetables from their garden after they finish their own circuit of the loop.

“Friends participating in the event – and even ones who don’t – gather in the O’Neils’ front yard to watch and to interact with passersby.

Before and after their own ride around the loop, the O’Neils’ daughter sells lemonade, or gives away flowers and fruit from their garden.

“Friends from outside Concordia to the park events.

“Thank you for a great summer!”

“Thank you for a great summer!”

Join us weekly on Sunday nights at 5pm at the Oregon Stamp Society building

4828 NE 33rd Avenue

sojournpdx.org

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Sojourn Church
A Neighborhood Church
Welcome to parenthood... then get ready for the ride of your life. There will be so many questions and challenges but mostly pure joy.

Erica Matteson, Milagros Boutique owner, has created a cozy little spot where Concordia parents can find answers, help, connections and some of those cute little baby necessities.

The store celebrated its 15th anniversary recently. Erica, who has been a birth and postpartum doula for 20 years, purchased the store from the original owner about six years ago.

She recognized the necessity to make changes due to internet competition, so the retail portion of the store was downsized to add more services. Milagros Boutique now includes support groups, classes, new parent education and personal services.

“My desire with Milagros is to provide families in our community a customizable launching ground,” Erica said. “My goal is to walk alongside each family, one on one, on how they come to the information. It is easy to blaze your own trail if you are connected to others who are also learning.”

Erica’s goal is to include her store as a community service. Milagros invites parents with newborns to a welcoming daily retreat from 11 a.m. to 1 p.m. where they can relax, connect to other parents and get support.

She said she got a little teary eyed recently when five parents showed up for the daily group gathering.

Milagros stocks infant carriers, cloth diapers, breastfeeding supplies and locally-made artisan items. “These items connect to the classes taught by either our staff or providers in our local area,” Erica explained.

“Our goal is to have items on hand that lessen that overwhelmed feeling that new parents have when walking into a large baby store. In carriers, we want everyone safe and comfortable. Our cloth diaper rental kits allow families to find a system that works for them and fits the budget.

Newborn feeding takes care and time to become “easy,” and sometimes having that one little product makes the difference.

Milagros offers baby photography, group sessions and individual customizable consultations by appointment through MilagrosBoutique.com.

Erica invites parents to visit Milagros Boutique for a quiet moment from the festivities Sunday, Sept. 8, at the 3-9 p.m. block party on 30th Avenue.

Milagros Boutiques is at 5429 N.E. 30th Ave., and the phone number is 503.493.4141. Information about classes, workshops and happenings are on the store’s website.

Want to get involved locally?

Join us at the next Concordia Neighborhood Association General Meeting on Wednesday, Sept. 4, 7-9 p.m. in the McMenamins Kennedy School Community Room.

Hot topic: Redeveloping PCC Metro Workforce Center.

See Page 1.

All are welcome!
Eat, drink, dance and repeat at block party

By Marsha Sandman
CNA Media Team

Get ready to put your food, drink and dance on. Local businesses invite you to their 10th annual block party on 30th Avenue between Emerson and Jarrett streets.

Both 30th Avenue blocks will be closed to vehicles Sunday, Sept. 8, from 3 to 9 p.m. This area is also known as Foxchase.

“This celebration is all about community – building it, nurturing it, promoting it.”

– Dayna McErlean

Curious? That’s what the recorded plat said in 1889 when Alberta Street was a dirt track. For some interesting and unusual facts about Foxchase, visit ConcordiaPDX.org/2019/07/you-can-find-foxchase-but-not-on-a-map.

The event is sponsored by the Concordia Neighborhood Association (CNA) and Dayna McErlean, with additional support and involvement from the other local vendors.

Dayna is a longtime Concordian and a well-known Portland restaurateur. She is the developer and owner of Yakuza Izakaya, D.O.C. and Nonna Tavern, all on 30th between Emerson and Jarrett.

“This celebration is all about community – building it, nurturing it, promoting it,” Dayna explained. She is a creative visionary dedicated to bringing interesting and inspiring businesses to her neighborhood.

The festive block party started 10 years ago as customer appreciation with about 200 people in attendance. Dayna estimated there were 1,000 people there last year and expects even more this year.

It’s an opportunity for folks to sample and learn more about the goods and services offered by the local businesses. There will be complimentary tastes and product samples.

There will also be a variety of musical entertainment curated by Brent Folis, a drummer with Pink Martini. Be prepared to boogie.

All businesses in the two-block radius are invited to participate. John McSherry, CNA board member, is involved with preparations. He promises a day of kid-friendly fun with a children’s play area and games at Yakuza’s backyard patio.

The block party will be a great chance to mingle with your neighbors and taste all this area has to offer.

A night of food, music, dance, drink and friends. Does it get any better?

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To your wellness

Here’s how to train your brain to accept changes

By Penny Hill
Licensed Massage Therapist

Change. Sometimes it’s hard. For issues that have resisted our attempts for an extended period, it’s time to look at the upside of the downside.

When making a change has been elusive, some part of you may not see the safety in change. We even have an expression for it: “Better the devil you know than the devil you don’t.” Our lovely brains – so proud, confident and creative – put on the brakes when confronted with the prospect of change.

Applied to the personal, our brain is tasked with keeping us safe, and feels it only knows how to do that in the status quo. If you start changing, even if it is a desirable change, it doesn’t know that it will be able to safeguard you under those circumstances.

So it resists. For although you may be suffering now, it imagines ways in which getting happier and healthier could work to your detriment.

One example is of a lonely woman whose children come around only to whose children come around only to help her with the household chores that she can’t manage because of her health. When we’re frightened of the future, we stay stuck in the past. We can’t envision all the possible benefits and potentially wonderful opportunities that might unfold for us.

We even have an expression for it: “Better the devil you know than the devil you don’t.”

If there is a change you’ve been wanting to make, write a list of the benefits, and identify some drawbacks. Identify what might be the downside of positive change, and you’ll finally move through that crossroads.

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.
University shares name, history, future locally

Responding to a need for teachers and ministers in the Pacific Northwest, Concordia University-Portland (CU) was founded in 1905 as a high school. It opened with $800 and 16 students in the basement of Trinity Lutheran Congregation.

By 1907 the Northwest District of the Lutheran Church Missouri-Synod purchased land and constructed a school building at the current site, 2811 N.E. Holman St.

Under the direction of its first president, F.W.J. Sylwester, the school overcame obstacles to survival. At the time, unpaved roads proved a challenge and the Great Depression significantly reduced student enrollment and employee compensation.

In 1946 the second president, Thomas Coates, added critical faculty members, began a building campaign and, in the 1950s, instituted two years of junior high school. The name became Concordia College.

In 1954 it opened its doors to women and prepared them for parochial careers. In 1958 president E.P. Weber spun off the high school program as Concordia High School under the direction of Art Wahlers, Ph.D., who also helped found the Concordia Neighborhood Association.

In 1977 CU became a four-year college. The president oversaw residence hall construction to support more students, including international students. The high school moved off campus.

When Charles “Chuck” Schlimpert, Ph.D., was named the fourth president in 1985, Concordia College was firmly rooted in what had become known as the Concordia neighborhood.

He served as president for 35 years during unprecedented growth for CU. Four colleges were distinguished, and the university grew from 800 students to more than 6,000 nationwide.

In 1995, the Concordia University System was formed and linked 10 Concordias across the U.S. At the same time, CU reaffirmed and updated its mission and vision to prepare leaders for the transformation of society.

In 2010 Washington Monthly ranked CU No. 1 nationally for student participation in community service among U.S. universities with masters programs.

In collaboration with neighbors, the city, and the broader community, campus expansion continued. In 2009, CU opened the George R. White Library and Learning Center, which serves the Concordia neighborhood as a local community library, hosts arts and culture events, and includes the Jody Thurston Northwest Center for Children’s Literature.

In 2011 the Hilken Community Stadium opened. It’s an athletic complex on northeast Dekum Street, also dedicated 90 percent to community groups.

In 2017, Faulion School + CU, a 3 to PhD community, opened with collaborators including Portland Public Schools, Kaiser Permanente, Trillium Family Services and basics market.

CU continues as a nonprofit, private Lutheran university preparing leaders for the transformation of society, serving the community, and providing a diverse student body with undergraduate, graduate and doctoral programs on campus and online. Learn more at CU-Portland.edu.

Applications due Sept. 15

Applications for a local real estate scholarship are due Sunday, Sept. 15.

The Living Room Realty Excellence in Diversity Scholarship was introduced to facilitate a path toward a real estate career for a candidate in an underrepresented community and for whom the costs of pursuing a real estate career might be a financial burden.

The total $15,000 scholarship is designed to cover the basic expenses of achieving a license. It also includes additional educational and marketing support to help the recipient develop a thriving, sustainable real estate business.

Selection criteria includes past academic performance, professional experience and community involvement. Preference will be given to applicants who demonstrate financial need, are nonhomeowners, have been residents of the Portland metro area for 10 or more years and are from underrepresented racial or ethnic minorities and/or who identify as LGBTQA.

For details and an application form, visit LivingRoomRe.com/scholarship.
Concordia community events calendar

**Tuesday, Sept. 3, 10, 17, 24, 4-6pm**
**TIME TOGETHER: TUESDAYS AT CERIMON HOUSE**
Location: 5131 NE 23rd Ave
Gather, knit, craft, fold, chat, be. This open house connects friends. Free & all-conditioned. Most Tuesdays also include a 22-foot Chastity pattern labyrinth for a contemplative walk.
Details: cerimonhouse.org

**Wednesday, Sept. 4, 7 pm**
**CONCORDIA NEIGHBORHOOD ASSOCIATION GENERAL MEETING**
Location: McNemars Kennedy School Community Room
Weigh in on what services you think would be a good match for the neighborhood at the Portland Community College Metropolitan Workforce Center redevelopment at 42nd & Killingsworth. School planners will be on hand. The CNA general meeting to explain plans to date and seek your input on additional possibilities.
Details: See Page 1

**Thursday, Sept. 5, 12, 19, 26, 4-7pm**
**CULLY FARMERS MARKET**
Location: 5011 NE 42nd Ave
This is the final month for the 2019 market. Meet continuing & new vendors, enjoy entertainment, grab dinner with friends, connect with your community, buy fresh veggies, support local farms & artisans, trade/sell your homegrown/handmade items at the Community Table. Check for weekly events announcements on Facebook.
Details: cullymarket.com

**Fridays, Sept. 27, 10:30am-noon**
**FEAST COMMUNITY CHOIR**
Location: Subud Portland, 3185 NE 38th Ave
Forget Everything & Sing Together (FEAST) is a community acapella choir with the goal of connecting friends. Dr. Gent’s Dr. Gent’s Dr. Gent’s Dr. Gent’s Dr. Gent’s Dr. Gent’s Dr. Gent’s Gent’s
Details: feastcommunitychoir.com

**Saturday, Sept. 14, 11am-1pm**
**BONEANZA**
Location: The Filling Station, 2001 NE Alberta St.
Alberta & Caricosa Bowls/Full Lotus PDX, 827 NE Alberta St
This event is all about dogs & the people who love them. Doga–yoga with 30 people & their canine friends–is 9:30-10:30am at Caricosa Bowls/Full Lotus PDX (registration required). More events are at The Filling Station, 11am-1pm, including free dog portraits by Fuzzy Butt Pet Photography, games for the pups, the Blow-Wow Bake Sale & a raffle with the grand prize of a 10-by-10-inch pet portrait painted by Bruce Brickman. Pay to participate in Doga, the bake sale & raffle; however, the games & pet photography are free. Proceeds go to Family Dogs New Life. Sponsor is YogaDogg Real Estate.
Details: yogadogrealestate.com/portland-dog-boneanza

**Saturday, Sept. 14, noon-4pm**
**AQUFER ADVENTURE**
Location: Portland Water Bureau Layout, 16650 NE Airport Way
Big & little pirates alike are welcome to join this family festival all about groundwater. Play fun games & go on a scavenger hunt in search of hidden treasure–not gold but groundwater, a precious resource that flows beneath your feet. Free T-shirts to the first 300 kids. Activities include treasure & talk, canoe rides, face painting, hands-on science activities, ice cream aquifiers. Hosted by Columbia Slough Watershed Council, no registration necessary.
Details: columbiaslough.org/events/event/133

**Monday, Sept. 9, 7pm**
**HISTORY & UFO FESTIVAL: QUANTUM METAPHYSICS**
Location: McNemans Kennedy School
The Rev. Neel Neargood, writer & professional wizard, will explain quantum physics in a world, counter-intuitive & downright spooky. For well more than a century, however, it has supplanted the classical physics & worldview of Newton & Descartes with a bizarre, chaotic ocean of probabilities & possibilities.
Details: mcnemans.com/events/197494-race-talks-opportunities-for-dialogue

**Saturday, Sept. 21, 6-8pm**
**CONCORDIA NEIGHBORHOOD ASSOCIATION MIXER**
Location: KISS of the Venus Ultimatum Art Gallery, 3014 & 3016 NE Alsworth St.
KISS will offer sweet & savory tastings & Verum Ultimatum offers a brand new tasting of wine, while you mingle with your neighbors & are entertained by the music of THE LARKS pdx. This family-friendly sidewalk event is free.
Details: sonia44f@gmail.com

**Saturday & Sunday, Sept 21 & 22, noon-4pm**
**CREATIVE PATH WALK: LIFELONG LEARNING**
Location: Cerimon House, 5131 NE 23rd Ave
This month’s theme is “Lifelong Learning” & recognizes the powerful continuum education offers, & a devotion toward teachers. The Reims pattern labyrinth offers the opportunity to know & remember. Donations accepted.
Details: cerimonhouse.org/calendar

**Tuesday, Sept. 24, 5:30-7pm**
**BRING YOUR OWN BOAT PADDLE (BYOP)**
Location: Caricosa Boat Launch, 5432 NE 112th Ave
Bring your canoe or kayak–plus life jackets–to celebrate the beginning of autumn on the Columbia Slough. This guided tour in the Middle Slough searches for bald eagles, otters, turtles & otters. No equipment is available to borrow from the Columbia Slough Watershed Council. $8-20 suggested donation, suitable for adults and teens 12+. preregistration requested
Details: reservations: cerimonhouse.org/calendar

**Monday, Sept. 30, 7pm**
**HISTORY PUB: BEYOND CHINATOWN**
Location: McNemans Kennedy School
Speaker Chelsea Rose, a historical archaeologist, focuses on the recent archaeological work & findings of the Oregon Chinese Diaspora Project, a multi-agency partnership that has been excavating sites across the state to better understand & share the history of Oregon’s early Chinese residents. With a focus on rural communities, remote farming camps & other communities, this project has provided important insight into the Chinese experience & role in the settlement & development of Oregon. All ages are welcome & the door opens at 6pm.
Details: mcnemans.com/events/197512-kennedy-school-history-pub, all ages welcome.