



CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

August 2020

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THEY TELL THE TALES

Two men team up to create videos that offer insights into Portland history.

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BUSINESS MOVES OUTDOORS

Restaurants, stores take care of business on Concordia streets this summer.

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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.

Find us online at:

ConcordiaPDX.org and Facebook.com/groups/ConcordiaPDX.

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Kids News debuts in Concordia

By Marsha Sandman
CNA Media Team

A precocious 6-year-old Concordian wanted to share an opinion piece she wrote about POTUS. She made copies and distributed them to her neighbors.

Darby, a fellow neighbor, educator and father of two young daughters thought creating a newsletter might be good idea. So he gave the kids an opportunity to create their own every-other-week news-

“It’s fun, and I get to hang with my neighbors.”

— Ari

letter and thus practice their writing and drawing skills.

The young writers, ages 5 to 12, named it “Concordia Kids News.” They charge a sliding scale of \$2 to \$5 per issue and donate the proceeds to the Black Resilience Fund. That emergency fund is dedicated to healing and resilience by providing immediate resources to Black Portlanders in need.

The Modern Orthodontist, owned by one of the parents, matches donations to the newsletter which, by CNews press time, had raised \$200.

Darby looked at local newspapers for inspiration and guidance. He gave the youngsters creative license to use their imaginations. Some write, some draw and others create original cartoons.

Darby puts it all together for the every-other-week issue and emails to subscribers. To subscribe, email him at ConcordiaKidsNews@gmail.com. He will let you know your payment options.

The first issue went public June 20, the second newsletter July 5 and the third July 19. Future issues will publish every other week thereafter, as long as



This COVID-19 bubble of neighbors comprise the all-volunteer staff of Concordia Kids News. Left to right, they are Nijal, Pierce, Ari, Paisley, Laurel, Avery, Poppy and Waylon. Photo by Marsha Sandman

the enthusiasm continues.

The current creative staff includes Pierce, Poppy and Waylon, age 5; Ari, 6; Avery, Laurel, and Paisley 8; and Nijal, 12.

Ari commented “It’s fun, and I get to hang with my neighbors.”

“I like to work with friends on projects,” Avery added.

Laurel said “I get to use my imagination and I like interviewing people.”

“I like to have fun and entertain kids,” reported Paisley.

Nijal, Pierce, Poppy and Waylon had no comments.

Submissions aren’t edited, but contributors need a little encouragement to meet their deadlines.

Topics are varied, like tooth fairy customs around the world, what who wants for Christmas, great stories about kittens and more. If you want to enjoy those and some cartoons and impressive art work, subscribe.

You’ll be helping a good cause and a bunch of blossoming journalists.



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.

Pandemic Updates

What’s on the calendar, what’s not

CNA board and committee meetings have gone virtual. See the box on the bottom right of Page 2 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.

School lunches are available for pick up at Faubion School through Aug. 21, Mondays-Thursdays, 11:30 a.m.-1 p.m. Weekend meals are provided on Thursdays. For other participating schools, visit PPS.net/Page/15616.

Food Pantry at Faubion offers free food boxes Wednesdays 11:30 a.m.-1 p.m. If you cannot pick up boxes but need food assistance, email 3toPHD.Portland@gmail.com.

Free Lunch + Play continues in Alberta, Cully, Khunamokwst

and 23 other Portland parks. Visit PortlandOregon.gov/parks/69873 for details. The play element offers take-home, social-distancing activities that involve arts, sports and nature. Portland Public Schools partners with Urban Gleaners to present this year’s program, supported by title sponsor Nike Made to Play and a grant from Bank of America.

Engage in the Change art show, which results from an art competition, opens Thursday, Aug. 27 at Alberta Street Gallery. In the meantime, entries are requested online until Aug. 15. For details and to view submissions to date, visit tinyurl.com/engageart or email questions to jazzyjor@gmail.com.

Woodlawn Farmers Market is open Saturdays 10 a.m.-2 p.m. through October at northeast Dekum Street and Durham Avenue.

Cully Farmers Market is closed

for the 2020 season.

Last Thursdays & Alberta Street Fair are revamped into “Summer of Alberta.” For details, see Page 7 and/or visit AlbertaMainSt.org.

30th Avenue at Killingsworth Street businesses plan to close two blocks of the avenue for temporary plazas. For details, see story, Page 6 and/or contact Info@AndReadySetGrow.com or WilderPDX@gmail.com.

Alberta Rose Theatre’s shows go on, with subscribed, downstream programming. Visit AlbertaRoseTheatre.com.

More? If you have information on other traditional August events affected by the state’s “stay home, save lives” order, post at Facebook.com/groups/ConcordiaPDX. Deadline is Aug. 10 to send information to Concordia News via CNewsEditor@ConcordiaPDX.org.

Chair's Corner

By Astrid Furstner, CNA Chair



CNA business forges on

Although most of us are facing the trials and tribulations – aka adventure – of working from home and social distancing, the Concordia Neighborhood Association (CNA) Board of Directors continues to be busy.

We have received many requests for funds. Under normal circumstances, the association fundraises through various programs or activities we put together to help those within our community. Now,

*What interests you?
What can we do as a neighborhood association to help keep you in the know, in the loop and interested?*

however, we too are facing a shortfall.

Under normal circumstances we would be able to assist and donate funds but, as it stands, we don't have the ability to put together activities. We are not generating any income. Therefore, we must fall back on reserves to persevere.

Participants in a street mural painting project requested funding to purchase paint so that they can restore a mural on Sumner Street and Cesar Chavez Boulevard. Unfortunately, we could not fund their project this year, but perhaps those among us in the neighborhood can assist. If you have paint cans or funds you would like to donate, let me know and I'll forward your offer along to them. My email is at the bottom of this column.

In addition, there were a few requests to assist local restaurants and businesses implement city-approved road closures. While the association cannot fund the entirety of the requests, we are able to spread it around among three plazas within the Concordia boundaries to assist with defraying some of the costs.

See Pages 6-7 for details on the innovations local restaurants and other businesses are pursuing to provide safe outdoor venues we can all enjoy.

Due to the current state we find ourselves in regarding COVID-19, the McMenamins Kennedy School Community Room is not available yet for us to use and to rent out. As soon as it is, we can begin to offer that perk once again!

The team planning redevelopment of the Portland Community College Workforce Training Center updated the CNA Land Use & Transportation Committee (LUTC) recently. They received public input from the community through our general meeting and other venues late last year. Now they're reporting back on how that input is being used. Visit the update at PCC.edu/bond/pmwtc.

Finally, I need some assistance. We would like to put together a few educational webinars for our neighborhood. What interests you? What can we do as a neighborhood association to help keep you in the know, in the loop and interested?

I could use some ideas – so please send them my way at Chair@ConcordiaPDX.org. I look forward to receiving them.

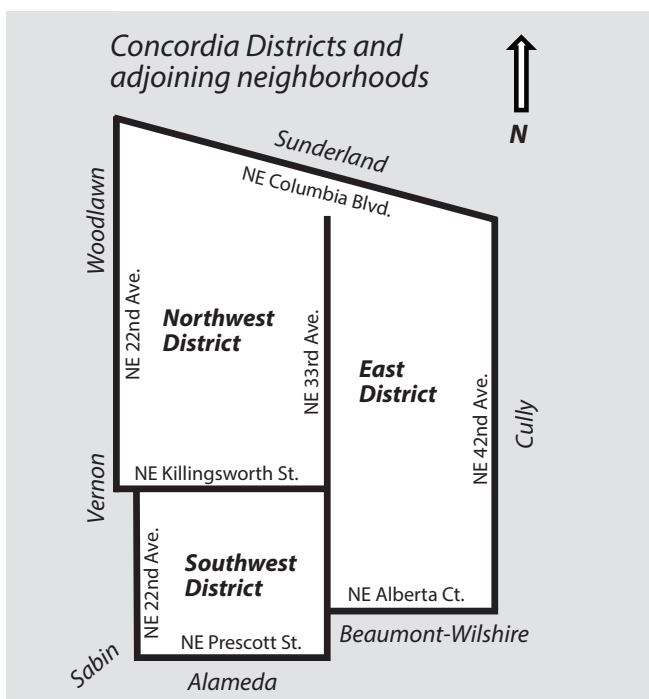
Astrid Furstner is a mother, a wife, an immigrant, a local artist and an artisan. She lives with her luthier husband, Brent, and her artist-in-the-making daughter, Luciana. Together, they call Concordia their home.

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
 Northwest 2 | NW2@ConcordiaPDX.org Amelie Marian
 Southwest 1 | SW1@ConcordiaPDX.org Garlynn Woodsong
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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, Aug. 5, 6:30 p.m., venue: see box below, contact Astrid Furstner, Chair@ConcordiaPDX.org

General Membership Meeting

Wednesday, Aug. 5, 7 p.m., venue: see box below and Page 8

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, Aug. 4, 6 p.m., venue: see box below, contact Gordon Riggs, MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee

3rd Wednesday of the month, Wednesday, Aug. 19, 7 p.m., venue: see box below, contact Garlynn Woodsong, LandUse@ConcordiaPDX.org

Finance Committee

Last Wednesday of the month, Wednesday, Aug. 26, 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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Astrid Furstner, Chair@ConcordiaPDX.org

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CNA Secretary

Steve Elder, Secretary@ConcordiaPDX.org

CNA Treasurer

Heather Pashley, Treasurer@ConcordiaPDX.org

North Community Safety Team

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

CNews Graphic Designer: Gordon Riggs

Media Team: Chris Baker, Kathy Crabtree, Keith Daellenbach, Joel Dippold, Steve Elder, Tamara Anne Fowler, Tami Fung, Will Goubert, Sharon Kelly, Lloyd Kimeldorf, Gina Levine, Vanessa Miali, Gordon Riggs, Rob Rogers, Marsha Sandman, Nancy Varekamp, Karen Wells, Carrie Wenninger, Dan Werle

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](https://www.concordiapdx.org/CNAMeetings)
- Meeting contact re: how to dial/tune in

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Association Seeks Recording Secretary

The association is seeking a person to take and transcribe minutes of directors 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.

Directors meetings are generally held at 7 p.m. on the first Wednesday of each month. Meetings

are held at the Kennedy School or virtually. Agendas are prepared by the committee chair. See the CNA 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

Secretary: Secretary@ConcordiaPDX.org

Bylaws: ConcordiaPDX.org/about-cna/bylaws/



Concordia Art Works

Bad tags Part 2: how can you avoid them?

By Maquette Reeverts
Alberta Art Works

So what can you do to help curb tagging? Plant thorny trees or bushes, remove ways to climb, light the area well, install a “living” mural or pay an artist to create a mural.

Portland’s Graffiti Task Force endorses murals as one of the best strategies available to reduce unwanted tagging. Murals demand attention and are far more respected than a glaring blank space.

They can educate, unify, beautify and create an experience that gets spread far and wide via social media. Murals can also be protected using an anti-graffiti coating making any future graffiti clean ups easier.

Interested in a mural? Use the \$1,000 you might otherwise pay in fines, and pay an artist. A local one earns brownie points.

Alberta Art Works can help put you in contact with an artist and facilitate

the somewhat complex mural permitting process. Or look into the Regional Art and Culture Council’s (RACC’s) Public Art Mural Program, which can provide matching funds up to \$5,000 – or \$2,500

Alberta Art Works can help put you in contact with an artist and facilitate the somewhat complex mural permitting process.

if the artist is a college art student. Under this program, RACC will own the completed artwork and have the artists waive their Visual Artist Rights Act (VARA) benefits. Those protect the artist’s image as the artist intended, regardless of the ownership of the final mural. This ensures the artist’s image remains as the artist intended, and it cannot be altered and nothing added to the creation.

Murals on private property are also



Even murals like Carla Bartow’s on a wall of the Black United Fund of Oregon get tagged. Overall, however, murals are tagged less than blank walls. And anti-graffiti coatings make cleaning easier. Photo by Maquette Reeverts

a solution for those fences, garage doors or concrete walls that are unsightly or targets for tagging. Murals contrast the negative mental health effects of concrete and asphalt.

Through the visual aesthetic, murals promote a sense of identity, belonging, attachment, welcoming and openness, and they strengthens our community identification.

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



Concordia Curiosities

CHICKENS continue to capture the interest of Concordians. Can you find this one? Hint: it’s on an alleyway in Concordia. Not to fear: CNews will publish the location next month. Photo by Anna Harts-horn



LAST MONTH’S Concordia Curiosities featured a stunning, tall rooster in the front yard at 4620 N.E. Prescott St. You’re invited to submit your own high-resolution photos. Point your lens at an object, scene, event, etc. in/near Concordia that you think is unusual or special. Then send it to CNewsEditor@ConcordiaPDX.org and it may appear in print or on Facebook.com/groups/ConcordiaPDX.

Want to get involved locally?

Join us at the next Concordia Neighborhood Association Board Meeting on Wednesday, Aug. 5, 6:30 p.m., venue: see box on Page 2.

All are welcome!

Want to get to know your neighbors?



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'Tales of Portland' begins here in Concordia

By Tamara Anne Fowler
CNA Media Team

A group of the last standing Buffalo Soldiers would meet every Sunday afternoon at Magoo's Pub on 42nd Avenue. Once Magoo's sold in 2015, they lost their

historic journey from Lewis and Clark to the 1950s in its first episode, "Coming to Portland." Find it at Facebook.com/oldPDX.

Norman and Concordian Jeff Dodge are creating the series. It's been in the works for more than three years.

"I'd like to see this series come across with a genuine and accurate interest in where we come from and how we got into our contemporary standards."

— Jeff Dodge

socializing venue.

Norman Sylvester understood. "We have been focusing on the impact Portland urban growth has on the African American community."

"Tales of Old Portland," a documentary with a projected seven episodes, presents an overview of the Portland



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.

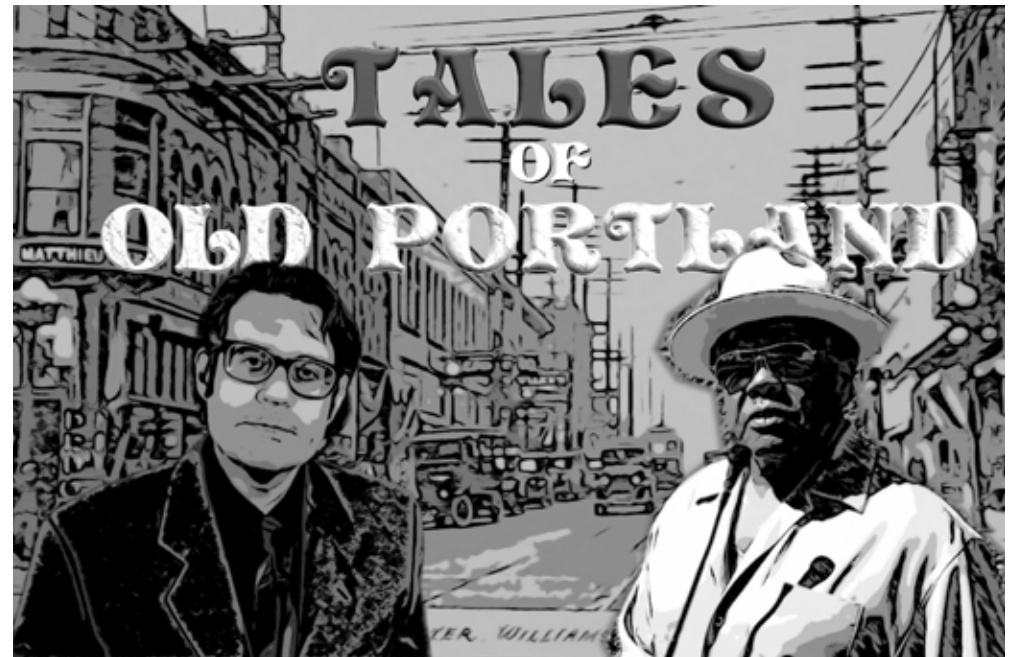
Jeff explained, "I'd like to see this series come across with a genuine and accurate interest in where we come from and how we got into our contemporary standards."

The next episode will focus on the ship building years in Portland, World War II, the establishment and destruction of Vanport and their overall impact on Portland history.

"The final episode is based around the history of the 'Good In The Hood' festival," Jeff said. "That is actually where Norman and I met in 1995."

If all goes well they will wrap up things by early 2021. At that time, they may expand into the other neighborhoods and those histories.

If you have tales to share with the two — especially from 1940s north and north-east Portland — they'd like to hear from



Concordian Jeff Dodge (left) and Norman Sylvester are collaborating on a seven-part series profiling Portland's history, beginning with the Lewis and Clark Expedition from nearly 200 years ago.

you at TrenchDigging@gmail.com.

Jeff and wife Jemila Hart have lived around the corner from Alberta Rose Theatre since 2004. They have seen a lot of change.

Between 1993 and 1995 was probably the most dangerous time in this area, as a lot of territorial gang disputes seemed to culminate around Alberta or Woodlawn.

Jeff said, "We'll see how the interview process goes, but I'm really hoping we get to address that period of history in one of our future episodes."

Giving his nieces a tour of Alberta last spring, he watched them take in the

murals, various art galleries and eateries. It made Jeff believe this version of Alberta can survive and serve as a cornerstone of Portland culture.

"And I plan on celebrating Alberta's and Concordia's history as long as I live here," he added.

"I love the beautiful Concordia University campus," Norman said. "Tears in my eye at the thought of it closing."

"The preservation of our history is a very important mission," he added. "The reference point from our beginning helps us understand the present and prepare for the future."

Paid for by the office of Dr. Carl Baird DC, MS, CCSP

Are You Worried How Your Daily Back Pain May Be Impacting Those Around You?

— By Leading Back Pain Expert, Dr. Carl Baird DC, MS



Last week, one of our favorite clients finished her care program getting her back to being able to continue to bike and hike after years of

pain. As she was leaving she said, "Before I forget, **my husband wanted me to thank you.**"

While a seemingly simple comment, the more I thought about it the more I realized how much it was really saying. It's something we often don't talk about, but back pain (or any type of lingering bodily pain) can really put a stress on our relationships.

For her husband to be nice enough to pass along a thank you must have meant that he must have been experiencing some sort of ripple effect of her pain. That even before she came into the clinic her back pain was having an impact on their relationship.

It's more common than we probably think. The truth is, that for many of the people we speak to,

their primary concern isn't about them at all, it's about how their pain is impacting those around them.

They say that they feel bad because they realize their back pain is starting to creep its way into their daily conversations. They start to feel guilty because they feel like they're constantly 'complaining' about their back pain to their family. To avoid feeling embarrassed, they find themselves coming up with reasons to not attend trips or activities with friends because they're worried that their back pain will slow everybody down.

Does any of this sound familiar?

If you are experiencing daily, annoying back pain and find yourself feeling guilty for not being able to do the things you used to with your partner or having to cancel plans with friends we want you to know that a SOLUTION does exist. Back pain DOES NOT have to be something that consumes your daily thoughts and impacts those around you.

This particular client's back pain started after an injury a few years

back. After many failed attempts to treat the pain, she thought **she was going to have reduced mobility for the rest of her life.** This not only kept her concerned about herself, but she worried about how it would impact her relationship with her husband - a relationship based on activities they enjoy doing together - hiking, biking, running, etc.

Upon referral of a friend, this client came in committed to a plan and was able to get rid of back pain.

More importantly, she was back to biking and hiking with her husband... the activities they did together to connect and continually strengthen their relationship. Their conversations have since moved away from the topic of her back pain to talking about their kids, work, vacations, and plans for the future. Finally, back to normal!

As with all our clients, her journey to getting back to her relationship with her husband started with a 100% Free Discovery Visit.

This FREE Discovery Visit is your opportunity to:

- Speak directly to a back pain

specialist and make sure all your questions are answered

- Gain clarity on the cause and solution to your back pain
- Get all the information you need to help make the best decision for yourself regarding your back pain.
- Determine the best next step to keep you active and strong so you can get back to doing what you love.

If you've been dealing with back pain that never seems to go away and you're worried about how the pain is putting stress on your relationships - inquire about our free discovery visits to see if one of our plans is right for you.

To Inquire About Availability:

Call us at (503) 954-2495 to schedule your free visit (or ask any questions!) You can leave a message 24/7.

Inquire about availability at: <https://www.performancehealthcarepdx.com/discovery-visit-inquiry>

If you're ready for a solution to your pain and keep your relationships strong - schedule your FREE DISCOVERY VISIT today!

Greywater, permaculture supercharge yards

By Garlynn Woodsong
CNA Board Member, SW1
Land Use & Transportation Committee Chair

I like to think holistically about the yard-as-a-system, and how it relates to the house-as-a-system to help provide as much function as possible.

For Concordians with yards, you'll likely spend many summer hours in it. Perhaps it's already at its best, or future improvements could be made.

I like to think holistically about the yard-as-a-system, and how it relates to the house-as-a-system to help provide as much function as possible. And by function, I mean food.

One lens to use to analyze these

relationships is that brought by the permaculture scientific design discipline. That provides a holistic, empirically-based, practical set of solutions to apply to the relationship between humans and the ecology we live in – our yard and our neighborhood.

Permaculture comes with three ethical principles:

1. Care of the Earth
2. Care of people
3. Return of surplus to the Earth and people, aka Fair Share

One application of these principles is to re-use outputs from the house as inputs to the yard. This can go beyond composting to include one particular solution accessible to anybody in a house

with plumbing and a yard.

A straight-pipe-to-yard greywater system is just that. It can be installed on any house that provides a second set of plumbing drain pipes to include any fixture except the toilet. In Portland, the toilet must drain to a dedicated blackwater sewer system. Slab-on-grade construction or plumbing below basement slabs present unique challenges that can add to the installation expense.

Showers, bathtubs, sinks, washing machines, etc. all are isolated from the toilet line into separate pipes. A three-way valve at the bottom of each circuit allows it to be drained to the city sewer during periods when precipitation exceeds evaporation during winter. It drains to the yard when evaporation

exceeds precipitation during summer.

Once this parallel set of drain and vent pipes is installed within the house, new exit pipes exit and slope into the yard. They possibly take a brief pass through a surge tank, then branch out via three-way intersections that split the flow of greywater from one input equally into two outflows. They also include clean-out access.

A series of such three-way junctions is used to distribute the greywater across the yard into infiltration trenches, which can be made in any shape to allow absorption.

Each outflow pipe terminates into an exit filter, usually a bucket filled halfway with rock and with holes in its sides. The trench is filled up around this with wood chips. One of the maintenance activities involved with greywater systems is to add new wood chips annually to keep everything topped off.

Fruit and nut trees and perennial shrubs such as berries – food and medicine sources – are planted adjacent to each greywater trench. Then their roots can use the moisture to help maximize growth during the summer.

East Multnomah County Soil and Water Conservation District has a greywater program described at EMSWCD.org/in-your-yard/water-conservation/graywater.

An invaluable resource is the book "Builder's Greywater Guide: Installation, Standards, and Science for Builders, Landscapers, Regulators, Policymakers, Researchers, and Homeowners," by Art Ludwig.



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

Businesses innovate from the norm

By Brent Furstner
Land Use & Transportation Committee

The Land Use & Transportation Committee (LUTC) had two guest speakers this month: Daniele Strawmyre of Ready Set Grow and Lizzy Caston of Alberta Main Street.

Daniele spoke about plans to close parts of the 30th Avenue at Killingsworth Street to create an inclusive space for an art gallery, a stage for live performances, support of the Black Lives Matter movement and other ways to help support local businesses. She asked for help with a stage and traffic barriers.

Lizzy spoke about some of the possible changes coming to Alberta Main Street events this summer. Named Summer of

Alberta, it will sponsor smaller events, virtual Last Thursdays, closing parts of Alberta Street to traffic to allow for more social distancing, outdoor dining and many other options. Additionally, Mike Bennett is creating and placing 30 Albertasaurus along the street.

Alberta Main Street needs ways to source funding for everything from online art classes to traffic barriers. The organization is collaborating with agencies, groups and people working on changes to cope with the current impact of COVID-19 on social events and small businesses.

Included in the discussions were keeping and attracting businesses owned

by Black, Indigenous and people of color (BIPOC) on historically Black Alberta Street; creating welcoming spaces for all; and the Alberta Main Street organization using its storefront to display a June-teenth mural across 10 windows.

See details on Pages 6-7 about plans in the works by Alberta Main Street and the business owners on 30th Avenue, either side of Killingsworth Street.

The LUTC currently meets online via Google Meets. Visit ConcordiaPDX.org/CNAmeeetings for how to attend the Thursday, Aug. 19, meeting.

All are welcome to attend and new members are sought.



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

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30th Avenue block(s) set sights on the street

By Nancy Varekamp
CNews Editor

Businesses on 30th Avenue, one block each side of Killingsworth Street, plan to take their businesses to the street in August.

The north block received a permit from the city to close the avenue to vehicles through Nov. 1.

Wilder Bar|Café's target date was July 22 for reopening outside only. Among other businesses in that block planning to share the plaza are DOC food + wine, Nonna Tavern and the new Biga Pizza.

A plaza on the south block offers the challenge to reroute TriMet's Line 72.

Meantime, some businesses on the south side may participate in Street Seats to conduct more socially-distant business in the parking spaces in front of their buildings.

"The restaurants want the space to serve food and have a place for people to eat it outdoors," explained Daniele Strawmyre. She expects half a dozen other businesses will join the move of her Ready Set Grow onto the asphalt.

"My own interest is to create arts programming, with pop-up arts events

"This adds a little bit of community in the midst of this terrible pandemic."

— Ben Preacher

in my building and outside," Daniele said.

She had planned to incorporate art next year into her business with its classes for prenatal and postpartum parents. With classes now online due to COVID-19 and herself pregnant, Daniele is accelerating the schedule.

Together, businesses on the blocks are planning to feature singers, performance artists, artists in general, a street mural and have a dedicated community space.

"After all, community is what keeps us all together," explained Ben Preacher, Wilder co-owner.

His was expected to be the first business to open on the north plaza.

"It has been a very depressing several months for everyone," Ben added. Serving customers outdoors to reopen protects the safety of customers and employees alike.

"This adds a little bit of community in the midst of this terrible pandemic.

"We hope the plaza provides an opportunity to wave to your neighbors, eat outside together and enjoy the ambiance — all at a distance."



Daniele Strawmyre, left, owns Ready Set Grow and leads businesses on the south side of Killingsworth Street to take over part of 30th Avenue to do business for the next few months. Marc Frankel, owner of the new Biga Pizza, is one of several establishments in the north block to open a plaza for social distancing.



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



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To Your Wellness

Let your heart be steady

By Penny Hill
Licensed Massage Therapist

Have you found yourself a bit snappish? Are you quick to anger, or just off the rails more than is usual?

You're not alone. The prolonged stress of the pandemic and the long-overdue cultural awakening puts brains in overdrive and nervous systems on edge.

Change is hard, even beneficial change. And this period of time is deeply layered with financial, health and economic uncertainty.

For some communities, that goes back centuries. And it's an awakening in other communities to situations that they should have been awake to for a long time now. In some ways people are just meeting each other now, and they're pledging to do better.

How does that happen? Let the heart lead. Learn techniques that will steady the nervous system and improve physical and heart health at the same time.

Those practices will bring people together in the move from protest to policy. Clinging to old ways will not move society. These changes require an expansion of what has been held too tightly.

One technique is called Heart Centering, and it's as simple as can be.

Here's how:

- Focus your attention in the area of the heart.
- Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.
- Find an easy rhythm that's comfortable.

Use Heart Centering many times a day, even just a few breaths at a time, to reset after any draining response to a current event.

This helps to neutralize emotional reactions in the moment, eliminating the impact of stress on your body. And done together, this breathing brings your heart into coherence.

Moving forward, may the hearts of everyone unite in fruitful change.



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.

Alberta street doesn't surrender to pandemic

By Nancy Varekamp
CNews Editor

COVID-19 changed many plans. But it hasn't changed the enthusiasm of businesses and other organizations on Alberta Street this summer.

"I figured it would be a slow summer," reported Ann Griffin, Alberta Main Street executive director. "Instead, it's turned into a crazy, busy, fun one. We're

studio visits, gallery tours, show openings, artist interviews and, yes, sales.

"Our partnership is pulling off quite a feat," she said. Involved are Sabin Community Development Corporation, Alberta Artworks, Blind Insect Gallery, artist Bobby Fourther and Alberta Main Street.

For people who stroll the sidewalks, Alberta Art Works continues to provide a map for DIY walking tours of the murals.

Stores, galleries and restaurants have pulled together to keep the community entertained and engaged.

calling it "The Summer of Alberta."

Stores, galleries and restaurants have pulled together to keep the community entertained and engaged.

For instance, Last Thursdays can't call for street closures this summer. So they've gone virtual. And they occur every Thursday in August.

"We celebrate the artists, galleries, musicians and other performers – online – all summer long," Ann said. Virtual art lessons welcome students of all ages.

Also online are artist highlights,

Download it from AlbertaArtWorks.org/art-map.

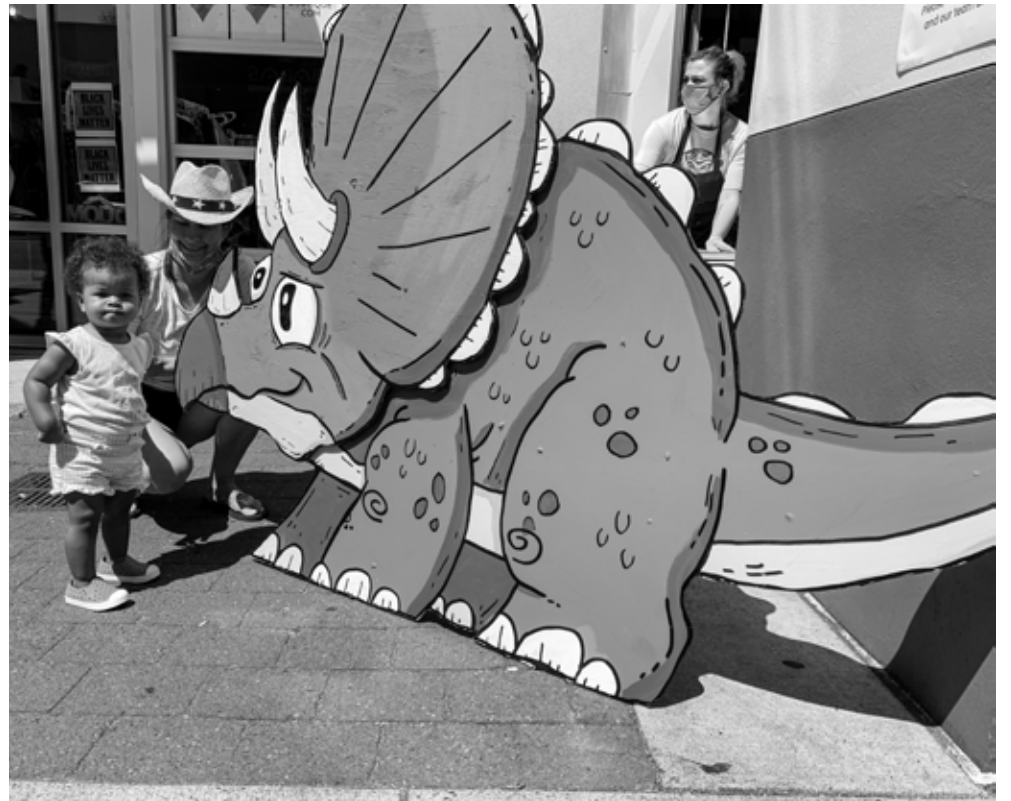
Bunny with a Toolbelt and Green Bean Books are offering an all-new map. This one helps you locate animals that appear in art along the street. Download the Tour of Animals Map, at BunnyWithAToolbelt.com/animal-art-tour or pick up one at either store at 1722 and 1600 N.E. Alberta Street.

Saturday, Aug. 8, was to be the traditional Alberta Street Fair that draws 26,000 diners, shoppers and audiences.

"This year, it's 'Alberta Street Fair in the Air,'" Ann explained. "We'll livestream two performances from Alberta Rose Theatre. The auditorium seats will be empty, but the audience can stream on any device anywhere."

Check AlbertaMainSt.org/signature-events/street-fair-in-the-air-2020 for additional plans and sponsors.

Finally, business owners are finding



Elsie Bangura, 14 months old, with mom Carrie met her first Albertasaurus recently. It's among 30 Mike Bennett is creating during this Summer of Alberta. That effort is one of many underway to preserve Alberta Street's tradition of entertainment during this time of social distancing.

ways to move some of their activities outside their brick-and-mortar venues to increase social distancing. There may be single- or multi-block plazas before the end of summer. Those would close affected blocks of Alberta Street to vehicle traffic so businesses can make use of the space.

A few have already received city approval to use the parking spaces at their curbs to form Street Seats.

Alberta Main Street's own Street Seats space at 1722 N.E. Alberta St. is available through the end of September to businesses owned by people of color. Call Ann at 971.275.6240 to inquire.



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

News From the NET

Let's talk about biochar

By Amy Gard
Concordia/Vernon/Woodlawn NET

It's not every day that I learn of something that I find very exciting in the realm of preparedness and resiliency. So, I was thrilled to find something that delivers – with an added bonus of addressing climate change and equity.

Collaborate Northwest, LLC, is a Portland-based entity whose stated goal is to "respond locally to global challenges such as climate change, soil depletion, social injustice, loss of bio-diversity, water pollution and houselessness through helping organizations (to) evolve their governance systems and practices to become more joyful, fair and effective; and through an initiative called Cascade Biochar focused on sequestering carbon."

As part of the biochar initiative, it also started the Neighborly Shelters Initiative, which provides guidance to individuals and organizations for what it calls "do-it-yourself backyard projects for building biochar-producing stoves and fire pits, handwashing stations, water catchment and filtration systems, composting bins and more."

Founder Melanie Rios is a long-standing team leader with Portland's Neighborhood Emergency Teams (NET) program. She sees how the Neighborly Shelters model could be used to not only build community, but also provide

essentials such as warmth, water and sanitation to neighborhoods when the Cascadia Subduction Zone ruptures.

Cascade Biochar is well into developing a prototype of a Neighborly Shelter near Mt. Tabor, complete with an outdoor biochar-producing kitchen and outdoor toilet with a hands-free sink.

The biochar can be combined with waste to create high-quality compost for food production as well. Additionally, the energy produced during the biochar process can be used for heating and cooking.

It all fits together to meet all basic human needs while sequestering three pounds of CO2 per pound of biochar for hundreds of years.

Melanie plans to offer the next open house for the prototype this autumn. Contact Info@cascadebiochar.net or visit CollaborateNorthwest.net for details.



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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Help your child to get ready for kindergarten

By Marsha Sandman
CNA Media Team

Ready or not, it's almost time to think about starting school. With the current pandemic, the great unknown exists. Will your little one will be in a classroom or learning at

Whether at home or in the classroom, routines will help your kindergartener to know what to expect daily.

home? Perhaps it will be a little of both. Regardless, you can help your child prepare for the kindergarten experience now.



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.

Christina Gay – known as Mrs. Gay to her kindergarteners and their parents at Faubion School – explained there are steps parents can take now to prioritize what's most important to focus on in preparing your kiddo for a successful learning adventure.

She suggested the student should be prepared with some basic skills. They should understand the concept of time while developing and establishing routines.

Whether at home or in the classroom, routines will help your kindergartener to know what to expect daily. A home school day should be one to two hours with "brain breaks" depending on the child.

Mrs. Gay advises each activity should be no more than 15 to 20 minutes. In between reading, writing, science and math, the students in school experience four special classes, each once a week: art, physical education, dance and library.

Everyone's favorite – recess – is about 15 minutes twice daily.

"I love it all. It's so fun to see them learn and see their emotional and social growth," she said. "It's a special joy to watch them support each other."

Focus on responsibility, independence, self-help and social skills. The child should be able to express himself or herself, spend time in a group and practice listening.

Consider dressing the student in clothing that's easy to manipulate. Little hands should be able to zip, tie and button. Hungry little ones should know

Dashel Money was enthusiastic about his first day of kindergarten a couple of years ago. A local teacher offers tips on how to help your child prepare.



how to get into their own lunches.

According to Mrs. Gay, before kindergarten starts, your pint-sized sweetie should be able to read and write his or her name and know shapes, colors and numbers.

Read to your youngster and engage in meaningful literary activities. The student should know how to hold a pencil or marker with enough pressure to go from scribbles to words. Work on small and large skills with encouragement.

Practice saying goodbye before the first day of school so your kiddo is familiar with the process and knows you will come back at the end of the school

day.

If you teach at home, practice patience, use a timer and employ learning skills available through your school's online videos.

School reportedly opens Sept. 8. Visit PPS.net/kinderenroll for registration forms. They are also at school food pick-up sites.

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Webinar offers bike rules of the road

- When do you and your bike have the right-of-way on the road?
- Is it OK to ride my bike on sidewalks?
- Are the rules different for electric bikes and scooters?



Concordia Neighborhood Association hosts this virtual legal clinic **Wednesday, Aug. 5, beginning at 7 p.m.**



Attend this CNA General Meeting by sending an email to Astrid at Chair@ConcordiaPDX.org to request the webinar invitation.

Attorney Chris Thomas presents the webinar in collaboration with the firm of Thomas, Coon, Newton & Frost.