



# CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

September 2020

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Lives lost, in jeopardy while Lombard Street awaits safety improvements.

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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.

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# Memorials share faces, tell stories

By Nancy Varekamp  
CNews Editor

“Say Their Names,” isn’t just a mantra for one neighbor, nor is it enough.

“I wanted to know more about these people who are in the headlines,” explained Rob van Nood.

“I started doing more research and started realizing, for me, the power of actually knowing a person’s story is a much more emotional connection.”

Between late June and mid-August, he had created and installed 24 memorials on poles bordering Fernhill Park near his Cully home. Each one shows the face and the name of a Black person who died at the hands of police or vigilante citizens.

Additionally, the memorials display quick response (QR) codes to sites that tell the victims’ stories and electronic votive candles on a timer that lights them for five hours beginning at 8 p.m.

“It gives us an emotional connection to the humanity of each person. I’m still going,” Rob said. “I’ll keep making them with the time and energy I have.”

Once installed, Rob checks on each memorial and provides maintenance as needed twice a week. “This gives me an opportunity to remember to say each name several times a week, and think about their personal stories.

“I’ve always been interested in the idea of public art, basically unauthorized public art,” he explained. He’s an educator, and art is his lifelong passion.

“I wanted to do this for my neighborhood as a gesture of remembrance that might stay in people’s minds beyond the headlines,” he added.

His website explains his rationale: “Who we choose to memorialize in public spaces says a lot about who we are as a people. At a time when the memorialization of historical figures is being questioned across the country, it is every person’s right to consider who should be represented in our neighborhoods and



Neighbor Rob van Nood offers the names and faces — plus internet stories — of Black people who died at the hands of police or vigilante citizens. By CNews press time, he had created and installed 24 memorials on poles bordering Fernhill Park. Photos by Lloyd Kimeldorf and Gordon Riggs

cities.

“This work is a reminder and a call that it is time that this country raise up the images and stories of people who have lived under the oppression of systematic racism for over 500 years.”

Rob added, “As a white man, I’m struggling with whether I am the right person to be choosing the names.” The first dozen victims he memorialized came from a list of names and websites distributed in May by his school’s inclusion and outreach director.

The next 14 came from headlines and three from the mid-20th century. Rob’s social media invites more recommenda-

tions.

In fact, that social media has gone viral since neighbors and other visitors to Fernhill Park share them from [bit.ly/FHMemorial](https://bit.ly/FHMemorial), @FernhillMemorial and #FernhillMemorial.



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

## 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.

**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](mailto:3toPHD.Portland@gmail.com).

**School lunches** availability for pick up at local schools in September hadn’t been announced by Portland Public Schools as of press time. Check for information at [PPS.net/Page/15616](https://PPS.net/Page/15616).

**Free Lunch + Play** at local parks during the summer may have ended in August. No announcement had been

made by Portland Parks & Recreation before press time. Visit [PortlandOregon.gov/parks/69873](https://PortlandOregon.gov/parks/69873) for updated information.

**Engage in the Change** art show is at the Alberta Street Gallery, 1829 N.E. Alberta St., 11 a.m.–7 p.m. daily through Sept. 19. Competition closed Aug. 15, and all submissions are also on display at [Facebook.com/Events/242815893403503/](https://Facebook.com/Events/242815893403503/).

**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** are revamped into “Summer of Alberta.” See Page 8 for Sept.

24 cookoff plans or visit [AlbertaMainSt.org](https://AlbertaMainSt.org) for all events.

**NE Sunday Parkways** scheduled for Sept. 20 is canceled. Visit [Portland.gov/Sunday-Parkways](https://Portland.gov/Sunday-Parkways) for related-yet-digital alternatives.

**Alberta Rose Theatre’s** shows go on, with subscribed, down-streamed programming and some free programs during September. Visit [AlbertaRoseTheatre.com](https://AlbertaRoseTheatre.com).

**More?** If you have information on other traditional September events affected by the state’s “stay home, save lives” order, post at [Facebook.com/groups/ConcordiaPDX](https://Facebook.com/groups/ConcordiaPDX). Deadline is Sept. 10 to send information to Concordia News via [CNewsEditor@ConcordiaPDX.org](mailto:CNewsEditor@ConcordiaPDX.org).

Chair's Corner

By Astrid Furstner, CNA Chair



# No end to distancing in sight; creativity beckons

This time of year reminds me of the Shel Silverstein poem "Here comes summer." The summer, indeed, has gone by quickly. It's September and we're all adjusting to a new normal. Many of us are handling working from home, adjusted hours and life schedules and – for those of us with children – learning to home-school our children.

*If you have topics, suggestions – or are interested in sharing your knowledge about something you are passionate about or are experienced in – let me know.*

Some have adjusted to this new routine, while others are still struggling. Throughout all of this, we should remember to care for our mental well-being as well, of course, as our physical.

Take time to breathe, enjoy a cup of coffee/tea, give yourself a moment, check on your neighbor, text a friend, hug your children or enroll in a virtual exercise program – anything to keep going. We tried a family 30-minute virtual yoga class and it was awesome!

When will this end? We honestly don't know.

What I do know, is that we are trying to do our best. The Concordia Neighborhood Association continues to meet remotely by video conference.

In August, we held our first learning webinar – thanks to the Street Trust for providing the opportunity to learn and, of course, our speaker, attorney Chris Thomas. He provided us with an hour of learning regarding rules of the road for bicyclists. We had 18 in attendance, and you'll find notes on that

session at [ConcordiaPDX.org/BikeLaws](http://ConcordiaPDX.org/BikeLaws).

We hope to have more learning opportunities via online webinars. If you have topics, suggestions – or are interested in sharing your knowledge about something you are passionate about or are experienced in – let me know. Email me at [Chair@ConcordiaPDX.org](mailto:Chair@ConcordiaPDX.org).

Last month the Office of Community & Civic Life

posted its findings about how people react to Neighborhood Watch signs at [MailChi.mp/bb89424745c3/the-power-of-signs-10619982](http://MailChi.mp/bb89424745c3/the-power-of-signs-10619982).

In turn, that page links to [PortlandOregon.gov/civic/62587](http://PortlandOregon.gov/civic/62587) for information on the Neighbors Together program. It's a new virtual community conversation that provides resources, tips and creative ideas on how to support one another reaching out to neighbors – especially those isolated and without digital access. Group training in Neighbors Together is offered via that site.

I would be interested to know what you think of it. Again, please email me.

*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.*

## Concordia Neighborhood Association

### Board Meeting

1st Wednesday of the month, Wednesday, Sept. 2, 7 p.m., venue: see box below, contact Astrid Furstner, [Chair@ConcordiaPDX.org](mailto:Chair@ConcordiaPDX.org)

### General Membership Meeting

Wednesday, Nov. 4, 7 p.m., venue: see box below

### Social Committee

If you'd like to volunteer to help plan fun, community building events, contact Sonia Fornoni at [SoniaGF419@gmail.com](mailto:SoniaGF419@gmail.com).

### Media Team

1st Tuesday of the month, Tuesday, Sept. 1, 6 p.m., venue: see box below, contact Gordon Riggs, [MediaTeamLead@ConcordiaPDX.org](mailto:MediaTeamLead@ConcordiaPDX.org)

### Land Use & Transportation Committee

3rd Wednesday of the month, Wednesday, Sept. 16, 7 p.m., venue: see box below, contact Garlynn Woodsong, [LandUse@ConcordiaPDX.org](mailto:LandUse@ConcordiaPDX.org)

### Finance Committee

Last Wednesday of the month, Wednesday, Sept. 30, 7 p.m., venue: see box below, contact Heather Pashley, [Treasurer@ConcordiaPDX.org](mailto:Treasurer@ConcordiaPDX.org)

### Community Room Rental

For info and scheduling, visit [ConcordiaPDX.org/community-room-rental](http://ConcordiaPDX.org/community-room-rental) or contact Sonia Fornoni at [CNARoomKennedy@gmail.com](mailto:CNARoomKennedy@gmail.com).

### CONTACTS

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#### Neighborhood Response Team Officer

Anthony Zoeller, [Anthony.Zoeller@PortlandOregon.gov](mailto: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](mailto:CNewsEditor@ConcordiaPDX.org)

**Submissions to CNA Website:** Submit nonprofit news & events to [MediaTeamLead@ConcordiaPDX.org](mailto:MediaTeamLead@ConcordiaPDX.org)

**Advertising:** Gina Levine, [CNewsBusiness@ConcordiaPDX.org](mailto:CNewsBusiness@ConcordiaPDX.org), 503.891.7178

### MEDIA TEAM

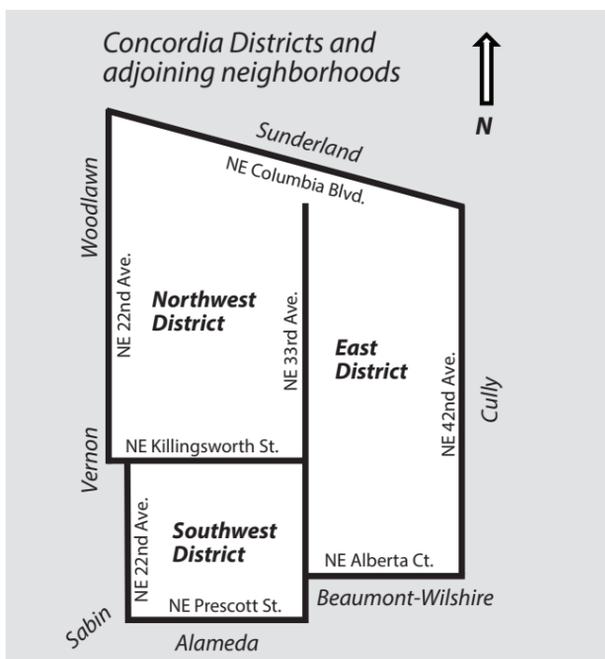
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- At Large 5 | [AL5@ConcordiaPDX.org](mailto:AL5@ConcordiaPDX.org) Truls Neal
- At Large 6 | [AL6@ConcordiaPDX.org](mailto:AL6@ConcordiaPDX.org) Matt Boyd

Find Concordia Neighborhood Association info & resources on the web at: [ConcordiaPDX.org](http://ConcordiaPDX.org)

## Have you checked out CNA's Facebook page?

Keep informed of CNA activities and your neighbors' comments.



Check out the group page for:

- CNA meeting invites & minutes
- Neighborhood events
- CNews story highlights
- Community discussions

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



## CNA meeting venues during 'stay home, stay safe'

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

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

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Concordia Art Works

# Pablo brings Mexican art to Alberta Street

By Maquette Reeverts  
Alberta Art Works

Born in Zongolica – meaning crafty hair – in Veracruz, Mexico, Pablo Gonzalez came to Portland in 2001 to pursue his art. He loved the beautiful trees and worked at

*He now has quite a body of work on Alberta.*

Al Forno's Pizza, where he did his first murals on Alberta Street.

Influenced by the Mexican tradition of murals, he carried a portfolio of his work to show store owners in his search of walls to paint. He now has quite a body of work on Alberta.

La Sirenita hosts his mermaid, her scales made of CDs reflecting the afternoon sun. On the alley wall, he collaborated with Consuela del Moral to paint Fertilidad del la Tierra – Fertile Earth – depicting various Mexican symbols, animals and designs.

On the once-vacant building on 23rd Avenue and Alberta, Pablo and friends painted a whale, elephant and large roses atop a stenciled background on the façade.

On Dar Salam's front patio, find his trompe l'oeil. It's an art technique that uses realistic imagery and perspective to create the optical illusion you are sitting on a Middle Eastern village street as you dine.

His latest mural at southeast 136th Avenue and Powell Street honors Black Lives Matter. Larger-than-life portraits of George Floyd and Quincey Hanes contrast a local incident with the more nationally known tragedy.

He received some negative feedback – being a Mexican artist – and push-back from the building owner, but he knew the importance of the message and continued his work.

Now Pablo's portfolio is full of examples of interior and exterior murals, food carts and works on canvas. Visit PablosMurals.com to see his body of work.

Pablo invites fellow artists to an outdoor show in his yard for Last Thursdays. Find his sign on 19th Avenue and Alberta directing you to his house behind the Alberta Street Gallery. Listen for the DJ playing on the front porch.

"Times are tough," Pablo said. "But I just keep going forward with positivity."



Pablo Gonzalez moved to Portland to pursue his art. In 19 years, he's left his mark – and continues to – on many walls on Alberta Street. Photo by Maquette Reeverts

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

HAVE YOU SEEN THIS fairy village? Hint: it's on an east-west street in Concordia. Not to fear: CNews plans to publish the location next month. Photo by Nancy Varekamp



LAST MONTH'S CONCORDIA CURIOSITIES FEATURED another hen, this one filling the space of a garage door. Heidi Schulz' art is on the garage at the 32nd Avenue end of the alley parallel to the south side of Ainsworth Street. 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.



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# Testimony welcome for tree code changes

By Sharon Kelly  
CNA Media Team

Portland City Council will consider amendments to the five-year-old tree code, Title 11 Trees, in September and October to save more trees in Concordia and throughout Portland.

Bruce Nelson hopes neighbors will help influence the city council to approve the amendments. He's a Cully resident, retired horticulture professor, Portland Urban Forestry Commission member and a founding member of Trees for Life Oregon (TFLO).

"We're losing too many trees because it's too easy to take them down," he pointed out. "We'll gradually lose older large trees, a lot of those to development.

"It happens one lot at a time," he added. "But give it 40 years, and many will have to go to a park to sit under the shade of a tree. It's not that people are opposed to trees, they just don't make trees a priority."

Jim Gerbach, Concordia resident,

*"We're losing too many trees because it's too easy to take them down."*

— Bruce Nelson

neighborhood tree steward and also a founding member of TFLO explained, "Concordia has a lot of smaller affordable homes and has already been targeted for in-fill development and the construction of duplexes."

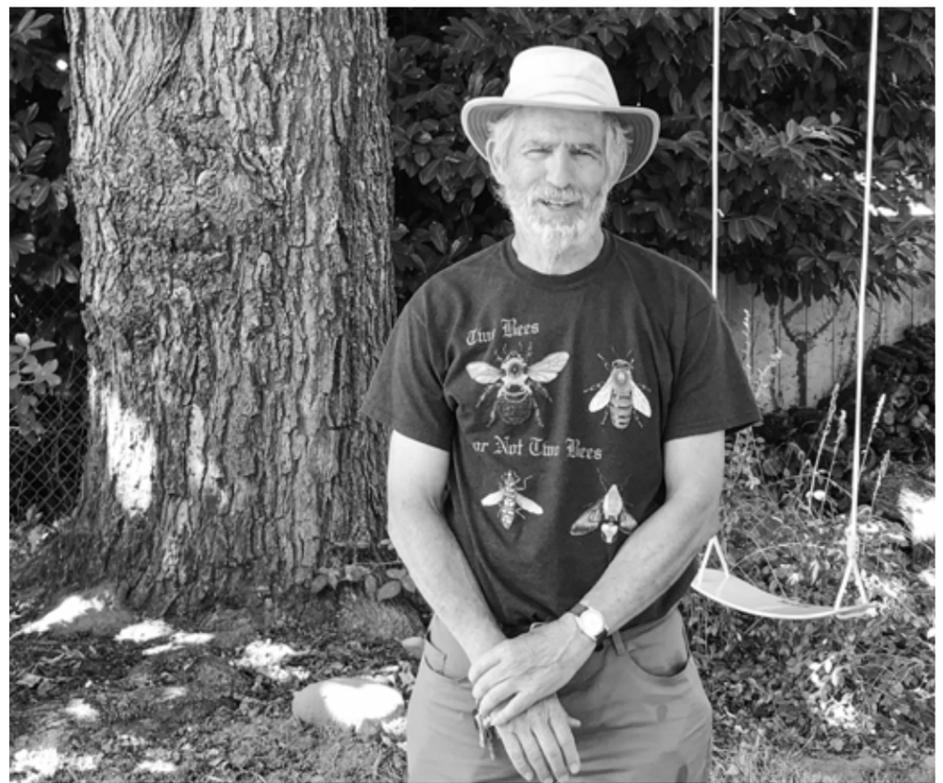
According to Jim, with the August approval of the Residential Infill Project, infill will accelerate with four to six homes on a lot.

"It's important that Concordians know about the protections for trees in their neighborhood and speak up, or they may find that trees they're used to seeing will not be there."

In an effort to strengthen the existing tree code and address inequities, city staff proposes the requirement that trees on private property with a diameter of 20 inches or larger be preserved, or developers pay mitigation fees for removal. Currently, the preservation threshold measurement is 36 inches.

City council will also vote on removing exemptions from some properties zoned commercial and industrial.

Concordia Neighborhood Association (CNA), TFLO, Audubon Society and many other tree advocates call for support, even stronger code and incen-



Bruce Nelson hopes neighbors will weigh in on amendments to the tree code to save older, larger trees throughout Concordia and Portland. Photo by Sharon Kelly



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](mailto:NaturalFarmerPDX@gmail.com)



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## And the leg bone is connected to...

By Kim Magraw  
Licensed Massage Therapist

Did you know that your body has a diverse collection of "connective tissues"? This unlikely grouping features a number of star players that you're surely intimate with.

Cartilage, tendons, ligaments, bones and adipose – aka fat – are connective tissues. Many authorities also lump blood and lymph into this category.

Tough collagen fibers are abundant in many connective tissue types, including

ligaments which form connections between bones.

Ligaments must strike a fine balance, providing firm and resilient connections while allowing some flexibility. They must have an effective and healthy collagen matrix and must also be the right size and shape for the body.

Some people have very tight and firm ligaments and others have loose and wobbly ligaments. In the first case, a person is very physically inflexible and, in the second, a person is flexible in the extreme.

Injuries and surgeries factor into the functioning of ligaments too. Someone who has sprained an ankle repeatedly may develop loose ligaments making them prone to further sprains. Someone who has had surgery on a joint may have scar tissue that prevents ligaments from allowing normal range of motion.

Where in the spectrum do you reside?

- Are you highly flexible with a tendency to dislocate joints?
- Are you relatively stiff such that going to a yoga class is an exercise in watching other people stretch in ways inconceivable to you?
- Are you somewhere in the middle?
- Have you had injuries that result in some of your joints becoming limited or too unlimited in their movement?

This knowledge has practical ramifications. Generally speaking, those with loose ligaments benefit from strengthening exercises to build heftier muscles that can help ligaments support joints.

Conversely, those with tight ligaments benefit from stretches to support and expand joint mobility.



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Kim Magraw practices massage at Concordia Wellness LLC under Oregon license 19492. Contact him through [ConcordiaWellness.com](http://ConcordiaWellness.com).

# NAYA plans virtual gala, perhaps powwow

By Steve Elder  
CNA Media Team

What would have been the 11th Neerchokikoo Powwow has become another casualty of the pandemic.

However, stay tuned for evolving news from the Native American Youth and

cancel is the 17th Annual Gala & Auction. Scheduled for Nov. 13, it's still on the NAYA calendar – but it is going virtual.

Plans call for Native American art, special performances and inspiring stories. To participate as an artist or sponsor – or to join the event online – keep an eye on <https://Gala.NAYApdx.org>.

*Since 2010, the powwow has been a celebration of Native American history and culture through food, music and dance. Men and women of all ages sing and dance throughout the day in their own styles.*

Family Center (NAYA). According to the nonprofit's NAYA eNews, staff members are making plans for virtual cultural nights and other programming to keep the community connected to culture and each other. Find details as they become available at [NAYApdx.org/events](https://NAYApdx.org/events).

Canceling the September in-person event didn't come easily. Since 2010, the powwow has been a celebration of Native American history and culture through food, music and dance. Men and women of all ages sing and dance throughout the day in their own styles.

The Neerchokikoo Powwow has always been free to the public. In addition to dance exhibitions, native artists offer beautiful prints, jewelry and other items for sale.

It is named for the Chinook village that previously occupied the home of NAYA.

One event NAYA doesn't plan to

Portland is the home to the ninth largest urban Native American population in the United States, representing members of 380 different tribes.

NAYA works to enrich the lives of native youth and families through education, community involvement and culturally-specific programming. It has provided educational services, cultural arts programming and direct support to reduce poverty to the Portland metropolitan area's native population for over 30 years.

The family center serves self-identified Native American youths and their families throughout the Portland metropolitan area.

NAYA's powwow isn't the only one canceled due to the pandemic. The Gathering of Nations, the country's largest powwow, typically draws some 75,000 Native Americans and non-native people to Albuquerque, New Mexico, to watch



The Native American Youth and Family Center's September powwow is canceled. Dances like this one from a previous year may become available in virtual cultural nights. Meantime, the 17th Annual Gala & Auction is still scheduled – but online. Photo courtesy of NAYA

3,000 participants who represent over 750 tribes from the United States and Canada.

The term powwow is traditional, according to "Your Guide to Understanding and Enjoying Powwows." Author Murton McCluskey wrote, "Some reports say that the word powwow has the origin from the Pawnee word, pa-wa, meaning 'to eat.'"

"Other sources say the word is of Algonquin origin and was originally pronounced 'pauau,' which indicates a gathering of people for the purpose of

celebration of an important event. In any case it is a special time to gather and celebrate, meet old friends and create new friendships."



Steve Elder, [East2@ConcordiaPDX.org](mailto:East2@ConcordiaPDX.org), is an inactive lawyer, a developer, activist and old grouch.

## News from the NET

# Stock your first aid kit

By Amy Gard  
Concordia/Vernon/Woodlawn NET

If your experience is like many, summertime is a season of injury. Luckily, neighborhood emergency team members usually have fabulous personalized first aid kits.

You may not have time for that, but there are some ways you can customize a pre-made kit to be better prepared for injuries when professional care might be delayed – whether that be in the backcountry or following a natural disaster.

**Tourniquet.** This is a lifesaver when used correctly, so don't bother unless you're willing to learn how to use it. [StoptheBleed.org](https://StoptheBleed.org) is a great resource. These are a little pricey, so go with a trusted seller, or you'll end up with a useless counterfeit.

**Shears.** If this kit goes out and about with you, trauma shears can be handy.

• **Triangular bandages.** Often absent in pre-made kits, they serve many uses for major injuries: trauma bandage, trauma dressing, wound packing, sling, donut for stabilizing impaled objects, head bandage and – when wet – can protect and secure open bowel wounds.

• **Extras.** Pre-made kits usually have just enough supplies for one or two treatments of a particular injury.

Anything that takes more than a Band-Aid® will probably need more supplies. Having backups is a great idea – beef up the supply of large sterile dressings. These need to be changed out frequently and even a rather minor wound can go through a ton. Bandages can always be fashioned out of rag strips, etc., but you want to make sure the wound is covered by something sterile.

• **Rehydration crystals.** Liquid IV is one that is readily available. Great for heat exhaustion/dehydration, preventing hyponatremia and for rehydrating following vomiting/diarrhea.

• **Occlusive dressings.** These are basically infused with petroleum jelly – coating a non-stick dressing with some jelly would be a cheaper alternative. These are skin savers for covering burns.



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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# Horrifying crash highlights road diet need

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

*It's past time to stop making excuses for why bad designs have to remain.*

In early August, a mother and her son, a student at Vernon Elementary School, were traveling on North Portland Highway (Hwy 30) when she lost control of her vehicle, it crossed the center line and impacted with an unoccupied truck and fifth-wheel on the opposite shoulder.

The car burst into flames, and both vehicle occupants died in the resulting fire. Police report the vehicle was traveling at a high rate of speed before impact.

A year ago, this space reported on the Columbia/Lombard project that Portland Bureau of Transportation (PBOT) had embarked upon to study conditions along those roadways, and recommend safety improvements.

Since that time, absolutely no safety improvements have been made to Lombard Street, meaning nothing prevents future tragedies such as this one from occurring again, and again and

again.

It's an unsafe highway, and the Oregon Department of Transportation (ODOT) does not appear to feel any motivation in the slightest to fix it to make it safer for travelers and nearby residents.

On the contrary, ODOT appears to feel its only required role is to justify why continuing the status quo is the only outcome they're interested in.

The time has thus come to remove North Portland Highway from ODOT's jurisdiction, and to transfer responsibility for the roadway to PBOT. This will free the roadway from needing to meet ODOT standards, and allow for alternative design solutions to be implemented.

Concordia Neighborhood Association suggests the facility be put onto a "road diet." The roadway cross-section would have a continuous sidewalk, street trees

and a two-directional cycle track on the south side next to the neighborhood.

Then add another row of trees, on-street parking, a single eastbound traffic lane, a median with trees and turn pockets at intersections, and a single westbound traffic lane with a shoulder/break-down lane.

The trees would limit the ability of traffic to cross the center line, reducing the severity of crashes. With only one lane in each direction, the temptation to speed to pass other vehicles would be eliminated and, with lower speeds, would also come fewer crashes and deaths.

A protected cycle track and new sidewalk would allow bicycles and pedestrians to travel east and west along the corridor safely and comfortably. The trees would provide shade to reduce the urban heat island effect, where large

expanses of asphalt cause excessive heat on hot summer days. They would also help to capture pollution, trapping it on their exposed leaf and branch surfaces until it can be washed away in the next rain.

It's past time to stop making excuses for why bad designs have to remain. It's time to start building the safer future that we need to manifest to stop the senseless deaths on this blood-stained piece of local infrastructure.



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

# PCC plans, policing top LUTC conversations

By Alessandra "Ali" Novak,  
CNA Board Member, SW2  
Land Use & Transportation Committee

## PCC Workforce Training Center

On July 15, representatives from Bora Architects attended the Land Use

& Transportation Committee (LUTC) meeting via Google Meetup. They presented the schematic site plan for the Portland Community College Portland Metropolitan Workforce Training Center at 42nd Avenue and Killingsworth Street, a \$32 Million project funded by a 2017

bond measure.

The site will also include 90 units of affordable housing, to be developed in collaboration with Home Forward.

Discussions included the need for integration of bike and pedestrian access across the site and improvement of the connectors leading to the surrounding community. Feedback is invited via PCC.edu/Bond/PMWTC under "Design with us Survey."

LUTC invited Home Forward to discuss this project, as well as the ongoing Dekum Court project at an upcoming meeting.

## Protests for police reform

The topic that dominated the remainder of the meeting was the nationwide and citywide protests calling for major reform, or even abolition, of policing and police departments as they exist now.

The question was raised of why these factors are relevant to the LUTC. Feedback from community members makes it clear that projects intended to benefit everyone, such as plaza street closures for small businesses or Slow Streets are

ultimately harmful when not all community members feel equally comfortable just moving through the neighborhoods on foot or bike.

If Black community members feel at risk simply walking down the middle of the street – because they are more likely to be perceived as a threat, have law enforcement called and ultimately face increased risk of violence – the LUTC cannot do its job without addressing systemic bias.

Reform and reorganization toward community-based and community-supported programs and local interventions are necessary to foster neighborhoods that are safe and livable for all.



Ali Novak has lived in Portland for 15 years, works in sports medicine and property management, and is raising two fierce native Oregonians to change the world for the better.



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### What's Selling in Concordia?

182 Homes sold in RMLS in last 12 months as of Aug. 10

3.1% Increase in Average Sale Price since 2019

Avg. Sale Price in 2019: ..... \$522,547  
Avg. Sale Price currently: ..... \$538,703  
Avg. Days on market: ..... 28

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

### 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

# More units will serve more family sizes

By Michael French  
CNA Media Team

As one answer to a shortage of affordable housing in Portland, redevelopment of a public housing community in Concordia will provide more homes to income-qualified families by 2024.

Dekum Court, located at Saratoga Street near Columbia Boulevard, is being

mold, and they contain damaged asbestos-containing materials. Applications for homes at Dekum Court exceed available units, and the two- and three-bedroom units don't accommodate singles and larger families.

Home Forward, the agency that oversees public housing in Multnomah County, owns and operates Dekum Court and is managing the \$66.5 million rede-

*For the added units, Home Forward will reach out to culturally-specific organizations such as NAYA, Hacienda, Self Enhancement Inc. and Urban League to get the word out.*

reimagined with community input.

To accommodate more families on the five-acre parcel that now includes just 40 units, the new structures will offer an additional 160 units—ultimately housing about 585 individuals in apartments ranging from studios to four-bedroom units.

Built in 1972, the original structures are plagued by moisture and suspected

velopment.

The majority of current Dekum Court residents identify as Latinx or Black/African American. Informed by Portland's history of gentrification and displacement, Home Forward is managing the redevelopment with sensitivity to impacts on current residents and the neighborhood.

"We want to think about how we can make sure people who have been living in north and northeast Portland for a long time – and who may be at risk because of the market forces at work – can stay and keep their connections to their schools, their places of worship, their friends and families," said Jonathan Trutt, Home Forward development director.

For the added units, Home Forward will reach out to culturally-specific organizations such as NAYA, Hacienda, Self



Nine-year-old Kylie Williams has lived at Dekum Court for as long as she can remember. Her apartment and the other 39 are planned for demolition, after replacements are built on the five-acre site. Then 160 additional units are scheduled for construction. Photo by Michael French

Enhancement Inc. and Urban League to get the word out. To qualify, applicants must meet requirements based on family size and household income.

A community advisory committee includes opportunities for residents and community members to provide input into issues related to support services, design and construction. John McSherry represents the Concordia Neighborhood Association on that committee.

To minimize disruption to families currently living at the complex, they will move into their new homes before the rest of the complex is redeveloped.

Phase 1 to replace at least 40 units to house current Dekum Court residents will start next summer, for completion by autumn 2022.

Phase 2 includes the demolition of the previous buildings and new construction of 160 new apartments by spring 2024.



Michael French is grateful to live on 28th Avenue in Concordia, a place where neighbors talk to each other and he can get most places on foot, by bike or transit. Contact him at MFrench96@gmail.com.

## Opinion

# Let's support the local communities of color

I'm so glad you put the statements of solidarity with those protesting racism and police brutality in the newsletter. It's an important time for all to stand up for racial justice.

I am writing to add a couple thoughts for neighbors to consider. I am a white woman who moved into the neighborhood 25-plus years ago, just as gentrification was starting.

At that time about half of the families living on my block were Black; today there is only one Black family left.

I believe that those of us who have had the benefits of being white in a racist society should not only "be kind" to those we now call neighbors, but also support the communities of color who were once more present in the neighborhood.

There are lots of ways we can do that. For those of us who still have the privilege of a job or other income, we can "put our money" where our mouths and hearts are:

- We can support local businesses owned by Blacks, and we can donate to organizations that specifically support Blacks

and other people of color.

- Many of us can safely attend protests and rallies that are scattered throughout the city.
- We can vote for candidates that support increased police accountability and the shifting funds from militarized police actions to community services that help those in need.

Here are some resources that may help you decide what it is you can do:

- Black Lives Matter PDX calendar of events: PDX-BLM-Events.com
  - Black-owned restaurants: ILoveBlackFood.com/PDX-Directory
  - Black United Fund of Oregon: BUFor.org
  - Black Food Sovereignty Coalition: BlackFoodNW.org
  - Native American Youth and Family Center: NAYAPDX.org
  - TravelOregon.com/Things-to-Do/Trip-Ideas/Discover-Portlands-Black-Owned-Businesses
- Stay safe.

– Chiquita Rollins



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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.

CNews Updates

# Businesses, bikes and building make news

## It's the Summer of Alberta

CNews reported in August on plans to date at [ConcordiaPDX.org/2020/08/alberta-street-doesnt-surrender-to-pandemic](http://ConcordiaPDX.org/2020/08/alberta-street-doesnt-surrender-to-pandemic). New to the schedule is the NW Natural Virtual Cook-Off Thursday, Sept. 24. The street's food establishments are invited to register by Sept. 10 and two weeks later deliver their best dishes for breakfast, lunch, dinner and dessert.

Judges gather at 6 p.m. at Tin Shed Garden Café to select winners, with livestreaming planned.

You may make your own taste tests by visiting participating businesses during the prior week to purchase their entries. For details, visit [AlbertaMainSt.org/signature-events/nw-natural-virtual-cook-off](http://AlbertaMainSt.org/signature-events/nw-natural-virtual-cook-off).

## Miss Alberta Street Fair in the Air?

Recordings of the livestreams – and other Summer of Alberta events – are available at [YouTube.com/User/AlbertaMainStreet](https://www.youtube.com/user/AlbertaMainStreet).

## Do you know Oregon bike laws?

Did you miss the Aug. 5 “Rules of the Road” Street Trust webinar hosted by the Concordia Neighborhood Association Board of Directors? Take a look at notes from the briefing on bicycle laws at [ConcordiaPDX.org/BikeLaws](http://ConcordiaPDX.org/BikeLaws). Or visit [TheStreetTrust.org/Initiatives/Rules-Road-Clinics](http://TheStreetTrust.org/Initiatives/Rules-Road-Clinics) to book a meeting with your club, neighbors, colleagues and/or fellow bicyclists.

## PCC invites your opinion

Portland Community College (PCC) informed the Land Use & Transportation Committee (LUTC) about progress on its



plans to redevelop the workforce training center at 42nd Avenue and Killingsworth. See Page 6 for the LUTC report and how to share your opinions with PCC.

Three businesses and a street mural on the 30th Avenue block north of Killingsworth Street greet customers on the new, temporary plaza. Wilder Bar Café is open Wednesdays-Saturdays, 4-10 p.m.; Biga Pizza Wednesdays-Sundays, 4-9 p.m.; and Sweetheart Tattoo Mondays, noon-6 p.m., and Wednesdays-Sundays 11 a.m.-7 p.m. For details about the plaza, see the CNews August report at [ConcordiaPDX.org/2020/08/30th-Avenue-Blocks-Set-Sights-on-the-Street](http://ConcordiaPDX.org/2020/08/30th-Avenue-Blocks-Set-Sights-on-the-Street). Photo by Rob Rogers, Above Aerial Imaging

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

## Back Pain: When Nothing Else Has Worked, It's Easy to Just 'Accept It'.

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



Have you, or someone you know, been dealing with back pain for so long that you've just come to accept it as part of your everyday life? Maybe you've tried routine chiropractic care, massage or physical therapy in the hopes of solving your back pain but it always comes back. Having tried so many treatments that haven't worked maybe you're convinced that there is nothing else you can do.

Many times, this idea is even reinforced by those closest to us... even our doctors. You've likely been told that you just have a 'bad back', or that back pain 'runs in the family', or that pain is just 'part of getting older,' and the only thing you can really do is accept back pain as part of your life and move on.

My name is Dr. Carl Baird and every day I work with clients just like you who have been dealing with back pain for so long that they have just come to accept it as part

of their life.

They're frustrated because they've already invested so much time and energy on therapies that were supposed to work only to have their back pain come back days later. They are tired of only getting temporary relief from pain pills, injections, or endless chiropractic or physical therapy appointments and looking for REAL SOLUTIONS.

Having helped 100's of people overcome back pain and get back to doing what they love – even when nothing else has worked – I can confidently say that the traditional approach to treating back pain is not working.

And that the problem doesn't lie in the treatments available; it lies in our overall approach. The current approach is specifically designed to help you live with back pain – not necessarily solve it. Big difference.

In fact, I wrote a book on this very topic titled, **“Life Without Limitations: A Complete Guide to Overcoming Pain, Moving With Confidence And Maintaining Your Active Lifestyle – Regardless of Age”** just last year.

The book offers a new approach to getting back to your favorite activities GUARANTEED to get you out of pain - **even when nothing else has worked**. Inside you'll find simple, actionable advice that is easy to follow and proven to work.



And for a limited time, we're giving away free copies for readers of the Concordia Neighborhood Newsletter.

Here's just a few things you'll learn inside your FREE COPY of my book:

- The #1 reason your back pain always comes back
- The top ten myths in healthcare that are holding you back from the life you deserve

- What you can do TODAY to be sure back pain isn't a part of your future
- Determine the best next step to keep you active and strong so you can get back to doing what you love.

If your back pain is leaving you feeling stuck and like there's nothing more you can do, request a free copy of our book – designed to help you grow, learn and build confidence in your body's ability to handle the activities you love – regardless of age.

**Want Your Own Copy? Here's What To Do Next.**

To have your copy of the FREE BACK PAIN BOOK mailed directly to your door you can do any of the following:

- Call us at (503) 954-2495 to request your 100% free copy... you can leave a message 24/7
- Or, simply fill out the form at <https://www.performancehealth-carepdx.com/free-book>

**P.S.** We only have 10 free copies available, so get yours now and get back to the active, healthy life you want and deserve.