



CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association | ConcordiaPDX.org

June 2020

See Page 3 for news on events that are canceled, postponed and/or moved to virtual platforms.

Pandemic suspends Cully market

By Tamara Fowler
CNA Media Team

When Ted Snider first moved to Portland by way of Portland, Maine, farmers markets served the communities of Beaverton, Gresham and Hillsboro. It was 1975, and there were none within Portland city limits.

Ted got a few friends together to start Portland Farmers Market, and he managed that downtown event for its first five years.

“I have not missed a single market in 12 years, and now I’m going to miss them all season.”

– Ted Snider

That effort – and the farm store he opened in Cully neighborhood four years ago – earned him the title “Farmer Ted.”

In 2008, a scrappy little fruit and vegetable market popped up in the Hacienda Community Development Corporation (CDC) parking lot. It was an early predecessor of Cully Farmers Market.

The following spring, the space behind Trinity Lutheran Church became available and a tiny farmers market, full of earnest community spirit, replaced the one at the CDC.

“Everything came from the neighborhood farms and backyard gardens,” Ted recalled. “My favorite memory is when three young Somali girls wheeled in a red wagon filled with cabbages they grew at the Rigler garden. They sold out quickly, and the girls were beaming with pride.”

When Old Salt opened on 42nd Avenue in 2013, the owners started a small farmers market on Thursdays to highlight their farm-to-table connection. The next year the two markets merged. The social and entertainment aspects really started growing with the newly dubbed Cully Farmers Market (CFM).

It connects the diverse populations of the Cully, Concordia and Beaumont neighborhoods. And it brings people



“Farmer Ted” Snider will miss his weekly involvement – 12 years running – at Cully Farmers Market. This summer’s events are canceled due to COVID-19 social distancing, but he’s looking forward to the market resuming next summer.



together to embrace the common need for eating food that is fresh, vibrant and organic.

Ted sees this as his mission in life.

However, staging a weekly melting pot in the community is just too risky in these unknown times of pandemic. With all the quarantining and social distancing of today, CFM is closed for this season.

“I have not missed a single market in 12 years, and now I’m going to miss them all season,” he lamented. So he’s looking forward to the market returning next summer.

In the meantime?

“Each of us can be a mini farmers market for our block and build those connections with each other,” Ted remarked. “The joy of growing food and feeding other people is contagious.”

“So I expect that when we are able to return to our farmers market – whether for a one-time harvest festival this September or a full season next year – many people who have learned this joy of growing and sharing will have a

supportive place to build connections with our wonderful community.”

Ted added, with an encouraging smile, “Keep on growing.”



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.



STORE KEEPS KIDS READING
Online, curbside pick up and delivery keep the books flowing.

See Page 4



BODY CARE COMES HOME
Convenient delivery turns practical for new, local business.

See Page 6



PODCASTS OFFER SUPPORT
Neighbor moves from one-on-one support to virtual.

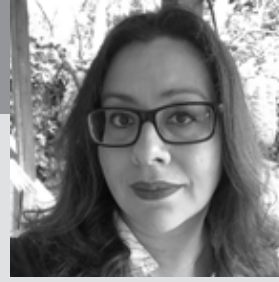
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Chair's Corner

By Astrid Furstner, CNA Chair



Pandemic can't slow CNA

The Concordia Neighborhood Association (CNA) Board of Directors continues to overcome the challenges the pandemic has thrown on us. We met May 6 for our second virtual meeting, and we accomplished plenty of business.

Four letters were approved and sent to:

- Oregon Cultural Trust in support of Alberta Main Street's request for a grant to develop a district guidelines and streetscape design plan
- Lutheran Church-Missouri Synod (LCMS) to request open dialogue regarding the sale of the Concordia University property
- City of Portland in support of the Slow Streets Plan to slow or stop traffic temporarily on some city streets to allow for more physical distancing by pedestrians and bicyclists
- City of Portland in support of growing out our urban forest in the form of a revision to the Portland Tree Code

We also discussed a few ideas for the social committee to consider, such as a potential neighborhood scavenger hunt to bring us together, yet distanced. If you have ideas, let us know. Send them to my email address below for ways to keep socializing and getting to know each other, albeit while respecting physical distance.

Additionally we considered a few requests from businesses and organizations for our support regarding their proposed use of Concordia University property and facilities. We determined CNA is not the proper venue for individuals to request use of

the land. The university property is privately owned. Any specific requests regarding leasing the buildings or use of the facilities should go directly to the owner of the property, LCMS.

What CNA can do, however, is present our neighbors' concerns in a unified fashion to university representatives. If you have any concerns you wish to have addressed, please send them to me, again at the email address below, so we can continue to provide that input to LCMS.

The quarantine has not reduced our workload. We can always use assistance. Join us at our next board meeting – details are to the right.

If you are interested in what goes on with the Land Use Transportation Committee, that information is in the same

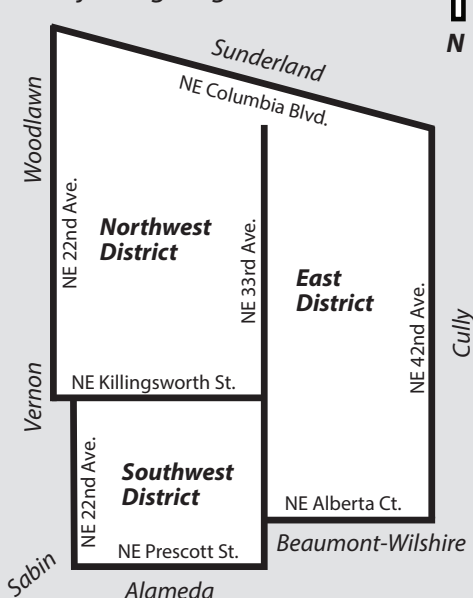
column. If you are interested in writing for the paper, contact CNewsEditor@ConcordiaPDX.org. If you are interested in helping lead or participate in social functions – even physically distanced ones – contact SoniaGF419@gmail.com. If you have ideas for something new or any concerns, send them to me at Chair@ConcordiaPDX.org.

We are listening and we are here for our neighborhood!

Astrid Furstner is a mother, a wife, an immigrant, a local artist and an artisan. She lives with her luthier husband, Brent, and her artist-in-the-making daughter, Luciana. Together, they call Concordia their home.

We can always use assistance. Join us at our next board meeting – details are to the right.

Concordia Districts and adjoining neighborhoods



CNA Board of Directors

Chair | Chair@ConcordiaPDX.org Astrid Furstner
 East 1 | East1@ConcordiaPDX.org Heather Pashley
 East 2 | East2@ConcordiaPDX.org Steve Elder
 Northwest 1 | NW1@ConcordiaPDX.org Isham "Ike" Harris
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 At Large 4 | AL4@ConcordiaPDX.org Sonia Fornoni
 At Large 5 | AL5@ConcordiaPDX.org Truls Neal
 At Large 6 | AL6@ConcordiaPDX.org Matt Boyd

Find us on Facebook for updates and other timely information.

Visit [Facebook.com/groups/ConcordiaPDX](https://www.facebook.com/groups/ConcordiaPDX)

Concordia Neighborhood Association

Board Meeting

1st Wednesday of the month, Wednesday, June 3, 7 p.m., venue: see box below, contact Astrid Furstner, Chair@ConcordiaPDX.org

General Membership Meeting

Not scheduled.

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, June 2, 6 p.m., venue: see box below, contact Gordon Riggs, MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee

3rd Wednesday of the month, Wednesday, June 17, 7 p.m., venue: see box below, contact Garlynn Woodsong, LandUse@ConcordiaPDX.org

Finance Committee

Last Wednesday of the month, Wednesday, June 24, 7 p.m., venue: see box below, 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

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CNA Secretary

Steve Elder, Secretary@ConcordiaPDX.org

CNA Treasurer

Heather Pashley, Treasurer@ConcordiaPDX.org

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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

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A BIG THANKS TO ALL OF OUR CNEWS ADVERTISERS!

We are grateful for all the support you provide to our neighborhood.



THANK YOU!

CNA meeting venues during 'stay home, stay safe'

Phone numbers and/or URLs to attend virtual CNA meetings in June are available at/from:

- [Facebook.com/groups/ConcordiaPDX](https://www.facebook.com/groups/ConcordiaPDX)
- ConcordiaPDX.org/CNAMeetings
- Meeting contact re: how to dial/tune in

Concordia Art Works

The story of Floyd N. Booker Sr. is now visual

By Maquette Reeverts
Alberta Art Works

Hard work, dedication, perseverance and integrity. The story of Floyd N. Booker Sr. is now in visual form on the northeast corner of 17th Avenue and Alberta Street.

After being discharged from the U.S. Army, Floyd came to Portland in 1943. He worked for Union Pacific Railroad for 18 years and became union shop steward before starting his own business.

Floyd came to own the building on 17th and Alberta that houses his business. Courtesy Janitorial Services is one of the oldest African American owned businesses in Portland.

Campo is an artist who has lived in the neighborhood for over four years. “The side wall on 17th Avenue was getting hit with graffiti regularly so last September I introduced myself to Ron [Booker, Floyd’s son and Courtesy Janitorial owner] and Marnella [Mosley, office manager] and offered them some relief with a mural,” he reported.

Originally from Ohio, Campo runs the small business Hand Brand Book Company, specializing in marbled notebooks and wallets, among other goods.

Provided with a couple of black and white photos, Campo used his favorite medium, spray paint, to create the portrait of Booker with an image of a photo of him with three other men in Vanport.

Symbolism tells the rest of Floyd’s story. A lantern shining through the night highlights his commitment to keeping



Artist Campo preserves the spirit and contributions of Floyd N. Booker Sr. on Alberta Street’s newest mural. Photo by Maquette Reeverts

the light on at home for his six children, represented by six beads below.

A lighted candle burns to signify Floyd’s work ethic of toiling into the night. A scale shows the balance he kept between his work and family commitments, especially as his family grew.

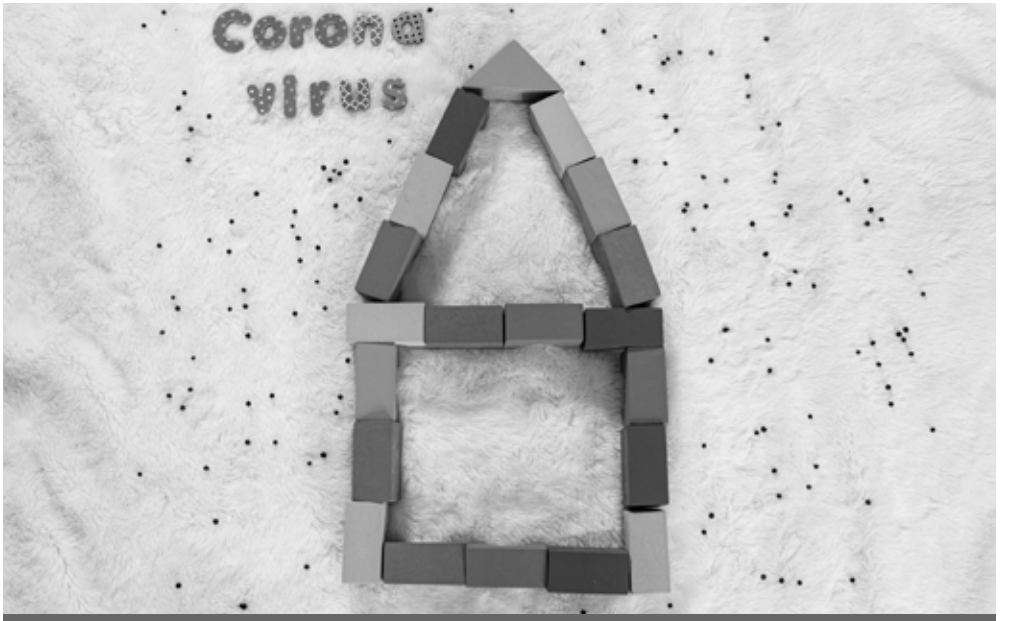
Campo is now turning his attention to another of Alberta Street’s walls. The northeast corner of 18th Avenue will soon have a new mural to cover the consistent tagging on the old Solae’s brick wall.

As a nod to the bar, the subject will be a jazz trumpeter amid a swirling background resonate of the artist’s marbling work.

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



Michel Reeverts, aka Maquette, holds a master of arts degree in art education, serves Alberta Art Works as director and Alberta Street Gallery as a board member. She is also a practicing artist. Contact her at Maquette@AlbertaArtWorks.org



Pandemic Updates

What’s on, what’s not

CNA board and committee meetings have gone virtual. See the box on the bottom right of the facing page for information on how to participate.

CNA mixers at local businesses remain unscheduled until further notice.

Concerts in the Park in Fernhill Park planned for Friday evenings in July are canceled.

Concordia University closing ceremony, scheduled for a gathering Sunday, June 28, is moved online. The event now will be prerecorded for downstream that day from 4 to 5 p.m. on CU-Portland.edu/live. The video features student, alumni and community speakers, as well as the official deconsecration of the campus buildings.

Engage in the Change art competition and show may or may not take place in a brick and mortar venue in late summer or early autumn. In the meantime, entries are being requested

online until Aug. 15. For details and to view submissions to date, visit the event page at TinyURL.com/engageart or send questions to jazzyjor@gmail.com.

Last Thursday street closures scheduled for June 25, July 30 and Aug. 27 are canceled. Stay tuned for news on potential online event(s).

Cully Farmers Market is closed for the 2020 season. See story on Page 1.

Northeast Sunday Parkways scheduled for Sept. 20 by Portland Bureau of Transportation had not yet been modified by press time.

More? If you have information on other traditional June events affected by the state’s “stay home, save lives” order, [Facebook.com/groups/ConcordiaPDX](https://www.facebook.com/groups/ConcordiaPDX) is available to you for posting. Deadline is June 10 to send information regarding any July events – ones going forward and/or ones canceled/postponed – to CNewsEditor@ConcordiaPDX.org.

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Bookstore innovates new business plan

By Sharon Kelly
CNA Media Team

The bookshop in the little red house at 1600 N.E. Alberta St. is finding new ways to stay in business during Oregon's COVID-19 "stay home, save lives" order by offering online sales, delivery and pick up.

Green Bean Books – which its website calls "a wild and whimsical community-based, independent children's bookstore" – celebrated its 10th anniversary recently as a traditional, brick and mortar bookstore.

Customers enjoyed perusing the shelves and colorful displays for the latest award-winning books and unique gifts for human "beans" from babies to grown-ups. But owners Jennifer Green and Maggie Yuan are not the type to sit behind the counter.

Since opening, they've shared their love of books and community with a calendar chock-full of fun book-related experiences and events.

On a typical, pre-COVID-19 week at Green Bean, you'd find multiple read-aloud story times, author events, sing-a-longs, monthly opportunities for new readers to read to Buddy the therapy dog, and crafts and puppetry, sometimes with unicorn or dragon themes.

When Portlanders began staying home in March, Green Bean's regular

Jennifer and Maggie were faced with either closing the doors or finding innovative ways of connecting with customers.

activities came to a halt. Jennifer and Maggie were faced with either closing the doors or finding innovative ways of connecting with customers.

"We're working about five times harder per sale, but we have so many kind and encouraging customers," shared owner Jennifer Green.

First they offered customers online ordering and shipping for audio and traditional books through GreenBeanBooksPDX.com. Now, customers may also call 503. 954.2354



Green Bean Books launched online, curbside and delivery services to keep in business and keep local children reading during the pandemic. (Left to right) Local authors and illustrators Emily Arrow, Alison Farrell plus her son, and Zoey Abbott make merry to call attention to the bookstore's curbside service. Photo courtesy of Green Bean Books



Sharon Kelly uses her outreach and coordination skills to support trees, farmers, small businesses, and engage people to create more healthy, equitable, sustainable communities. She's best known locally as market manager for Cully and Woodlawn farmers markets and as web manager for Trees for Life Oregon. Contact her at NaturalFarmerPDX@gmail.com.

or email Info@GreenBeanBooksPDX.com for delivery within two miles – it's free with a nominal minimum purchase. Like many other stores on Alberta Street, curbside or no-contact-pick-up from the porch is also offered.

Green Bean Books has been able to continue to employ two staff members to help with orders and deliveries. They're available 11 a.m. - 4 p.m. to place your order or ask for book or toy recommendations. As always, they can special order almost any book, for any age, or mail a gift certificate. They'll even wrap your gift and deliver it to your friend's or loved one's porch.

Not long after the "stay home, save lives" order, they resumed their events schedule, now online, including virtual

story-times, author activities and drawing classes. Check Facebook.com/pg/greenbeanbooks/events or follow [@GreenBeanBooks](https://Twitter.com/GreenBeanBooks) for details.

"We feel lucky that the community loves books and loves to read," Jennifer said, as she recounted customers calling to thank her for being open and bringing flowers.

One even created a chalk sign for outside the door, artfully inscribed, "We love Green Bean Books!"

Editor's note: Sharon has more to tell about Green Bean Books surviving pandemic shopping restrictions than fits in the limited space here. For "the rest of the story," visit ConcordiaPDX.org/GreenBeanBooks.



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Concordia alleys are a neighborhood asset

By Garlynn Woodsong
CNA Board Member, SW1
CNA LUTC Chair

Alleys are helping Concordia neighbors engage in active transportation while socially distancing during this time of quarantine in the age of COVID-19.

For the section of the neighborhood west of 33rd Avenue, alleys double the number of north-south pedestrian connections on each block.

For neighbors – with dogs, other family members and/or cohabitants, or out walking solo – a new social custom has developed to look down a block for oncoming pedestrians and consider entering if seeing none, or to continue on otherwise.

When walking along east-west streets to the west of 33rd in Concordia, however, continuing on only means walking the depth of a standard lot in the neighborhood, or roughly 100 feet, before an alley is encountered.

At alleys, the diagnosis is a bit more complex. It's not just a matter of oncoming traffic, there are also pass-

There are certain pattern areas within the neighborhood as a whole, where there are clusters of alleys that share a certain look and type.

ability/blockage assessments that must be performed quickly.

Some of these assessments can be conducted visually, from the alley entrance. Others require entering the alley to continue the assessment beyond visual barriers, most likely overgrown vegetation.

There are certain pattern areas within the neighborhood as a whole, where there are clusters of alleys that share a certain look and type.

In general, there are three classes of alleys in Concordia:

- Paved alleys with concrete or sometimes asphalt providing a driving surface that doubles as a vegetation barrier, physically preventing the alley from becoming quickly overgrown each spring

- Gravel alleys that were, at one point, cleared, graded, graveled and that continue to be used to provide vehicle access to the rear of – at least some of – the properties they serve

- Overgrown alleys – maybe at some point in the distant past, were gravel alleys – that, over the years, neglect has allowed the vegetation to take over, with enormous expanses of thorny blackberry patches, impassable to all but the most intrepid, machete-armed pedestrian

I believe our challenge should be to turn all of the overgrown alleys in Concordia into gravel alleys – at least to the width of a pedestrian path – to strengthen the resilience of our neighborhood in providing a diversity of options for folks to walk and maintain social

distancing whenever the need arises.

For all of us who live on alley frontages, however, let us please plant food for pollinators: wild flower mixes where appropriate, flowering vines to grow along fence-lines, flowering shrubs in the little nooks that are formed along the edges of the alleys from place to place.

Our city provides a wealth of biodiversity to support pollinators. Yet they still face threats, from the application on plants of chemical pesticides and fertilizers to plants death by highway.

Our alleys provide an opportunity to provide more food for pollinators and habitat for humans. Let's celebrate them!



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

LUTC Update

CU, trees and streets dominate discussion

By Brent Furstner
CNA LUTC

Concordia University property

As reported in the May CNews, Colliers International – engaged by the Lutheran Church Extension Fund (LCEF) to list the Concordia University property – reached out to the Concordia Neighborhood Association (CNA). It requested a list of the neighborhood's priorities to share with potential buyers, and it committed to communicate any relevant updates. A brief response from the CNA Land Use & Transportation Committee (LUTC) includes: access to the library, meeting rooms and sports fields; concerns around parking; and the desire to have a good neighbor agreement with the new occupants.

Tree code

The Portland Tree Code is being updated. The LUTC voted to draft a letter in support of the amendments and to share some improvements it would like to see. The LUTC supports reducing critical size tree thresholds and no exemptions. It recommends the inclusion of small lots, industrial and employment lands. The LUTC also requested the city to provide a 24/7 complaint processing system to address potentially illegal tree removal and that these changes be made sooner than 2022.

Distancing & active transport

LUTC members discussed sending a letter regarding ways the city could modify existing neighborhood greenways, making them safer for users and supporting social distancing while exer-

The LUTC supports reducing critical size tree thresholds and no exemptions.

cising or using active transportation. Some of the discussion items included using temporary barriers and signage to deter through traffic – making it an experimental and a temporary situation that could be built upon to improve greenways for the future – and how it

might encourage more active transport and create safer routes for nonvehicular traffic as part of the overall goal of Vision Zero.

The LUTC currently meets remotely for social distancing purposes. Anyone is welcome to attend the next meeting,

Wednesday, May 20. For details about how to participate, visit ConcordiaPDX.org/CNAMeetings.



Brent Furstner is a husband, father and luthier who lives on 36th Avenue.

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In Loving Memory of Winnie

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Start-up's convenient delivery turns practical

By Nancy Varekamp
CNews Editor

When Tanya Hartnett launched her business plan in January to create and market body care products, she expected customers to appreciate the convenience of free home delivery. Little did

that's the foundation of Clean Body Care. Only natural and organic ingredients – most vegan and sourced locally – go into the recipes she's developed in her kitchen.

Don't worry about animal testing. Everything has been tried out by Tanya, her husband and their two teenagers. Further, there's no packaging involved

“Unlike a CSA, though, you get only what you want to use. With a CSA, you might get 15 beets, whether you want them or not. The idea here is no waste.”

– Tanya Hartnett

she realize a pandemic would make it so practical.

Moreover, Tanya delivers by bicycle as part of her earth-friendly business that serves northeast, north and some south-east neighborhoods.

Circumventing fossil fuels for shipping is just part of the sustainability

for the bar shampoo, soap, deodorant and lotion.

Bars?

“When the deodorant and lotion touches you, it melts onto your skin,” she explained. “You're not using excess.” One lotion alternative comes in a returnable/refillable jar for a one-time nominal fee.

“Customers leave a container on their porch, I deposit their purchases, and there's zero waste,” she explained. Payments are accepted online, or at the door. Specific products, prices and contact information are at CleanBodyCare4u.wixsite.com/website.

Tanya likens her business to a community supported agriculture (CSA), since

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



Tanya Hartnett walks the talk of sustainability with her body care products. They're all natural, have no packaging, and she delivers them by bicycle. Photo courtesy of Clean Body Care

customers can request regular deliveries.

“Unlike a CSA, though, you get only what you want to use,” she pointed out. “With a CSA, you might get 15 beets, whether you want them or not. The idea here is no waste.”

The native Oregonian and 15-year northeast Portlander learned to embrace sustainability as the youngest of nine children born to parents raised during the Great Depression. “Nothing was ever thrown away,” Tanya reported.

“I wear only natural fibers, sew all my own clothes, bake everything I can, and I avoid packaging.”

Working in the fashion industry most

of her career, Tanya heard a lot of talk about respecting the environment. “But there's a lot of smoke and mirrors about that kind of stuff.”

After learning a couple of years ago that 552 million plastic shampoo bottles go in the landfills every year, she Googled instructions to make a shampoo bar that can be used on the entire body. That was the beginning of many more recipes and experiments.

And Tanya hopes her business is the beginning of an additional form of community involvement here, like a local environmental club or even a homegrown produce sharing group.

To Your Wellness

We can bounce back

By Penny Wells
Licensed Massage Therapist

Adaptability in the face of trauma or tragedy. The resilient brain can balance in choppy waters, take incoming information and process it into action. It is flexible, connecting with whatever life pitches at it.

Resilience, then, is less about being unaffected by the turmoil around you, than bouncing back. And it is not a once-and-done thing, but a series of actions. Resilience is like the Weeble. Remember Weebles? They wobble, but they don't fall down.

Our lives are a patchwork of areas where we are strong, and not so much. But, happily, there are well-recognized strategies to bolster bouncing back when something tries to knock you over.

The ruminating mind is not your friend. The mind is in service to your gut instinct. It carries out your inspirations and creative ideas. But when it can take no useful action, it spins its wheels. And, in the current situation when we are at home, waiting on forces outside of our control, the mind may find no useful

actions to take to solve your current problems. But, here are a few actions you can take to put your mind at ease.

I have a friend with whom I tap and rant. Emotional freedom technique (EFT) allows both bringing the feelings to the surface and processing them. Another way is expressive writing. Write for 20 minutes about what is troubling you. Let it flow out onto the paper. This allows the mind to let go of it and gives you useful insights.

Another is simply self-compassion. Put your hands on your heart, speak kindly to yourself. Say nice things to your heart, acknowledge your strengths and weaknesses and affirm that – whatever they are or how well you feel you are or are not doing – you are loved and valued.



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.

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Local wellness therapist broadens her reach

By Carrie Wenninger
CNA Media Team

Steeling out life, health and self-affirming news these days is more challenging than simply flipping on the television or visiting your favorite online news aggregator.

These familiar places are, predictably, where you'll find more of the same, often anxiety-provoking and fear-based reporting that many have come to regard as the new normal.

That, combined with social distancing, has many people hungry for community, connection and a heaping helping of positive news – but unsure how or where to find it.

Happily, Concordia resident and longtime healing arts practitioner Lori Reising is offering an easy and cost-free way to tap into and top up on that very stuff.

A health educator, retreat leader, the owner of Beginning Within massage therapy and hypnotherapy, Lori is a newly minted podcast host. She has expanded her primarily one-on-one therapy practice with the intent of reaching and supporting more people.

Her newest offering, The Raw and Wild Hearts Podcast, launched in November and is her way of serving up content that is inspiring, actionable,

empowering and accessible to all.

The podcast offers a virtual place to talk, laugh, lean on and learn from each other.

"Humans are made to connect and thrive together, it's how we operate," she asserted. And right now finding the posi-

"Humans are made to connect and thrive together, it's how we operate."

– Lori Reising

tive means making intentional – and intentionally – different choices. That said, it's not all unicorns and cupcakes at The Raw and Wild Hearts.

"Acknowledging the places where we struggle is a big part of what helps us transform ourselves," Lori said.

The most recent episode is "Empower Your Health During Coronavirus and Always" with Peter Borten, doctor of acupuncture & oriental medicine. It showcases a powerful conversation on breaking down fear and providing practical information to support immunity and long-term health.

"When we are offered concrete suggestions such as choosing meditation, nourishing foods, and fresh air and movement, we are given ways to lessen fear and increase self-actualization," Lori pointed out. "This can help diminish stress and anxiety. Everything we do is



Lori Reising is transitioning her one-on-one massage and hypnotherapy practice to reaching and supporting more people through podcasts. Photo courtesy of The Raw and Wild Hearts Podcast

a choice.

"Community is much more powerful than currency," she enthused. The free podcast offers topics that can help you find strength in yourself, connect you to a larger community, and give you the tools

and support to assist yourself spiritually, emotionally and physically – today and well into the future.

To tune in to this ongoing twice-monthly show and learn more about Lori, visit TheRawAndWildHearts.com.



Carrie 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 WurdGurl@gmail.com.

News From the NET

Don't neglect your pet in your emergency plan

By Amy Gard
Concordia/Vernon/Woodlawn NET

Even those who have emergency kits for their families, many have forgotten to prepare for their furry or feathered friends. When organizing a pet kit, preparing for evacuation is the most comprehensive.

Most disaster shelters, unfortunately, do not allow animals, so it is best to have an alternate shelter plan. Researching boarding facilities and pet-friendly motels within a 100-mile radius and having cash on hand is a starting point.

Sheltering outdoors may be an option if you are prepared with camping supplies. Also make plans in case you cannot get home immediately following a disaster. Arrange with someone you trust to check on your house and pets.

Dog owners should have harnesses and leashes, and other types of pets will need carriers. If possible, try to buy a size or two larger than you would for transport, since your pet may be confined in it for extended periods.

Prepack a bag with at least a week's worth of essentials. These can include dry food, water, serving bowls, clumping cat litter, small litter box, scoop and bags

for waste disposal. Most human first aid kits will have the essential items your pet may need.

Dog owners may want to add 3% hydrogen peroxide to induce vomiting; however, you ought to research how to do this before an emergency. Wet wipes and a spare towel can also come in handy for cleaning up or comforting an injured or scared pet.

Evacuation can be chaotic, so make sure your pets are chipped and tagged. This will help you to be reunited if they are scared away during a transition.

For this reason, it is also great to have a photo of your pet and all of its medical records. Having physical copies in your kit will help, since you may not be able to access the digital storage on your phone for some time after a disaster.



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

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Ask the Historian

Portland has more than 300 Heritage Trees

By Doug Decker
Historian

Editor's note: Historian-turned-teacher Doug Decker offers a new chapter each Monday in neighborhood history for students continuing their schooling at home. Visit [Home History School at AlamedaHistory.org](http://HomeHistorySchool.org) for archived and new lesson plans. One May Monday, he offered the history lesson below related to the area's oldest living residents: trees.

Portland has more than 300 Heritage Trees, which have a special designation because of their unique size, age or historical significance. Northeast Portland neighborhoods have a great cluster of Heritage Trees north of Broadway Street, east of Interstate Avenue, south of Killingsworth Street and west of 33rd Avenue.

A bunch are probably within walking distance of you, so it's time to meet some of them, especially one of our favorites, the Pearson Pine at 29th Avenue and Fremont Street.

Long ago, before neighborhoods existed on these lands, there were forests

of Douglas-fir, hemlock, western red cedar, alder, maple and even pine that blanketed these lands. Gradually many of those trees were cut either for lumber or to make room for the farm fields and orchards that followed.

And then 100 years ago, when most of our neighborhoods were just taking shape, the people who built our streets and houses figured the new homeowners would want tree-lined streets. But they knew it would take a while, so they planted many different kinds. Some of those have gotten old and big.

One such tree is the big Ponderosa pine at the southwest corner of 29th Avenue and Alameda Street. A few years



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.

The Pearson pine was a seedling when it survived an 1885 fire and was replanted at 29th Avenue and Fremont Street. It rates a visit while your child – and/or you – pursue Doug Decker's Home History on trees. Photo by Doug Decker

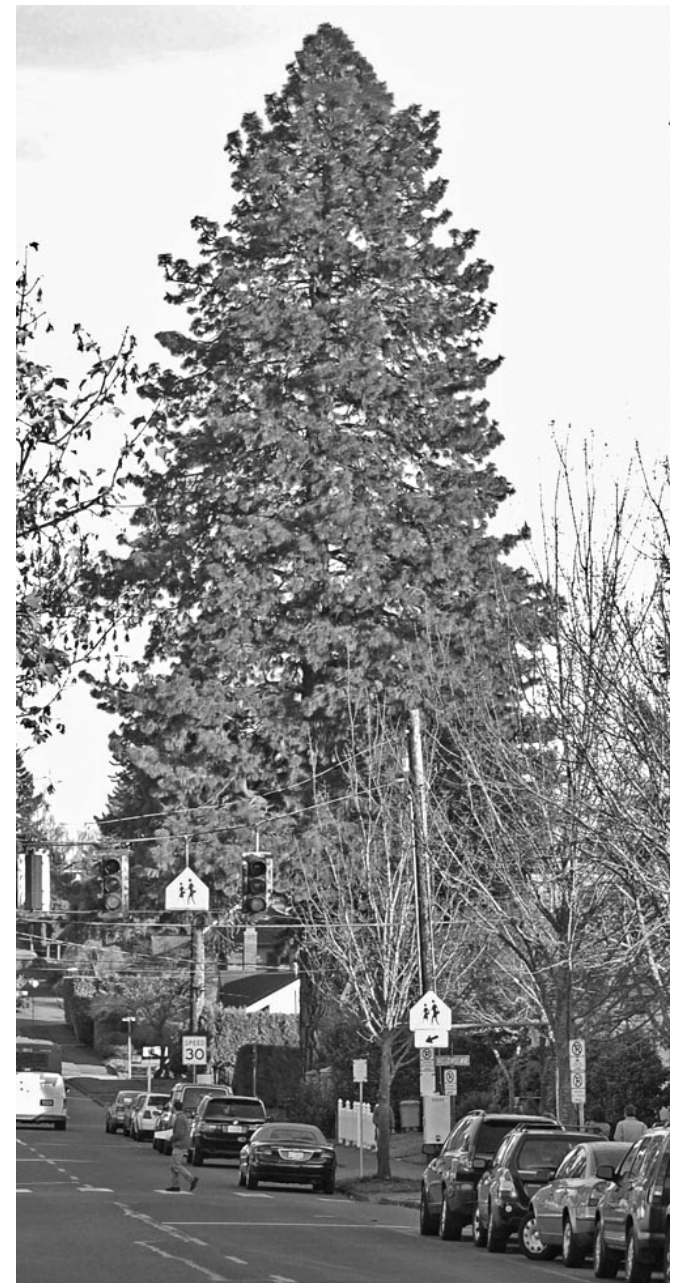
back, I nominated that tree to Portland's heritage tree list after learning its story, which goes something like this:

Back in about 1885, there was a forest fire that burned through this area and killed many trees, young and old, but left some trees untouched. After the fire, a local farmer named Samuel Pearson – who used to run a dairy that stood about where Alameda School is today – found one of these young seedlings that survived the fire: a Ponderosa pine tree, which is much more common in eastern Oregon.

Because it was different than most of the other trees around here, Samuel knew it would always stand out, so he planted it in a special place to mark the corner of his property. Today, it's a giant, visible from all around.

His dairy and cows are long gone, but Samuel was right: that tree sure stands out. So do all of the other Heritage Trees in the neighborhood.

For additional research sources on Heritage Trees, visit Alamedahistory.files.wordpress.com/2020/04/oldest-living-residents-4-27-20.pdf



Heritage Trees activity suggestions & novelties

1. Have a look at the trees around your house. Can you tell which one is the tallest or the oldest? Ask around your family or your neighbors to see if you can learn when your trees were planted. (One family who lived in our house planted a live Christmas tree in front of our house back in the 1970s and it grew tall before it had to be removed).
2. How about your neighborhood? Can you tell which trees are the tallest or the oldest? Have they been trimmed to make way for the power lines? Can you see old scars where branches may have broken off in the snow, ice or wind?
3. Here's something that might be fun. See if you can identify the species of trees you have around your house or on your block. There are many clues to look at when you identify your tree: the shape of its leaves (or needles), the texture of its bark, its shape and size, its flowers, cones, seeds or fruit. Check out this helpful tree identification tool: OregonState.edu/trees/dichotomous_key/index.html
4. Which is your favorite tree in your neighborhood? Why? How have you seen it change? Draw a picture of your favorite tree.
5. Draw a map that shows the different trees around your house or on your block and what kind they are.
6. Go visit the Pearson Pine and stand underneath its branches. Did you know this is one of the oldest living things in our area? What stories do you think it could tell?
7. Did you know trees all have different sounds as the winds blow through? Next windy day, listen carefully.
8. Here's a link to the map of some local Heritage Trees. Choose a few to visit and find your favorite. AlamedaHistory.files.wordpress.com/2020/04/local-heritage-trees.pdf.

Concordia Curiosities

This month CNews launches a new, frequent feature: Concordia Curiosities. You're invited to submit a high-resolution photo of an object, scene, event, etc. in Concordia that you think is unusual or special – and that contributes to this neighborhood's distinction. Send submissions to CNewsEditor@ConcordiaPDX.org.

This first Concordia Curiosities photo supports Doug Decker's Home History lesson above. Can you find this tree somewhere in Concordia? Thanks to Anna Hartshorn for finding it and sending in this photo.

