



# CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association | [ConcordiaPDX.org](http://ConcordiaPDX.org)

December 2019

## It's a family affair

Mark your calendar and pack up the kids

The CNA Holiday Party is Wednesday, Dec. 11.

Details on Page 6

## Teens learn to change the world



Taty Gomez (left) spent time as a teenager in Costa Rica thanks to a scholarship from Global Works Community Fund. While there, she got a taste of international living and learned the gratification – and fun – of engaging in community service. Photo courtesy of Global Works Community Fund

By Marsha Sandman  
CNA Media Team

When Concordian Mark Bennett was 16, little did he know a summer trip to give service in rural Costa Rica would be the beginning of his life's work.

His experience set a foundation to explore other international educational experiences, shaped his worldview and he eventually brought it back home. Mark was fortunate to have parents who could fund his journey, and he recognized other students may not be as privileged.

After years studying and exploring the world, Mark is now living his passion as executive director of programs with Global Works Community Fund (GWCF). Founded in 2011 by Polly Moriarty, GWCF is an experiential, international, education-based program that offers full scholarships to high school students in Oregon and Colorado who could not otherwise afford the airfare and tuition.

"Our mission is to spark global awareness and inspire community engagement for motivated high school students from diverse backgrounds, regardless of financial situation," he explained. "Our vision is to be a leader in creating opportunities for people from diverse economic backgrounds to travel the world and serve in their community.

"We envision an inclusive, anti-racist, multicultural world that is rooted in social justice and community development."

Mark develops and implements programming. His work is focused on opportunities for students to participate in service-based study abroad programs, community engagement, global aware-

*"My entire mindset of the world shifted, and I became enamored by what the world had to offer."*

– Anaya Tora

ness, and forming leadership skills.

"I received a scholarship from the Global Works Community Fund and traveled to Panama for three weeks," reported Anaya Tora, GWCF 2017 alumna.

"My life was thoroughly changed. My entire mindset of the world shifted, and I became enamored by what the world had to offer. My world got bigger and thus I

was able to dream bigger."

Mark said students may apply online at [GlobalWorksFund.org](http://GlobalWorksFund.org) and send two letters of recommendation. Deadline is Jan. 8. Applicants, who range in age from 15 to 17, are interviewed and chosen by the GWCF board of directors, and they are mentored before and after their trips.

Experiential travel and service is a life-changing experience for many participants. Upon return they have continued their service by volunteering in hospitals, outdoor schools, food banks and with homeless populations. Many have even created their own service programs.

Global Works Community Fund is a 501(c)(3) nonprofit organization funded by grants, family foundations and donations.

A fundraiser is in the planning stage for December. For more information, visit the GWCF website or see @GlobalWorksCF on Instagram.



After living east, south, north and west, Marsha Sandman is home at last. And she wants to hear your story. Contact her at [MarshaJSandman@gmail.com](mailto:MarshaJSandman@gmail.com).



**HERITAGE MARKERS DEBUT**  
Alberta Street Black Heritage Markers are now installed.

See Page 4



**PART-TIME RESIDENT PUBLISHES**  
Writing is Peter Chilson's vocation, and it's his avocation.

See Page 7



**THEY REACT TO RAPID CHANGE**  
Salt & Light Lutheran Church members rethink everything.

See Page 9

### 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.

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CNA VOICES

By Rev. Lynne Smouse López



# Help us help when it's cold?

After hearing the news of deaths on the street last winter, members of Ainsworth United Church of Christ voted to open our Extreme Cold Weather Shelter to serve people who are guests of the Ecumenical Ministries of Oregon HIV Day Center here.

We got off to a slow start, but have spent most of 2019 preparing to open the shelter when the temperature is below 25 degrees or there is ice and snow. We can provide sleeping spaces for up to 15 people who are HIV+, keeping them inside for a hot dinner, snacks and much needed rest.

During the day, guests can attend the day center and, on Sundays, attend worship or go elsewhere. We are working with the day center and a representative from Cascade AIDS Project to receive referrals for those in need who qualify.

We have received generous donations from the Walmart Foundation that enabled us to purchase cots and all the equipment needed for comfortable sleeping arrangements. Donations from others will also provide for food and beverages.

Staffing will be done by volunteers who have gone through training. That includes: basic HIV information, de-escalation and shelter orientation.

The Extreme Cold Weather Shelter Committee is hoping to receive a grant that will enable us to hire a person in charge to coordinate volunteers.

*Staffing will be done by volunteers who have gone through training.*

Until then, the shelter will be staffed entirely with volunteers from the congregation and community. More are needed. We need two to three hosts at all times.

The first shift begins at 3 p.m. to greet guests, set up sleeping equipment, prepare and serve dinner. The second shift begins at 8 p.m. and will stay until 5:30 a.m. The third shift begins at 5:30 a.m. and will help the guests get up, serve snacks and beverages, take down cots and clean up.

There are additional volunteer opportunities to serve:

- Kitchen food preparation: Prepare a warm evening meal and clean up.
- Janitor: Clean up all spaces used by shelter visitors when they leave.
- Shelter clean up: Clean all the pads and wash all the covers after each use.

Volunteers will be contacted and asked to serve on shifts as soon as we receive news that the weather requires opening.

We will arrange training for anyone seeking to volunteer and ask each to complete a background check that we will pay for. If you are interested in volunteering in any capacity, please contact me at 503.284.8767.

*The Rev. Lynne Smouse López has served since 1996 as the pastor of Ainsworth United Church of Christ, a multiracial, multicultural, open and affirming, immigrant welcoming, justice-seeking congregation.*

## Concordia Neighborhood Association

### Board Meeting

1st Wednesday of the month, Wednesday, Dec. 4, 7 p.m., McMenamins Kennedy School Community Room

### General Membership Meeting

Wednesday, March 4, 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, Dec. 3, 6:30 p.m., McMenamins Kennedy School Community Room, contact MediaTeamLead@ConcordiaPDX.org

### Land Use & Transportation Committee

3rd Wednesday of the month, Wednesday, Dec. 18, 7 p.m., McMenamins Kennedy School Community Room, contact LandUse@ConcordiaPDX.org

### Finance Committee

Last Wednesday of the month, Wednesday, Jan. 29, 7 p.m., no November and December meetings. Contact Heather Pashley, Treasurer@ConcordiaPDX.org

### Community Room Rental

For info and scheduling, visit ConcordiaPDX.org/community-room-rental or contact Sonia Fornoni at CNARoomKennedy@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 Community Safety Team | Community Safety Coordinator

Jacob Brostoff, north.pdxteam@portlandoregon.gov, 503-823-4064

#### Neighborhood Response Team Officer

Anthony Zoeller, Anthony.Zoeller@PortlandOregon.gov, 503.823.0743

### 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

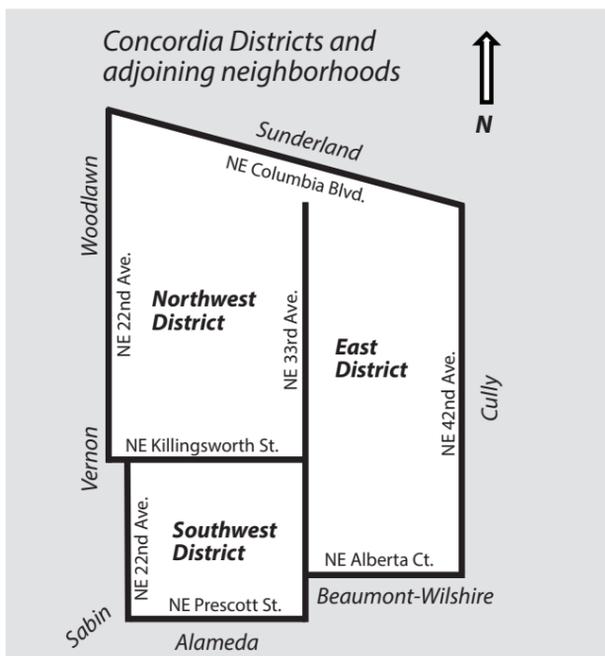
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CNA respects the views and beliefs of all cultures and faiths. The views expressed by this writer do not necessarily reflect the views of CNA.



### 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 "Ike" Harris
- Northwest 2 | NW2@ConcordiaPDX.org Amelie Marian
- Southwest 1 | SW1@ConcordiaPDX.org Garlynn Woodsong
- Southwest 2 | SW2@ConcordiaPDX.org Ali Novak
- At Large 1 | AL1@ConcordiaPDX.org Robert Bowles
- At Large 2 | AL2@ConcordiaPDX.org Donn Dennis
- At Large 3 | AL3@ConcordiaPDX.org John McSherry
- At Large 4 | AL4@ConcordiaPDX.org Sonia Fornoni
- At Large 5 | AL5@ConcordiaPDX.org Truls Neal
- At Large 6 | AL6@ConcordiaPDX.org Matt Boyd

### Need a place for your event?

The Community Room at McMenamins Kennedy School is a great place for your book club, birthday or baby shower.

**Pricing:** \$25/hr (\$15/hr. for nonprofits)

**Info:** ConcordiaDPX.org/community-room-rental

# CONCORDIA NEWS

is THE place to write!

Choose the subjects you want to cover — from events to new businesses, schools to community issues and so much more.



#### CONTACT US TODAY

CNewsEditor@ConcordiaPDX.org  
ConcordiaPDX.org

*"I enjoy writing for the Concordia News because it puts me face to face with my community. And what a fascinating, talented and inspiring community it is!"*

Carrie Wenninger,  
CNA Media Team  
wurdgurl@gmail.com



Concordia murals

# Efforts range from trash cans to lofty signs

By Nancy Varekamp  
CNews Editor

This entry sign by Ivan McLean towers above Vita Café on Alberta Street, east of 30th Avenue. It's been welcoming locals and tourists since 2014.

It's not the first of Ivan's public art on the street. In 2011 he was first

*Based in north Portland, Ivan is no newcomer to sculpting.*

commissioned by Alberta Main Street to design and build the many unique trash containers on sidewalks the length of the street.

"They are clad with old street signs to make them visible and fun, and also somewhat difficult to vandalize," he pointed out. "They also have storage on the top for cans and bottles for easy access for those who recycle."

That's the same year he created several sculptures for the Nines Hotel, including the bronze nine-foot hand-

hammered tree in the lobby. His work even appears among trees, like his sculpture in the midst of Hoyt Arboretum's bamboo forest.

Based in north Portland, Ivan is no newcomer to sculpting. His work – extra large and small – appears in private and public spaces.

"Despite the perpetual draw to metal's versatility, McLean refuses to limit himself to a single medium," reported 1859 Oregon Magazine. "He also carves marble and wood, dabbles with resilient glasswork, and loves the challenge of incorporating random materials such as barbed wire or old silverware."

"Experimenting with crafts always came naturally for McLean," the magazine continued. "Growing up in rural central California, he learned to weld out of necessity. In high school, he worked on ranches near his family home. He figured out how to make quick fixes on broken machinery."

Ivan also brings to his art his experiences in the Peace Corps in the southern Philippines.

Enormous spheres are a special interest to Ivan. You'll find a video about those online at [YouTube.com/watch?v=75J89CfQI20](https://www.youtube.com/watch?v=75J89CfQI20)

**Ivan McLean's welcome sign sits on Alberta Street just east of 30th Avenue. The north Portland artist accomplishes amazing sculptures, and – pictured in the opening of a trash can he designed and built – executes plenty of whimsy. Photo by Nancy Varekamp, inset photo by Jeff Hilber**



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

## Rigler asks support for student auction

Rigler Elementary School is putting out the call for auction items for its 2nd annual bazaar for students.

To buy the items and handmade gifts, they'll spend the Panther Paws incentive program's slips they've earned from school staff and faculty for demonstrating the community values of mindfulness, kindness, participation and safety.

Donated items can be new or "briefly used," and no clothing is needed. In

demand are all kinds of items, from toys for kids, to ones that interest adults – that latter because many of the students use their Panther Paw slips to purchase holiday gifts for relatives.

Bazaar organizers ask you to drop off donations at the school's Portable 1 or the office at 5401 N.E. Prescott St. by Friday, Dec. 13. Tax exempt forms are available by request.

For details, contact [JGodoy@pps.net](mailto:JGodoy@pps.net) or [JNotebaart@pps.net](mailto:JNotebaart@pps.net).

**CONCORDIA CONVERSATIONS**

**Listen, Learn, and Explore Neighborhood Change**

**Sunday, January 12th**

**3-5:30 p.m.**

**CERIMON HOUSE**  
5131 NE 23rd Ave  
Portland, OR 97211

**For more info or to RSVP: [tinyurl.com/ConcordiaConversations](https://tinyurl.com/ConcordiaConversations)**

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# Criticism of OCCL process earns 3-year delay

By Nancy Varekamp  
CNews Editor

You haven't heard the Office of Community & Civic Life (OCCL) has plans to change the ordinance that governs Portland's neighborhood associations, neighborhood coalitions and business districts? Where have you been?

"It is a complicated story we're trying to share with you," Suk Rhee told about 40 Concordians at the local neighborhood association's annual meeting early last month.

She's the OCCL director, hired two years ago, and is trying to assure all Portlanders the opportunity to participate in their city government. The original 1974 ordinance – which created neighborhood associations – carried several requirements. They must hold open meetings, take fiscal responsibility and provide the opportunity for anyone who lives or owns property within their boundaries to participate.

According to media reports during the past six months, the draft revisions

*According to media reports during the past six months, the draft revisions omitted all mention of neighborhood associations and any geographic representation of Portlanders.*

omitted all mention of neighborhood associations and any geographic representation of Portlanders.

During the past year of conversations with residents of diverse Portland groups, Suk said she heard from residents who believe there is racial, disability and social injustice in participating in government.

"We need to meet community where they're at," explained OCCL staffer Sabrina Wilson. "We need to go beyond the current network to where they're at: youths, native Americans, houseless communities, the aged.

She said ordinance authors considered, "How do we open the doors even wider? It's not to take away and give to anybody else."

Several Concordians took exception to the concept neighborhood associations can't represent the diversity of Portlanders

"We're a model for the country for citizen engagement," pointed out Bob

cized the absence of input into the draft from neighborhood associations. "Why did [city commissioner Chloe] Eudaly not meet with neighborhood associations herself, as opposed to doing this in a clandestine way, sneaking it in?"

Kelvin Hall recommended the commissioner visit the neighborhood associations and work with them. He believes city leadership has gone afoul. "This process will be and continue to be in conflict until they clarify their vision."

Following the local meeting, the city announced the brakes have been applied to changing the OCCL governing ordinance.

For detailed coverage on OCCL's plans for the next three years, visit the Portland Mercury at: [bit.ly/33U4nCB](http://bit.ly/33U4nCB).



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

## CNews update

### Honorees dedicate their 5 markers

**Businessman and community activist Paul Knauls – aka honorary "Mayor of Northeast Portland" – prepares for dedication of the Alberta Street Black Heritage Markers. November weather cooperated and community leaders featured on the markers, the artists and city officials were among the attendees. For last summer's CNews story about the markers, visit [ConcordiaPDX.org/2019/07/markers-honor-pillars-of-the-community](http://ConcordiaPDX.org/2019/07/markers-honor-pillars-of-the-community). Photo by Todd Strickland, courtesy of Diversa Edu**



**Cerimon House**  
is an arts & humanities organization at the heart of the Alberta Arts District, offering dynamic programming for the community. The history-filled building is ADA compliant, climate controlled, and welcomes rentals including classes, activities, and life celebrations.

[cerimonhouse.org](http://cerimonhouse.org)
[creativepathwalk.org](http://creativepathwalk.org)

Ongoing events include:  
\*Art Exhibits \*"Time Together" Tuesdays: a weekly open house  
\* Creative Path Walk: a restorative & unique indoor labyrinth

Find us at the corner of NE 23rd Ave. & Sumner St.



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Concordia Neighborhood friends, bring in this ad and receive 10% off your purchase. Not to be combined with other offers. Expires: 5/31/20

## Association Seeks Recording Secretary

The association is seeking a person to take and transcribe minutes of directors and land use meetings and general meetings.

The contractor position requires literacy, document preparation skills and good hearing. The most important requirement is dependability. Concordia is fortunate enough to be able to afford to pay for a recording secretary.

Residence in Concordia is not mandatory.

Compensation is \$20/hour for meetings – no mileage – and for time spent preparing and publishing minutes on the website. The outgoing recording secretary worked an average of 6 to 7 hours per month.

Directors meetings are generally held at 7 p.m. on the first Wednesday of each month and land use meetings are generally at 7 p.m. the third Wednesday. Meetings are held at the Kennedy School. Agendas are prepared and published by the committee chair. Particulars are in the association bylaws, available on the website.

This is a contract position. If the contractor is indisposed, he/she is expected to ensure the activities are covered.

Interest can be communicated to the CNA chair, copy the secretary.

References and a sample of work will aid decision-making.

**Chair:** [Chair@ConcordiaPDX.org](mailto:Chair@ConcordiaPDX.org)  
**Secretary:** [Secretary@ConcordiaPDX.org](mailto:Secretary@ConcordiaPDX.org)  
**Bylaws:** [ConcordiaPDX.org/about-cna/bylaws/](http://ConcordiaPDX.org/about-cna/bylaws/)



LUTC update

# Government, banks took big toll

By Garlynn Woodson  
CNA Board Member, SW1  
CNA LUTC Chair

The book “The Color of Law” by Richard Rothstein makes the case that constitutional violations have been committed by the federal government – and perpetuated by state and local governments – to create and enforce racial segregation in the United States.

That’s true especially after World War II, using the instruments of the Federal Housing Agency, Fannie Mae, single-family zoning, and other housing policy tools.

Urban renewal and freeway-building policies also served this agenda, to concentrate black Americans into small areas using zoning policy, then to systematically destroy those neighborhoods using urban renewal and highway-building efforts.

This story played out in Portland with the use of single-family zones and mortgage redlining to concentrate most black Portlanders into a handful of neighborhoods. Those areas were then targeted for urban renewal projects, including: construction of I-5 through north Port-

land, and demolition of whole swaths of the neighborhood around Vancouver and Williams avenues north of Russell Street for uses related to Emmanuel Hospital.

Our Concordia neighborhood included areas that were redlined, where mortgage lenders refused to issue government-backed mortgages because the neighborhood was not all white.

I’d like to tie together these historical policies today using a website created by an associate of mine: NeighborhoodPulse. [IMSPDX.org/Concordia](http://IMSPDX.org/Concordia).

For instance, in 2010, black people comprised 18.7% of Concordia’s population, compared to 7.8% of all Portlanders. Yet, 70.7% of Concordia homes were owner-occupied in 2010, opposed to only 53.7% of all homes in Portland.

Our neighborhood may have had single-family zoning imposed on it during the mid-20th century. But not soon enough to prevent it from remaining a diverse enclave within a whiter surrounding city.

This diversity made it the target of racist actions – including redlining – that prevented many Concordia homeowners from gaining access to low-interest, federally-backed mortgages to purchase

or to access equity-backed credit.

The latter 20th century thus saw much of Concordia’s housing stock deteriorate, as owners had difficulty accessing credit to pay for maintenance and upgrades. Yet, against this adversity, neighborhood residents persisted. They founded the Concordia Neighborhood Association, and they worked diligently over the decades to overcome obstacles presented by lingering policies related to institutional racism.

The low housing prices in Concordia at the dawn of the 21st century made it an attractive place to settle; however, as new people moved in, many long-time residents moved out.

Today we have a mix of people young and old, long-time residents, new arrivals and folks who have been here awhile but not that long.

There are a variety of remedies that could be sought at the federal level. After reading “The Color of Law,” it seems locally there is a case to be made that constitutional violations have occurred as the city continues to act as a regulatory instrument that may be perpetuating ongoing economic and, potentially, racial segregation. Single-family zoning must be reformed to prevent it from inflicting further harm.

Adopting and enacting the zoning code updates proposed as a part of the Residential Infill Project represents our first, best chance to do so as a city.

This will not be a silver bullet to erase the harms imposed by racial segregation, but it will be a first step in the right direction.



Garlynn Woodson 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](mailto:LandUse@ConcordiaPDX.org).

News from the NET

# Local leaders practice emergency procedures



The Concordia/Vernon/Woodlawn NET facilitated an exercise of mock earthquake search, rescue and triage at Vernon Elementary School as part of the Oct. 17 Great Oregon ShakeOUT. Enthusiastic participation came from Vernon students, parents, PTA and staff, in addition to support from Portland Fire & Rescue. Photo by Amy Gard

### What’s Selling in Concordia?

**181** Homes sold in RMLS in last 12 months as of Nov. 15

**0.62%** Increase in Average Sale Price since 2018

Avg. Sale Price in 2018: ..... \$523,453  
 Avg. Sale Price currently: ..... \$526,673  
 Avg. Days on market: ..... 30

*This information provided by*  
 Mark Charlesworth, Concordia resident & Broker  
 Keller Williams, Portland Central.  
[charlesworthhomes@gmail.com](mailto:charlesworthhomes@gmail.com) · 503.807.9911

### CNA Board Meeting

Wednesday, Dec. 4, 7 p.m.,  
 McMenamins Kennedy School  
 Community Room

All are welcome.



## KENNEDY SCHOOL

McMenamins  
 5736 N.E. 33rd Ave. · Portland  
 (503) 249-3983  
[mcmenamins.com](http://mcmenamins.com)  
 Free · All ages welcome  
 (unless noted)

### GIFT SHOP HOLIDAY TRUNK SHOWS

Fri, December 6 · 4 - 7 pm  
**Roman Ruby Botanicals**  
 Sat, December 21 · 4 - 7 pm  
**Forge + Fire Jewelry**  
 One raffle ticket for every \$20 spent

Saturday, December 7 & 21  
**Opera on Tap**  
 Live opera singers in & around the Honors Bar.  
 Sunday, December 29  
**SPECIAL HOLIDAY SHOW**  
**Festivus for the Rest of Us**  
 7 - 9 pm

Saturdays, Dec 7 & 14 · Friday, Dec 13  
**GIFT SHOP HOLIDAY TASTINGS**  
 Beer, wine and whiskey tasting.  
 Get a raffle ticket for every \$20 spent.  
 4 - 7 pm · Gift Shop · 21 & over

Sunday, December 15  
**BRUNCH & TOY DRIVE w/ POISON WATERS & FRIENDS**  
 \$21 includes show and breakfast  
 10:30 am doors; 11 am brunch · 21 & over

Tuesday, December 17  
**OMSI SCIENCE PUB**  
**“OCEAN PLASTICS”**  
 Art, science and activism  
 5:30 pm doors, 7 pm presentation  
 \$5 recommended donation

Thursday, December 19  
**LIMITED-EDITION BEER TASTING**  
 w/ BRIAN RILEY & RYAN LUND  
 5 - 7 pm · Brewery

### Open Christmas Day

Stop by for a bite to eat and a handcrafted ale.

*Live music for all*

Join us with your friends & family between Christmas and New Year’s for some rockin’ music!

Thursday, December 26  
**BOXING DAY w/ THE STOMPTOWNERS**  
 Irish music · Gym · 7 pm

Friday, December 27  
**THE W LOVERS**  
 Americana · Gym · 7 pm

Saturday, December 28  
**Thomas Mudrick**  
 Psych rock, world music · Gym · 7 pm

### NEW YEAR’S EVE

The restaurant & bars will be in full swing before the big countdown to 2020 — have dinner, dessert or a drink!

**THE PARSON RED HEADS**  
 9 pm · ‘60s pop meets indie folk · Gym · Free · 21+

**BIG BAD BEAT**  
 9 pm · Top 40 band · Theater  
 \$20 advance/\$25 day of · 21+  
[cascadetickets.com](http://cascadetickets.com)



To your wellness

# Balance supports life

By Kim Magraw, LMT

Everybody falls. Toddlers, by definition, fall a lot. The older we get, the less we want to fall – the consequences and our trepidation increase exponentially.

Staying upright is all about balance. In fact, balance helps us in many ways beyond fall avoidance. Balance supports

*In fact, balance helps us in many ways beyond fall avoidance.*

performance, endurance, rhythm, conversations, relationships, democracy, climate, happiness... and the list goes on.

Regarding corporeal aspects of balance, we have an exquisite system in our inner ear involving canals, sloshing liquid, tumbling crystals and minute hairs that mind the liquid and crystals. This system works in concert with:

- Visual input – balancing with closed eyes
- Tactile input – for example, our feet on the ground
- Proprioceptive input – where body parts are in relation to one another

As we age, our reflexes slow, our vision deteriorates, and our parts become

brittle. If we're lucky, this is counterbalanced by our increasing wisdom as to the importance of maintaining balance.

This is how we do it:

- Fitness/wellness programs such as tai chi, yoga, Pilates and ballet
- Balance-focused exercises such as standing on our toes, one-legged stands, weight shifting left-to-right and front-to-back, lunges and squats, and exercises on a stability ball or balance board
- Any form of movement such as walking and sports
- Good sleep

As with any exercise, take necessary precautions and seek medical advice to avoid overdoing it or causing yourself to fall in the quest for balance.

There are loads of ancillary benefits when you do some combination of the above, to your strength, your performance in sports, your social life, even your attitude. We all fall but, with self-care and a good routine, we can fall less. And, when we do, we'll get up and recover more quickly.



Kim Magraw, practices massage at Concordia Wellness, [concordiawellness.com](http://concordiawellness.com).

Gardening guidelines

# December job: make spring gardening plans

By Jolie Donohue  
Gardening Goddess

When the year comes to a close and the edible garden is lying mostly dormant, it is an ideal time to evaluate and plan. Dedicating time to reviewing or creating your garden journal is invaluable to successful garden planning.

growing more plants of one crop or doing succession planting to ensure a continuous harvest. If pest and disease were problematic, spend time investigating defensive and offensive strategies for next year – including companion planting to attract beneficial bugs and crop rotation.

A plan for soil fertility will improve the overall health of your edible garden and increase your harvest greatly.

*If your yield was insufficient, consider growing more plants of one crop or doing succession planting to ensure a continuous harvest.*

Start by making a detailed list of all the edible crops you grew with notes about when you planted, plant size at maturity, yield, how you used them, and any problems with pest or disease.

From this data you can determine which crops you would like to again try growing. If the crop was unsuccessful growing healthy to maturity, now is the time to research proper planting time, spacing and planting method – like seed vs. transplants for example.

If your yield was insufficient, consider

Purchase a compost bin and set it up on a mild winter day.

Use the sheet-mulching technique in your raised bed or in-ground garden beds by layering first cardboard, second food scraps, third fallen leaves and/or grass clippings, and cover the pile with at least two inches of compost.

The cardboard will biodegrade during the winter while actively smothering weeds and the organic matter will compost in place enhancing your garden soil.

At the beginning of December, when the weather is mild is an ideal time for cleaning and storing gardening supplies, tools and containers for the winter. December is definitely the time to request seed catalogs for the coming year. Armed with your garden notes and seed catalogs, you can devise a winning strategy for your best garden ever.

For all the dirt on garden planning please visit [JolieAnnDonohue.com](http://JolieAnnDonohue.com)



Jolie Ann Donohue is a garden educator, consultant and designer. She is the author of *The Gardening Goddess's Guide to Edible Gardening in Portland*. Reach her at her website, [JolieAnnDonohue.com](http://JolieAnnDonohue.com).



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## HOLIDAYS AROUND THE WORLD Concordia Neighborhood Holiday Party YOU Are Invited!

Wednesday, Dec. 11, 6 to 8:30 p.m. at  
Cerimon House, 5131 N.E. 23rd Ave.

### Featured!

- Vernon School Band
- Faubion School Choir
- Grupo Latitudes Band featuring South American and Andean music
- Craft table and activities for kids



Live music!

Step into our International Food Terrace and enjoy taste samples from around the world, featuring a variety of ethnic bites presented by some of your favorite local restaurants!

Nonalcoholic beverages and Scrumptious Dessert table!

### Food drive and raffle to benefit Northeast Emergency Food Program

Suggested donations:

Men's & women's clothing • Soups, canned meat, rice, pasta, cereal and oats • Canned fruits and vegetables • Staples (salt, pepper, cooking oil, etc.) • Snacks and treats • Personal hygiene items (toilet paper, feminine hygiene, soap, shampoo, etc.) • Household supplies (laundry and dish detergent, cleaning supplies) • Pet food

Raffle tickets: \$2 each or six for \$10

Great Raffle prizes graciously donated by Concordia neighborhood businesses. All businesses will be announced from the stage!



# Part-time Concordian writes



Peter Chilson learned the power of words at a young age. He teaches college students how to use them powerfully, and he demonstrates the craft in the books he writes.

By Tamara Anne Fowler  
CNA Media Team

Peter Chilson wanted to be a writer ever since junior high school. He can't recall wanting to be anything else.

When he was 14, he read a column in the local weekly newspaper in Aspen, Colorado, that painted an unflattering portrait of teenage youths in town. Peter, being one of those teenage youths, wrote a response in the form of a letter to the editor.

The experience brought him a small amount of attention. He learned something about the power of words and the power of story.

He has been writing ever since. The newspaper invited him to contribute a regular column on youth life in town. Peter helped found the monthly newspaper in his high school, and he went on to become sports editor.

"We appreciate the work you do at Concordia News. I owe my career to small newspapers," Peter said.

His favorite writing class was with a teacher named Bob Wiley. Later in high school, Peter was in the history class of a teacher named George Burson. "He read everything we wrote closely." The budding writer learned from the teacher to make every word count.

Now Peter works as a Washington State University English professor in Pullman while his partner, Concordian

Laura Gephart, works in Portland at the Columbia River Inter-Tribal Fish Commission. He commutes back and forth regularly between Concordia and

*A favorite subject, Peter has been writing about Africa since he was a Peace Corps volunteer in the Republic of Niger in the mid-1980s.*

Pullman.

"I've been doing this for 17 years, and I love traveling between the rural and urban West."

A favorite subject, Peter has been writing about Africa since he was a Peace Corps volunteer in the Republic of Niger in the mid-1980s. "Africa is a wonderfully diverse and welcoming place, and the people there have taught me so

much," he said.

He has written three books about the continent, including travelogue "Riding the Demon," short fiction collection "Disturbance-Loving Species" and an e-book about the civil war in Mali, "We Never Knew Exactly Where."

"Now, I am writing about immigration, focusing on this debate in my own country."

Peter has a fourth book out with Joanne Mulcahy, a Lewis and Clark College assistant professor. It's a writing guide for travelers, "Writing Abroad: A Guide for Writers."

Peter loves the warmth of the people in Concordia, the walkability and the quirky nature of the neighborhood and Alberta Street.

"Concordia is like a small town, with Alberta Street as the downtown."



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](http://EditKitten.com) or contact her at [Tamara@EditKitten.com](mailto:Tamara@EditKitten.com).

## 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](mailto:soniagf419@gmail.com).

## JESUS IS BORN

Wise men and shepherd, angelic hosts, and many more worshipped the newborn Christ for over 2000 years.

St. Michael's Lutheran Church encourages you to join in that worship and invites you to join us this Christmas.

**Christmas Eve Worship**  
Tuesday, December 24 | 7 PM  
Service of Readings and Carols

**Christmas Day Worship**  
Wednesday, December 25 | 10 AM  
Festival Eucharist



St. Michael's Lutheran Church  
6700 Northeast 29th Avenue  
Portland, Oregon  
[stmikeslutheran.org](http://stmikeslutheran.org) | 503-493-6333

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



### Want to get involved?

It's easy. The Concordia Land Use & Transportation Committee meets next on Wednesday, Dec. 18 at 7 p.m. in the McMenamins Kennedy School Community Room.

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

Meetings are open to the public. Just show up or contact [LandUse@ConcordiaPDX.org](mailto:LandUse@ConcordiaPDX.org).

Info: [ConcordiaPDX.org/lutc](http://ConcordiaPDX.org/lutc)



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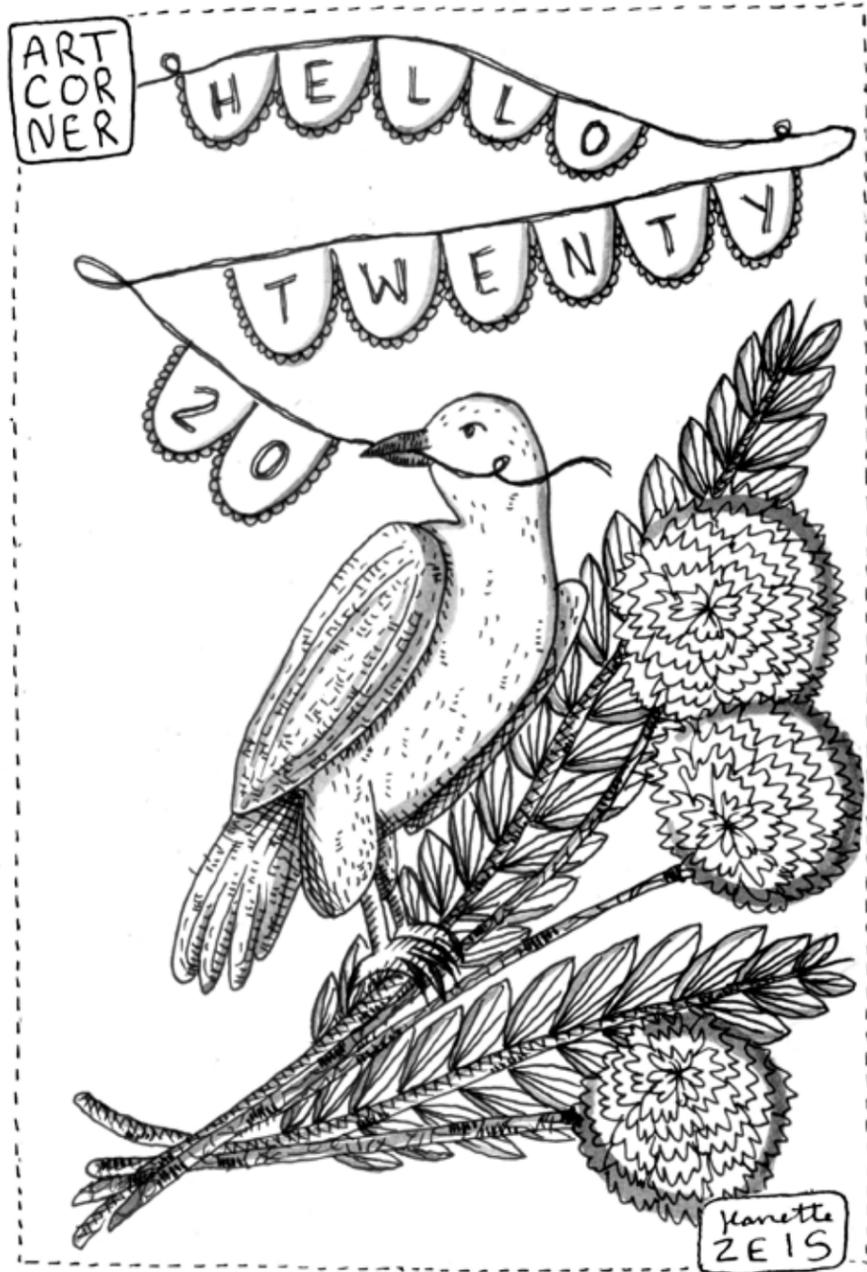
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## CNA elects new chair, board



Astrid Furstner  
Chair



Heather Pashley  
East 1



Ike Harris  
Northwest 1



Garlynn Woodson  
Southwest 1



Robert Bowles  
At Large 1



John McSherry  
At Large 3



Truls Neal  
At Large 5

Astrid Furstner was elected Concordia Neighborhood (CNA) chair at the November annual membership meeting. Her term is one year. Sitting board members ran unopposed and were elected to hold those seats for two years. All are pictured above.

Unless otherwise announced, the CNA Board of Directors meets from 7 to 8:30 p.m. the first Wednesday of each month in McMenamins Kennedy School Community Room. The public is welcome, and board meetings are

focused primarily on issues requiring attention and action. You're welcome to introduce new issues at each meeting.

General membership meetings are at 7 p.m. the first Wednesdays of March, June and September, again in the Community Room. These typically focus on major issues of interest to the community, and significantly more time is devoted to public discussion.

The annual meeting is scheduled for the first Wednesday of each November in the Community Room. That's when board elections are conducted.

**OUTSIDER**

## Portland Art and Learning Studios

Looking for a one-of-a-kind gift? Explore our 10,000 square foot studio. Browse paintings, drawings, ceramics, sculpture and more!

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## Holiday Show and Sale

4852 NE Martin Luther King Jr. Blvd.

Saturday, Dec. 7 10 a.m. - 3 p.m.

Sunday, Dec. 8 10 a.m. - 5 p.m.

Saturday, Dec. 14 10 a.m. - 5 p.m.

Sunday, Dec. 15 10 a.m. - 5 p.m.

PortlandArtandLearningStudio.com



**GALLERY**

# Leaven embraces changing the community

By Mischa Webley  
Northeast Coalition of Neighborhoods

On Killingsworth Street, across from Vernon Elementary School, a small, modest building is evidence of a solution to a changing community. This is the home of Leaven Community, a nonprofit incubated by the Salt and Light Lutheran Church, previously Redeemer Lutheran, which has been in the northeast community for decades.

*They had decided the key to moving forward wasn't to serve the community in a one-way relationship. Rather, it was to build a platform that could become whatever it was the community decided it should be.*

Starting in 2010, church members began to rethink everything.

Seeing the neighborhood change rapidly around them – and the feelings about church and religion changing with it – they decided the answer was to lean into the change wholeheartedly and embrace it.

To do that, they hired a community organizer and spent three years soul searching and simply listening to their neighbors: they knocked on doors, held public meetings and heard about what holes in the community they could fill.

They had decided the key to moving forward wasn't to serve the community

in a one-way relationship. Rather, it was to build a platform that could become whatever it was the community decided it should be.

The result was Leaven Community. It's an organic and constantly evolving project that, among other things, hosts a variety of grassroots community organizations as well as the Salt and Light Church of Christ. The change has been an undertaking that's much bigger than a single church. In fact, most of the groups

are not faith-based at all.

"It's a practice-based community," said Mira Ayala, a Leaven Community member and organizer with Oregon Synod, the regional arm of the Lutheran church. "It's about practices, not an expectation to subscribe to any set of beliefs."

The groups on-site are diverse, and decidedly agnostic:

- The Portland Tool Library, which loans out tools to neighbors
- A Buddhist meditation group
- A feminist women's group
- A food collective



Mira Ayala (left) and LaVeta Gilmore-Jones lead the Leaven Community, a nonprofit incubated by the Salt and Light Lutheran Church to serve the community in changing times. Photo by Mischa Webley

• An innovative Salt and Light program called Intercambio

• An intercultural language exchange that hosts dinners for people who speak different languages to come together and learn from one another

It's all part of a broader philosophy that defines the role of the church as providing the journey, but not necessarily the destination.

In the words of LaVeta Gilmore-Jones, Leaven Community co-executive

director, "We create spaces for people to be who they are through the exploration of their spiritual journeys and to act together out of our stories and the love we have for one another to do systemic and structural change so that we have more thriving neighborhoods."

*Editor's note: This story was reprinted with permission from NECN's Hey Neighbor! newsletter. See more stories at bit.ly/NECNHEY*



## Heart in Hand Preschool

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[gnomeshome.org](http://gnomeshome.org)

# Feast

**Community Choir**

Like to sing? Join us.  
Fridays 10:30 – noon  
SUBUD Center, 3185 NE Regents Drive

New term begins January 10th.  
[FeastCommunityChoir.com](http://FeastCommunityChoir.com)

*Singing for the pure joy of creating harmony in community*

## Need a place for your book club to meet?



The Community Room at McMenamins Kennedy School is available for your next gathering, book club, birthday, baby shower or special occasion.

- Free Wi-Fi
- Capacity for 49 people
- Private off street parking

\$25/hour (\$15/hr. for nonprofits)

Learn more at: [ConcordiaPDX.org/community-room-rental](http://ConcordiaPDX.org/community-room-rental)



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Thanks for asking

# A sandwich is a sandwich, in many cultures

By Karen Wells  
CNA Media Team

Does making a sandwich give a nod to cross-cultural sensitivity? What's the link between bread, meat and cultural awareness?

At EQC Home Care Agency, meal preparation and cultural awareness can connect 14 languages. Sandwich making can be a gateway to supporting a client's needs.

EQC "Essential Quality Care" Home Care opened its doors in 2016. Owners strive to provide in-home care services tailored to meet the cultural and care needs of clients. The 85 employees represent communities from Eastern nations, West Africa, Europe and North America.

Cultural diversity is a driving principle behind the home care service. The emphasis on culturally-relevant and appropriate home care sets EQC apart from other in-home care services.

If language is a barrier, offering a sandwich may open a connection. You may know what a sandwich is, but a sand-

wich might mean something different to people from different cultures.

The concept of "sandwich" – a vehicle to gather or scoop food, sauce, veggies, cheese or cooked meat to guide to your mouth – dates back several centuries. This method of eating was found throughout the ancient world, Asia, Africa and North America.

It's known by a variety of names, i.e., torta, korech, shawarma or panini. Eastern and African communities

*If language is a barrier, offering a sandwich may open a connection.*

refer to it as simply bread and meat. For example, "khabaz lahm" in Arabic, "paanoo mogyanam" in the Ghana language of Akan or "banh mi thit" in Vietnamese.

Sandwich was the "fast food" of 18th century European taverns. By the 19th century it had spread across the Atlantic, landing in the Eastern Seaboard. Iconic sandwiches such as the lobster roll, beef pastrami and the hoagie all originated there.

Fast forward to the 20th century's Great Depression era with New Orleans'

"po'boy," school lunch staple "sloppy joe" and the Nebraska "Reuben" all hit the American gastronomical palate.

EQC Home care professionals are paired one-on-one with clients to foster a meaningful and holistic approach to caregiving. More than 40% of the client/caregiver pairings are long-term contracts, lasting more than 24 months and counting.

This kind of track record confirms the success of the diversity-driven business model. The tenets of relationship, trust and cultural awareness are sandwiched between professionalism and cross-cultural sensitivity creating a rewarding experience for the clients and caregiving professionals.

EQC Home Care Agency has mastered the art of the "sandwich" on many levels. Find it at 5128 N.E. 42nd Ave. or call 503.7538551.

Sandwich, anyone?  
Thanks for asking.



*Editor's note: Karen consulted several sources for this piece and shares them with you on Facebook.com/groups/ConcordiaPDX. Do you have a cross-cultural question for her? Send it to CNewsEditor@ConcordiaPDX.org.*



Karen Wells is a semi-retired adult and early childhood educator. She serves on the planning committee of Womxn's March and Rally for Action in Portland, WomxnsMarchPDX.com.

## Grant apps are due

Deadlines for community-based grants are looming.

### Thursday, Dec. 12

Pre-applications for 2020 Community Technology Grants from Mt. Hood Cable Regulatory Commission are due Dec. 12. Grants support public and nonprofit use of interactive, multi-media communications technologies for public benefit purposes.

To determine if your organization qualifies, to read guidelines and to download the pre-application instructions, visit MHCRC.org. To discuss your proposed project, contact Rebecca Gibbons at 503.823.5515 or RGibbons@mhcrc.org.

### Monday, Dec. 16

The East Multnomah Soil & Water

Conservation District (EMSWCD) program provides funding to local organizations' projects that support conservation projects & conservation. To be eligible for funding, projects or events must be located within the EMSWCD service area – all Multnomah County east of the Willamette River – or serve its residents. Projects must show a clear public benefit in one or more of the following: habitat restoration or watershed health, soil erosion prevention/control, soil health, water quality, water conservation, and/or environmental education.

Applications are due by Dec. 16 for 2020 Partners in Conservation Grant applications. For the application form and details, visit EMSWCD.org/grants-and-cost-share/apply/for-organizations-pic.



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### Like your neighborhood?

Opportunities abound – volunteer and sometimes paid – to help support your community through Concordia Neighborhood Association programs. From executive leadership to social activities to land use to digital and print media, CNA needs you.

**Ready to help?** Email [Chair@ConcordiaPDX.org](mailto:Chair@ConcordiaPDX.org)



Ask the Historian

# Horses and wagons drove width of streets

By Doug Decker  
Historian

**The question:** With all the cars parked up and down our streets, it can be pretty hard to maneuver at times. What's up with that? Why are our streets so small?

**The answer:** I like to say you can't understand our landscape today without understanding how it came to be, and this question is a great example that allows us to thread together a few of our favorite themes: horses, streetcars, early developers, change.

First, recall that most of our neighborhood streets were laid out on plat maps

*During platting, the car was a novelty. In 1906 only 6,000 cars were registered in Oregon.*

about 120 years ago by developers who were in the process of transitioning these lands from forested slopes above the Columbia River into fresh new suburbs, complete with a grid of streets, streetcars and thousands of new homes.

In 1906, the city limits were right up against our eastern edge. Just a few years earlier, wolves had been reported not far from 33rd Avenue and Fremont Street, and one of the biggest perils facing neighbors at that time was wildfire.

During platting, the car was a novelty. In 1906 only 6,000 cars were registered in Oregon. It wasn't how people

*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](mailto:CNewsEditor@ConcordiaPDX.org) and ask Doug Decker to do some digging.

got around. It wasn't a design criteria for those planning neighborhoods. And it just wasn't practical much of the year because of muddy streets and roads.

Street paving here in Concordia didn't really get underway until the 19-teens. Alberta Street wasn't paved until spring 1911.

Meanwhile, people got around on foot and by streetcar. Our Alberta Streetcar – which ran out Alberta Street and turned north on 30th Avenue down to Ainsworth Street – was the way most people got around.

Parking was not yet really even a concept. When you look at early aerial photos of the neighborhood, the lack of cars on our streets pretty much jumps out at you.

The horse tethering rings still in curbs throughout the neighborhood today were mandated by city ordinance during the early years because everything that came to your house was delivered by horse and wagon.

Ice, coal, wood, groceries, mail, heavy goods like furniture – all came by horse. Drivers needed a place to stop and tie up safely while they unloaded.

A much more common sight than the ubiquitous cars at the curb we see today would be firewood piles at the curb, drying in the summer air and awaiting the splitting ax.

But skyrocketing numbers of cars changed all that. When the Broadway Bridge opened in April 1913, there were



Before parking there were horses. Delivery wagons like this – and the Alberta Streetcar – kept the neighborhood supplied and accessible (and free from lines of parked cars) until the automobile remade our city, like so many other American cities. In 1909, this delivery wagon operated from a grocery store at 26th Avenue and Alberta Streets

80,000 registered cars statewide. By 1924, that number had jumped to more than a million. By 1948, when the Alberta Streetcar lines were paved over and streetcars ceased to operate in Portland, there were 2.1 million cars in Oregon. Today, there are 4.1 million cars and, on Friday and Saturday nights, it might seem a good portion of them are parked on our streets.



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.

**HOME**

It's where you find the best holiday treats and ugly sweaters! Call us today. Let us help you find the perfect place to celebrate your holidays.

"We invite you to join us during the Christmas season."

Sunday nights at 5pm at the Oregon Stamp Society 4828 NE 33rd Avenue.

We invite you to our Christmas Party - Sunday, 12/15, at 6:30 pm.

**SOJOURN**

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Find us (and LIKE US!) on Facebook for updates on land use and other timely information.

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# Concordia community events calendar



Sunday, Dec. 1; Friday-Sunday, Dec. 6-8; noon-6pm

## CULLY FARMERS MARKET HOLIDAY TREE SALE

**Location:** 4223 NE Alberta  
This year's trees are Douglas & white firs. The sale may continue Friday-Sunday, Dec. 13-15, if tree supplies last. Proceeds benefit Cully Farmers Market.  
**Details:** 503.912.8936



Tuesdays, Dec. 3, 10, 17, 24, 4-8pm

## TIME TOGETHER: TUESDAYS AT CERIMON HOUSE

**Location:** 5131 NE 23rd Ave  
Gather, knit, craft, fold, chat, be. This open house connects friends. Most Tuesdays also include a 22-foot Chartres pattern labyrinth for a contemplative walk.  
**Details:** cerimonhouse.org



## EDIBLE LANDSCAPES WORKSHOP

**Location:** Whitaker Ponds Nature Park (CSWC Classroom), 7040 NE 47th Ave  
Join the Columbia Slough Watershed Council & East Multnomah Soil & Water Conservation District for the insight & tools for incorporating edible plants into your landscape thoughtfully—from annual veggies & herbs to perennial berries & fruit trees. Design tips, ways to build fertile soil, & how to conserve water while producing a harvest are among the topics. You will also learn about native plants that feature edible fruit & nuts, as well

### Community calendar items

Admission to events is free unless otherwise noted. Priority is afforded to local events sponsored by – or which benefit – local nonprofit organizations. Submit information to [CNewsEditor@ConcordiaPDX.org](mailto:CNewsEditor@ConcordiaPDX.org) by the 10th of the month preceding the event.

as how to invite beneficial insects to your garden.

**Details:** susanne.raymond@columbiaslough.org, 503.281.1132, columbiaslough.org/events/event/555

## FEAST COMMUNITY CHOIR

**Location:** Subud Portland, 3185 NE Regents  
Forget Everything & Sing Together (FEAST) is a community acapella choir with the goal to build community. New singers welcome.  
**Details/fee:** feastcommunitychoir.com

Friday & Saturday, Dec. 6&7, 7-9pm  
Sunday, Dec. 8, 3-5pm

## CONCORDIA UNIVERSITY'S 68TH CHRISTMAS CHORALE

**Location:** St. Michael's Lutheran Church, 6700 NE 29th Ave  
The sounds of Christmas music from all of the Concordia University student music ensembles—along with the Christmas story—fill the evening.  
**Details:** wkuhn@cu-portland.edu



## VERNON IB WORLD SCHOOL'S 5TH ANNUAL MAKER FAIR

**Location:** Vernon School, 2044 NE Killingsworth St  
Unique gifts, 100% hand made by Vernon students, staff, families & alumni are for sale. The short list of products may include: organic jams & pickles; baked goods; jewelry; knitted, crocheted and sewn goods; wood crafts; greeting cards; ornaments; original art & pottery; & plants & home décor. The Maker Fair is organized by the Vernon PTA, & a percentage of proceeds support enhancements at the school, such as field trips, art, music, STEAM, garden education & facility improvements.  
**Details:** vernonpta.org

Saturday, Dec. 7, 1-5pm

Saturday, Dec. 7, 4:30-6pm

## 8TH ANNUAL TREE LIGHTING ON ALBERTA STREET

**Location:** Plaza across from 1722 NE Alberta  
Family fun is promised at this Alberta Main Street event. Visit with Santa, enjoy holiday music, cookies & hot drinks—and witness “flipping the switch.”  
**Details:** facebook.com/events/508936563287863/?active\_tab=about



Wednesday, Dec. 11, 6-8:30pm

## CONCORDIA NEIGHBORHOOD ASSOCIATION HOLIDAY PARTY

**Location:** Cerimon House, 5131 NE 23rd Ave  
Savory snacks, desserts, soft drinks & an evening of fun await all Concordians—people who live, work &/or own property here. Admission is free & music is planned, along with craft activities for the younger set. If you would like to help organize the annual event, contact soniagf419@gmail.com, 305.812.5280.  
**Details:** Page 6



Tuesday, Dec. 17, 7pm

## OMSI SCIENCE PUB: OCEAN PLASTICS

**Location:** McMenamins Kennedy School  
Did you know plastic pollution in the ocean was first reported in the early 1970s, that micro plastics have been found in clams & oysters right here in Oregon, & that straws & stirrers are the third most common item found in beach cleanups? This unique presentation blends science, art & activism by 3 Northwesterners working to change the story of plastic. \$5 suggestion donation all goes to OMSI. Doors open at 5:30pm.  
**Details:** sciencepub@omsi.edu

Thursday, Dec. 19, 6-8pm

## FREE CRAFT NIGHT

**Location:** Atlas Pizza, 710 N Killingsworth  
collage & Atlas Pizza collaborate the third Thursday of each month to sponsor this event. Supplies & instructors are provided, no registration necessary.  
**Details:** collagepdx.com

Saturday, Dec. 21, 2-7pm

## PORTLAND INDIGENOUS MARKETPLACE

**Location:** 5431 NE 20th Ave  
Indigenous Come Up is hosting 12 marketplaces in 2019 & 2020 to ensure indigenous vendors have opportunities to sell their wares at affordable & culturally respectful events. The larger markets will include entertainment such as music, storytelling & other performing arts. Great Spirit Church is the marketplace's fiscal sponsor & Metro supports its efforts through a Community Placemaking Grant.  
**Details:** giftingartsandcrafts.com/buy

Saturday & Sunday, Dec. 21 & 22, noon-4pm

Monday, Dec. 23, 8-11am

Tuesday, Dec 24, 4-7pm

## CREATIVE PATH WALK

**Location:** Cerimon House, 5131 NE 23rd Ave  
This month's theme for the indoor community contemplative walk is “The Light of Winter,” a candlelight meander on the historic Chartres pattern. Traversing this design offers the opportunity to focus & still the mind. Donations are accepted.  
**Details:** creativepathwalk.org

## 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](mailto:SoniaGF419@gmail.com). Unless noted otherwise, events are admission free.

Mondays, Dec. 2, 16, 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:** 503.493.5954, pheft22@gmail.com, calmhealthease.com

Saturday, Dec. 7, 1:30-4:00pm

## ADHD PANEL

This is an ADD & ADHD community support panel discussion & peer-to-peer coaching for junior high & high school students, & their families.  
**Details:** 703.608.3490, julie@jhidesign.com

Tuesdays, Dec. 10, 17, 7-9pm

## TALLERES & FANDANGO

“Fandango” is a family-friendly celebration of traditional music & folk dancing from Veracruz, Mexico. Beginners are welcome at these intergenerational workshops.  
**Details:** 360.280.3868

Thursdays, Dec. 12, 19, 6-7:30pm

## SPANISH CONVERSATION

Brush up on your Spanish skills to reach out to the Hispanic community more effectively. All levels are welcome.  
**Details:** soniagf419@gmail.com

Sunday, Dec. 22, 3-6pm & Thursday, Dec. 26, 7-9pm

## SACRED HARP SINGING

This is not a choir, & there are no auditions & no performances. Each session is composed of whomever attends, including every possible level of musical experience & ability—even those who were asked not to sing in their church choirs.  
**Details:** portlandsacredharp.org

For events scheduled after CNews press time, visit [ConcordiaPDX.org/community-room-calendar](http://ConcordiaPDX.org/community-room-calendar)

**ALBERTA ROSE THEATRE**

GREAT FOOD | MUSIC | FULL BAR

**DECEMBER 2019**

NOV 29	<b>THE NEXT WALTZ</b>
DEC 1	<b>THE ALLUSIONIST</b>
2	<b>12TH ANNUAL WHITE ALBUM XMAS</b> A HOLIDAY CIRCUS SPECTACULAR FEATURING <b>THE NOWHERE BAND + ROSE CITY CIRCUS</b>
4	<b>SCIENCE ON TAP</b> COMING TO A FAULT NEAR YOU PLANNING FOR CASCADIA EARTHQUAKES
5	<b>THE MYSTERY BOX SHOW</b> TRUE STORIES ALL ABOUT SEX
6	<b>DAVID ARCHULETA CHRISTMAS TOUR 2019</b>
7	<b>MAGICAL STRINGS</b> CELTIC YULETIDE CONCERT
8	<b>LIVE WIRE RADIO</b> WITH LUKE BURBANK
10	<b>CELEBRATE THE SEASON WITH DO JUMP AND 3 LEG TORSO</b> + JOAN SZYMKO + PEPE RAPHAEL DIRECTED BY ROBIN LANE
11	<b>THE WHOLE SHE-BANG!</b> A NEW YEAR'S EVE PINK PARTY MARCHFOURTH THE SALOON ENSEMBLE PINK LADY & FRIENDS
12	<b>ALBERTAROSETHEATRE.COM</b> 503.764.4131   3000 NE ALBERTA
13	<b>ROSIE'S LOUNGE</b> OPEN LATE   7 DAYS A WEEK COCKTAILS   FOOD   DESSERTS