



CONCORDIA NEWS

A Time for Giving

Help Brighten the Holidays for Clients at EMO's HIV Day Center

Holidays are a time for giving, especially for those who are less fortunate than you! If you are looking for a charitable opportunity, why not help brighten the holidays for clients at the HIV Day Center, here in the Concordia Neighborhood, by contributing to the Giving Tree or donating needed clothes or hygiene items.

The HIV Day Center is a non-denominational project of the Ecumenical Ministries of Oregon (EMO) and is housed at the Ainsworth United Church of Christ located at NE 30th Avenue and Ainsworth Blvd. This center provides over 700 meals each month to low income people dealing with HIV in addition to providing counseling, clothing, showers, recreational therapy, access to computers and phones, and mutual support.

Two Opportunities for Giving

1) For the Giving Tree, Day Center clients write out what they would like for the holidays on sheets of paper, with a \$35 maximum. Day Center staff then transpose those wishes onto paper ornaments and deliver to individuals who would like to fulfill them.

2) If you would like to donate clothes or hygiene items to the Day Center, they are in need of the following items:

- Men's Pants, especially Jeans
- New socks & underwear, especially Men's
- Deodorant
- Toothbrushes & Paste

These are wonderful opportunities to help an indigent population in the Concordia Neighborhood! It is an opportunity for the community to come together to make sure everyone has a warmer holiday season.

If you are interested in participating in the Giving Tree or donating items, please contact the EMO Day Center at 503-460-3822 or along@emoregion.org

Come Join Us!

CNA Holiday Party

Tuesday, December 2nd

6:00 p.m. - 8:00 p.m.

St. Michael's Lutheran Church

St. Mike's Fellowship Hall,

Fireside Room & Community Kitchen

6700 NE 29th Ave

(corner of 29th & Dekum)

All Concordia Neighborhood Residents & Businesses are welcome to the Free Festivities!

- Come Mix & Mingle with Neighbors & Friends!
- Free Finger Food & Nonalcoholic Beverages
- Cookie Decoration Station for the Kids
- Festive Piano Music by Kevin Johnson (& sing along!)
- Raffle Prizes!

Raffle Ticket purchases will benefit Hacienda CDC, a Latino Community organization that provides affordable housing, homeownership support, economic advancement and educational opportunities.



Help Local Community

Help Local Community Groups Buy the Sugar Shack

Help NE Neighborhood children, families and community groups drive their own future! Living Cully, a collaboration between Hacienda CDC, Verde, Habitat for Humanity, and the Native American Youth & Family Center (NAYA), is in negotiations to purchase and re-develop the Sugar Shack Strip Club on NE 67th & Killingsworth. For more than a dozen years, the Sugar Shack Strip Club has operated in NE Portland's Cully Neighborhood - across the street from 2 community centers, a pediatric health clinic, school bus stops, and hundreds of units of affordable family housing. Neighbors have long hoped that this block-sized complex would go away, and that something else could take its place, something that serves the children and families. Local nonprofits tried to buy it many times, but the building was never for sale.

This summer, a "For Sale" sign appeared on the building and the Cully Neighborhood finally has a chance to reclaim a piece of property

at its very center. In response, Living Cully made an offer on the property. The seller has accepted their offer, and they have 90 days (Jan 25, 2015) to line up financing for the \$2.75 million purchase. Most of this financing will come from loans and grants. But, they also need to bring some equity to the table to secure those large loans and grants.

Living Cully and our neighbors to our East need our help:

- Make a tax-deductible contribution to the campaign at Indiegogo crowdfunding site: <https://www.indiegogo.com/projects/letusbuythesugarshack>
- Share this information with your friends, colleagues and other networks

Any contribution, no matter how small, can help the effort to create a better neighborhood for Cully children, engage community, support local business opportunities, and reinforce the area's long-term identity as a diverse, culturally vibrant and environmentally wealthy place.

This Issue

1. CNA Holiday Party and Charities
2. CNA Board News
3. Local News
4. Kids & School
5. Community
6. Pets & Nature
Home & Garden
7. Health & Wellness
8. Local Events

Volunteer to be a Beat Reporter at ConcordiaNews@yahoo.com

Charitable Giving

Charitable Giving Opportunity at CNA Holiday Party

Local Charity Spotlight: Hacienda CDC

At this year's CNA Holiday Party on December 2nd, neighbors will have the opportunity to make a charitable contribution to a local nonprofit organization that has been serving the NE community for over 20 years—Hacienda CDC! We will be raffling off great prizes at this year's party, and purchases of these raffle tickets will help support Hacienda CDC, whose office is located on NE 42nd Ave.

Hacienda CDC is a Latino Community Development Corporation that strengthens families by providing affordable housing, homeownership support, economic advancement and educational opportunities. It was formed in 1992 in response to the declining standard of living among Hispanic immigrants in Portland's lower-income communities. Since then Hacienda has built housing communities on four vacant lots and renovated one run-down apartment complex - a former hotbed of drug activity and prostitution - in the Cully neighborhood, creating 325 units of community-centered affordable rental housing. Hacienda has also developed communities in North Portland and a farm worker development in Molalla, OR for a grand total of 381 housing units. Hacienda CDC has grown to become Oregon's largest Latino-led, Latino-serving organization and remain a trusted name in the Latino population.

If you are unable to come to the CNA Holiday Party this year or if you'd rather give on-line, please consider making a charitable donation to Hacienda CDC through the Willamette Week Give! Guide which runs through Dec 31st. Willamette Week offers all kinds of great incentives to every donor who gives at least \$10. And, thanks to Hacienda's business partners, Scott Edwards Architecture and Bremik Construction, your donation will have double the power! They have kindly agreed to match the first \$2000 in donations to Hacienda! To donate, visit giveguide.org and find Hacienda CDC under the 'Community' section. They could not do their wonderful work without the support of the community!



Concordia Neighborhood Association

Meetings & Updates

Get the latest news at ConcordiaPdx.org

These committees have direct results on the Livability of our neighborhood- with your participation.

Board Meeting

Second Tuesday of the Month
December 9th @ 7:00 PM - 8:30 PM
McMenamin's Kennedy School
Community Room

ANNUAL Holiday Party

December 2, 2014 @ 6:00-8:00 PM
St Mike's Lutheran Church
6700 NE 29th Ave
All are Welcome

Finance Committee

For Meeting times and location visit our website or email: ContactCNABoard@yahoo.com

Policies/Procedures

Contact Katie Ugolini (Chair)
503-449-9690 for meeting time & place

Media Team

Newspaper and Website
Volunteer and join the media team as "Beat Reporter" or manage the CNA Wordpress website.
Email: ConcordiaNews@yahoo.com

Social Committee

If you are interested in volunteering at the Dec 2 Holiday Party, please contact Katie Ugolini (Chair) 503-449-9690 for details.

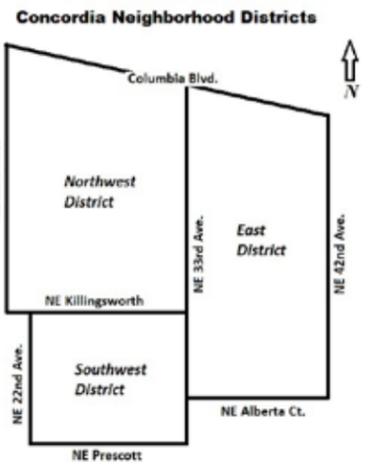
Land Use, Livability and Transportation Committee

Third Tuesday of the Month
December 18th at 7:00 pm
McMenamin's Kennedy School
Community Room

The land use committee grants approval for neighborhood projects.
To hear about and try to solve issues affecting quality of life in Concordia brought to us by community members.

Tree Team Meeting

First Thursday of Every Month
December 4th at 6 pm
Dining Area at New Seasons
www.concordiatreeteam.wordpress.com



CONCORDIA NEWS

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.

Mission Statement

To connect Concordia residents and businesses- inform, educate, and report on activities, issues, and opportunities of the neighborhood.

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Submissions

The deadline for submissions is the 15th of the month prior to publication. Concordia News may edit for form and length.

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

www.ConcordiaPdx.org
Visit the website of the Concordia Neighborhood Association for:
Community Events &
News Neighborhood Information & Blog
www.ConcordiaPdx.org

CURRENT CNA BOARD OF DIRECTORS

CNA BOARD OF DIRECTORS BEGINNING JANUARY 1, 2015

Current Board (Dec 31, 2014)	Title	Term Expires	Elected Board (Jan 1, 2015)	Title	Term Expires
Daniel Greenstadt	Chair	2014	Isaac Quintero**	Chair	Dec 2016
Steve Elder	E 1	2014	Steve Elder**	E 1	Dec 2016
Mark Charlesworth	E 2	2014	Mark Charlesworth**	E 2	Dec 2016
Isham "Ike" Harris	NW 1	2015	Isham "Ike" Harris	NW 1	Dec 2015
Katie Ugolini	NW 2	2014	Ashley McKinney**	NW 2	Dec 2016
Luke Griffin	SW 1	2015	Luke Griffin	SW 1	Dec 2015
Bill Leissner	SW 2	2014	Bill Leissner**	SW 2	Dec 2016
Robert Bowles	At-Large #1	2015	Robert Bowles	At-Large #1	Dec 2015
Esther Lerman Freeman	At-Large #2	2014	Craig Voight**	At-Large #2	Dec 2016
Bob Martinek	At-Large #3	2015	Bob Martinek	At-Large #3	Dec 2015
Isaac Quintero	At-Large #4	2014	Ali Novak**	At-Large #4	Dec 2016
Tonda Liggett	At-Large #5	2014	Tracy Braden**	At-Large #5	Dec 2016
Truls Neal	At-Large #6	2015	Truls Neal	At-Large #6	Dec 2015
Tracy Braden	At-Large #7	2014			

** Elected on November 18, 2014 to serve two-year term beginning January 1 2015 and expiring two years hence on December 31, 2016.

According to the CNA Bylaws, revised in the Spring of 2014, the # of At-Large Board members has changed from 7 to a maximum of 6: "The Board of Directors (herein "Board") shall be comprised of a minimum of three (3) and a maximum of six (6) at-large positions; and a minimum of one (1) and a maximum of two (2) positions from each of the three geographic districts. In addition to the above Board positions, a Chair shall be elected by the membership.



Neighborhood Community Room

Rent it for your next gathering, book club, celebrate a special occasion, birthday, baby or wedding shower?

CNA manages the rental space & benefits from the proceeds.

Non-Profit Organization for \$15 an hour

All others for \$25 an hour

CNAroomKennedy@gmail.com

Beat Reporters Needed

Do you have an interest in writing? Maybe you are a journalist at heart. The Concordia Newspaper is looking for Volunteer "Beat Reporters" to gather interesting content to share with our community.

Beat Reporters would need to either write or coordinate with others to write articles for the paper. Articles would be due each month on the 15th for the following month. Articles should be 300-500 words in length.

Topics/Sections include:

- Home & Garden
- Health & Wellness
- Pets & Nature
- Kids & Parenting
- Adults & Seniors
- Community & Business

Contact: Mary Wiley, Concordia News Editor,
ConcordiaNews@yahoo.com

Interstate Firehouse Cultural Center

By Mark Ross, Portland Parks & Recreation

For the past four years, Portland Parks & Recreation and Ethos, Inc., a non-profit music-focused arts organization, have partnered with other local multi-cultural arts organizations to operate the Interstate Firehouse Cultural Center (IFCC), located at 5340 North Interstate Avenue in Portland. Effective December 31, 2014, Ethos will return general management responsibilities of the Interstate Firehouse Cultural Center to the City of Portland. Per Ethos' mission, Ethos' board and staff have agreed to redirect resources to low-income kids living in underserved communities in Oregon. Portland Parks & Recreation will assume management responsibilities at IFCC moving forward.



"I want to thank Ethos for their four years of partnership at IFCC," says Portland Parks & Recreation Director Mike Abbate. "Supporting the arts is a key part of what makes our city so livable. We want to continue the vibrancy and tradition of the historic firehouse and to foster more multicultural, diverse programming."

"Ethos has been honored to partner with some of Portland's most dynamic arts organizations at the Interstate Firehouse Cultural Center," says Jedidiah Chavez, Executive Director of Ethos. "As we refocus our mission to meet the changing landscape of arts education in Oregon, Ethos' board and staff have agreed to redirect resources to low-income kids living in underserved communities including isolated, rural towns in Oregon."

The Interstate Firehouse Cultural Center is a former firehouse that has been renovated into an arts facility consisting of a dance studio, art galleries, and a theatre, all of which are ADA accessible. Since 1982, the IFCC facility has provided a venue for multicultural arts programming in Portland. Over the years, IFCC has served as an art and cultural center, a theatre, an event space, a summer camp location, a community center, an after-school program facility, a gallery space, a dance studio, a venue for performing artists, and an educational facility for the arts.

Portland Parks & Recreation is committed to honoring the rich tradition of this historic space and will be working closely with the public to plan programming that celebrates multiculturalism and community access at IFCC. PP&R has begun the process of reaching out to current users, and any interested parties in reserving space after January 1, 2015 at IFCC should contact Portland Parks & Recreation's Phil Lewis, Phil.Lewis@portlandoregon.gov

City Ignores Appeals

By Garlynn Woodson, Chair of the CNA Land Use & Transportation committee

City Ignores Appeals for Diverters on 20s Bikeway Project

Northeast Portland residents have repeatedly requested that the City of Portland install traffic diverters along the route of the 20s bikeway, especially where it crosses major streets such as Prescott, Alberta, Killingsworth, and Ainsworth, to prevent automobile traffic from turning on to the bikeway and raising the stress level of bicyclists on a supposedly "low-stress" route.

This past May, both the Concordia Neighborhood Association (CNA) and the Northeast Coalition of Neighborhoods (NECN) sent letters to the City of Portland concerning the 20s Bikeway project. Both letters included this language: "We encourage ... traffic diverters that allow cars to exit the bikeway but not enter, where it crosses major streets."

And yet, a quick review of the proposed project on the City's 20s Bikeway project web page shows that not a single traffic diverter is planned for the 20s bikeway project anywhere north of I-84. This is troubling, given the recent shift towards a "Vision Zero" strategy to seek to entirely eliminate bicycle and pedestrian fatalities, that the City will not accommodate its own residents' community-based requests for a safer bicycle transportation network.

Why is this important? The installation of a bikeway comes with the turning of stop signs to enable freedom of movement between major intersections. This can make the route attractive for automobile cut-through traffic, as well as for bicycles. Examples of this with Concordia can already be seen along the bicycle routes on Going Street, NE 37th Ave, and NE 47th Ave, where cars routinely outnumber bicycles due to the convenience of the route now that the stop signs have been turned. All of these streets are parallel to automobile routes (33rd, 42nd, Prescott & Alberta) that sometimes experience varying degrees of congestion, prompting drivers to seek out alternative routes. This diminishes the utility of these bikeways

for bicyclists, as cut-through automobile traffic can intimidate newer riders, especially those who are interested in bicycling but concerned for the safety of themselves and any children they may be chaperoning.

The Concordia Neighborhood Association will continue to work with NECN and others to seek to convince the City to take steps to protect its bikeway system from automobile cut-through traffic, including installing traffic diverters at regular intervals along the bikeway system, especially at intersections with arterials and major streets.

Concordia residents interested in discussing this or any other issue related to land use and transportation, are invited to attend the next Concordia Neighborhood Association Land Use and Transportation (CNA LU&T) Committee meeting, the third Tuesday of the month, 7pm, in the Community Room in the SE corner of Kennedy School. To join the mailing list, send an email to: pdx_cna_lu_and_t_committee@googlegroups.com

Trinity Food Pantry

Trust Management Services (TMS) has announced a grant to Trinity Lutheran Church, in the amount of \$10,000. The grant will assist the Church in providing food to needy families residing in the Church's neighborhood. In 2013 the Church distributed slightly more than 34 tons of food to needy families. The facility for dispensing the food is located at the edge of the parking lot on the Church's property, at 5520 NE Killingsworth.

The food pantry is open Wednesday, Thursday and Friday afternoons, from 4:00 to 5:00. Families whose income falls below the federal poverty level are eligible to receive food.

Trinity Church attempts to serve its neighbors in a variety of ways. English-as-a-second language classes are offered on Thursday nights, from 7:00-8:30, September through May. Bible story classes are offered to school age children during the time parents study English. Childcare is available for younger children. There is no cost for any of these programs. For information on these and additional programs, call Angelica Ek Juarez, at 503-288-1055. TrinityLutheranPortland.org

LIT UP AND LOCAL

A MONTH OF MERRIMENT ON ALBERTA STREET

11/30

GET LIT

THE STATION • 2703 NE ALBERTA

6PM

Watch The Station light up the building. Enjoy hot drinks, holiday carols and other fun surprises.

12/6

TREE LIGHTING

COURTYARD AT 18TH • ALBERTA

4:30PM

The 3rd annual living holiday tree lighting, including the "flipping of the switch", holiday music, and cookies and hot drinks.

12/13 to 12/21

GNOME FOR THE HOLIDAYS

Pick up a game card and find the gnomes hiding in participating window displays. Completed game cards will be entered into a raffle to win awesome prizes.

12/18

CELEBRATE + SHOP LATE

ALBERTA STREET SHOPS

6-9PM

Alberta Street businesses will stay open late just for you!!

VISIT ALBERTAMAINST.ORG FOR MORE DETAILS



Merriment on Alberta

Lit Up and Local

A Month of Merriment is a month-long series of holiday events on Alberta Street. Hosted by Alberta Main Street, Lit Up and Local will create a festive atmosphere, encourage visitors to experience Alberta Street this holiday season and give Alberta Street businesses an opportunity to promote local holiday shopping.

Events include a living tree lighting in the courtyard at 18th and NE Alberta Street, a special late night shopping opportunity, and the return of Gnome for the Holidays. Allison Chown of Mimosa Studios donated the gnomes for Gnome for Holidays and stated, "Gnomes are so timeless and hunting for gnomes has never been so much fun! After last year's success, we are thrilled to continue this event within our community."

Third Annual Living Tree Lighting Ceremony Dec. 6, 4:30 p.m., Courtyard at 18th & Alberta

Visit with Santa, enjoy cookies, hot drinks and musical performances by Maverick Main Stage Productions, and join former Mayor Sam Adams as he flips the switch to light the tree. Free

Gnome for the Holidays

December 13 - 21, 2014, Alberta St Businesses

Holiday fun for all ages! Find 35 gnomes hidden in Alberta Street storefronts, ask the merchants to stamp your card, and win great prizes. Pick up a game card at any participating business. Completed game cards will be entered to win great prizes from Alberta Street businesses, including a year's supply of candy from Candy Babel. (visit albertamainst.org for a list of participating businesses). Free

Celebrate + Shop Late

December 18, 2014, Alberta Street Businesses

Alberta Street businesses are staying open until 9PM on Thursday, December 18th. Alberta Street businesses have something for everyone on your list and they are staying open late for your convenience! (visit albertamainst.org for a list of participating businesses). Free

~ Kids & Schools ~

Can You Judge a School by Its Report Card?

By Elizabeth Thiel

A lot of people look at state report cards to get a glimpse of what a school is like, especially when they're considering a new neighborhood. If you looked at the recent report card for Vernon Elementary, you might have been shocked or disturbed to see that our neighborhood school received a score of one, the lowest possible score.

I am writing to tell you that this score is deeply misleading; it reflects not the caliber of the school but instead the defective nature of the state's evaluation criteria.

In case you haven't spent time at Vernon lately, let me tell you a little about it. Vernon is a thriving, diverse neighborhood school. My two daughters go there, as do about 400 other children from this neighborhood. We have fantastic teachers, engaged parents, and dynamic students. We also have a International Baccalaureate program, a garden that stocks our cafeteria with greens, rich after-school offerings through our SUN school, and art, music, and Spanish and Mandarin language classes during the school day.

This year, Vernon's state report card score was docked two points from a three to a one. The reason is simple. A growing number of Vernon parents have – in protest – been opting out of the state's high stakes, standardized testing protocol that ranks and punishes public schools. Whether you agree or not about the value of the testing itself, parents exercising their right not to participate is a punishable act under the current system.

In the 2012-2013 school year, five students opted-out of testing. Last year, eighteen students followed suit. The state's response to this small protest by individual families has been to deduct a point from the state report card for each year that families opted out. It has nothing whatsoever to do with the quality of education at Vernon.

In Oregon, parents have the right to opt their children out of high-stakes testing, just as they have the right to opt their child out of any school activity they believe is harmful or inappropriate for their child.

The reasons that parents make this choice are varied and personal, but in general, parents are acting on deeply-held beliefs about education and social justice. In opting-out of high stakes testing, Vernon parents are joining a much larger national movement to reject top-down education policies that are harmful to students and communities.

High Stakes Testing Undermines Public Schools

Some parents opt-out of high-stakes testing because they don't want to participate in a system that is undermining public schools.

Since the No Child Left Behind policies of over a decade ago, states have been required to ramp up standardized testing to a level never before seen in American schools. The intent of these policies may have been to ensure a quality education for all

students, but the result has been the opposite.

One reason these tests are considered “high-stakes,” compared to past standardized testing, is because the fate of a school is tied to its scores. In the last decade, over 4000 public schools across the country have been closed using test scores as justification. The overwhelming majority of these closures have been schools that serve low-income families and students of color.

A fundamental flaw in the system of judging schools by test scores is that test scores reflect a student's family income more than it reflects the quality of their schools and teachers. Across all states, and all school districts, students in poverty tend to score lower than students with more home resources, even when those same students go to affluent “successful” schools. Yet, test scores are often used to label schools as “failing” or “ineffective,” and even to justify their closure or privatization.

High Stakes Testing Narrows Curriculum

Some parents opt-out of testing because they do not want their child to equate their learning with a single number. Beginning in third grade, new tests this year are expected to consume eight hours per child each year. These tests create unneeded stress for students, resulting in a single label of “meeting” or “not meeting” standards. They also take away precious instructional time from meaningful learning experiences. Because of the high stakes for schools, testing encourages schools to narrow the curriculum to the tested subjects.

Opting out of high-stakes tests is a concrete way for parents and students to voice their disagreement with these policies.

Looking Beyond the Score

In our neighborhood, report card rankings are often the only information a family has about a school before they enroll their child. I challenge parents to look beyond these numbers and spend time in their neighborhood school before judging Vernon or perpetuating false perceptions that Vernon – or other neighborhood schools – are “bad schools.”

I feel so fortunate to be part of the Vernon family. It is invaluable to have a great school within walking distance, to be part of a village of parents here in our neighborhood, and to see my children thriving academically and socially in our diverse and unique community.

I am proud of Vernon parents for standing up against a system that is undermining public education. It is one more reason that I am proud to be an Owl.



Faubion, Be Mine

Dear Supporter of Faubion School:

In February of 2015, Faubion Elementary PTA will hold its first annual silent auction & raffle fundraiser. Please join us in showing the love for our great little school at “Faubion, Be Mine”.



Faubion School is a PK-8 public school right around the corner from your business, in the heart of Portland's Concordia neighborhood. This community — rich with diversity, cultural heritage,

and academic success — is deeply committed to students and their achievement. Concordia has grown into one of the most appealing neighborhoods in the region in recent years, and our school has blossomed into a welcoming community hub, with dedicated teachers, committed staff, hard-working parents, and inspirational students.

Faubion has achieved and maintained high academic standards for its students. At the same time, the percentage of students who qualify for free or reduced-price lunches has grown. Faubion provides a wonderful education for students, but with so many families struggling, resources are stretched to the limit. The PTA aims to raise funds to supplement basic needs for student enrichment including, books and supplies, funding arts programs and transportation for experiential learning and field trips.

We ask that you consider supporting Faubion. Your donation will have a significant and immediate impact on students. In addition, your contribution will be recognized and remembered by the local resident parents who are current or potential patrons. We hope that you will help make our “Faubion, Be Mine” auction a success by becoming a sponsor, making a financial contribution, donating food for the actual auction, and/or an auction item. Enclosed is a donation form to document your contribution. Faubion PTA is a 501(c)(3) non-profit organization, so your donation is tax-deductible.

Thank you in advance for your support of Faubion School. Learn more at FaubionPTA.org website.

POWFest Young Filmmakers

POWFest will host POWGirls in 2015, a unique partnership program with MetroEast Community Media, specifically designed for girls ages 15-18. Over the course of four days in January, a group of selected girls will develop, produce, edit and present a film during the Youth Shorts program at the POWFest March 12-15, 2015.

“We want to serve girls who are passionate about creativity, leadership and technology,” said POWFest Education Manager Barb Myers. “We'll give them video equipment and training to produce their own stories and screen them in front of an audience at POWFest.”

“Our staff is excited to work with POWFest this year to provide the facilities and equipment needed to develop these young filmmakers,” said MetroEast Education Coordinator Jennifer Dynes. “With our six local cable channels, community media is a powerful resource for underrepresented female filmmakers to show their work to a larger audience.”

POWGirls will take place at the studios of MetroEast Community Media on January 23 and January 29-February 1. The instruction portion of POWGirls will consist of media production training; pre-production (collaborative story creation, storyboarding) camera operation, audio recording, and post-production using industry-standard equipment.

In addition, POWGirls participants will have the opportunity to attend screenings and all filmmaker events during POWFest March 12-15, 2015 at the Hollywood Theatre.

To register for POWGirls 2015, go to www.powfest.com/powgirls/ and click on the registration link.

Taking Care Portland: Event for Kids with Cancer

Eat! Play! Learn! An event for kids 4-12 years old affected by cancer. For kids in active treatment and beyond or for those with a family member with cancer.

Come eat, learn, and play through yoga, art, music and delicious food hosted by a Taking Care Cancer, a community-built health and wellness group for cancer survivors of all ages. In conjunction with community based integrative health experts you will be inspired to embrace a more holistic approach to health and wellness on your cancer journey.

Hosts: Taking Care Portland

When: December 14th 2-5:30 PM

Where: Taborspace, 5441 SE Belmont St

Cost: \$30 per child (Includes up to two parents)

Register at www.takingcareportland.com/taking-care-kids-december-14-2014.html

This event is intended to be applicable for a variety of conditions and treatment stages. Individualized treatment for symptom management, supplement promotion and education will not be available. This event is not in any way intended to diagnose or treat, nor is it a substitution for medical care through a licensed medical provider.

What to expect:

- Energetic and loving hosts eager to inspire health through play and movement
- Exposure to gentle non invasive tools for reducing long and short term side effects associated with treatment
- Movement & mindfulness for kids and parents
- Group led art project
- Guided acupressure
- Community resources, recipes
- Storytelling
- A 30 minute evidence based class explaining the value of each modality and how it can improve the health and happiness in your home!

Taking Care Cancer is a non-profit, completely volunteer driven, donation-based program, created to support people living with cancer and cancer survivors - this includes family, friends and care givers - everyone, really. To to enhance the exploration of complimentary and integrative oncology modalities that support healing during cancer treatment and beyond. <http://www.takingcareportland.com/taking-care-kids--december-14th-2014.html>

~ Community ~

Street Seats; Creating & Inspiring Community

Creating More Public Space and Inspiring Community Interaction

By Sara Wittenberg, Alberta Main Street

Take a ride or walk down Alberta Street and discover two new public street seats in front of the Tin Shed and Vita Café.

Two years ago the Portland Bureau of Transportation (PBOT) inaugurated its Street Seats program, which allows businesses and non-profit organizations to convert on-street parking spots into other public uses, such as café seating or miniature parks. In tandem with the city's Street Seats program, the Portland chapter of the American Institute of Architects (AIA) and its nonprofit Center For Architecture (CFA) sponsored a juried street seats competition, themed "Active Streets." Designers were asked to create healthy, social and playful structures. The two winning designs were built and installed in front of the CFA on national Parking Day and stayed there for the month of October.

Hoping to find a forever home for the Street Seats, the CFA donated them to Alberta Main Street (AMS). "We were elated to receive such a generous donation. At our community visioning session four years ago and in all of our subsequent community surveys, public space has been a constant request. With very few opportunities to deliver on this request, we were seeking unique opportunities to create public space, so this is definitely a win win," said Sara Wittenberg, AMS Executive Director. AMS selected placement sites in front of the Tin Shed and Vita Café; the businesses will be responsible for maintenance and insurance.

"We are thrilled to be selected as a placement site for one of the public Street Seats. We've received so much love from the community over the years and it's great to be a part of something that continues to grow. The sense of community on Alberta Street is already remarkable; we are thankful to be playing a role to further inspire community interaction", remarked Christie Griffin, co-owner of the Tin Shed.

Getting the seats to Alberta was no small feat. As with any AMS project, the community came together to make it happen. A week-long social media fundraising effort generated funds to cover moving costs, community volunteers stepped up to disassemble, transport and reinstall the Street Seats on Alberta Street and PBOT helped navigate permitting and logistics. "We are so appreciative of the community for coming together to make this happen. The Street Seats are so unique; they will naturally build a stronger sense of place on Alberta Street." said Michelle Ruber, AMS Design Committee co-chair.



"Log Dam," by the team of Nick Byers, Collin Janke, and Dan Petrescu (all from Hennebery Eddy Architects) is sited in front of the Tin Shed (1438 NE Alberta Street)

"A Dialogue" by a team from Scott Edwards Architecture including Ali Karlen, Ryan Yoshida, Jesse Graden, Brian Morris, James Lee, Sarah Cantine, Joe Broder, Andrew Stohner, and Chris Olenyik is sited in front of Vita Café (3023 NE Alberta Street).



You are cordially invited to begin this year's holiday celebration by attending

A Christmas Carol In Prose

Performed by Man of Words



Featuring Original Sculptures by Bob Chen

Being a Ghost Story of Christmas

A dramatic recitation of Dickens' public reading version

Presented by Concordia University Libraries' Art & Culture Program

Thursday, December 4, 2014

Catered Reception— 5:30pm to 6:30pm Performance— 7:00pm

This event is FREE and open to the public

For more information or to RSVP as seating is limited: Email events@cu-portland.edu or call Linda Church at 503-493-6370



PLEASE JOIN US...

Concordia Christmas CELEBRATIONS

Community Christmas Tree Lighting Christmas Carol Sing-Along with Treats, Warm Drinks, and Santa Claus Tuesday, December 2 6:00 pm	A Christmas Carol A Theatrical Presentation of the Classic Story in Prose Thursday, December 4 5:30 pm
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Concordia's George R. White Library & Learning Center
2800 NE Liberty Street, Portland Oregon

For more information:
events@cu-portland.edu | 503-280-8505

Concordia University Libraries' Art & Culture Program presents

A Salute to Oregon Artists!

November 20 - December 30, 2014

Featuring:
Jamie Proctor, Sherill Brumbach, Judith Babbitt, Elta Wilson, Jennifer Cox, Michael Manwaring, Jon Witherspoon, Linda Taylor, Marilyn Stablein, and Melanie Cardinal

George R. White Library & Learning Center
2800 NE Liberty Street, Portland, OR 97211

"Meet the Artists" reception
Sunday, December 7, 2014
2:00pm - 4:00pm

Exhibit & reception are FREE & open to the public. Exhibit can be viewed during normal library hours

For more information contact: Linda Church
lchurch@cu-portland.edu or call 503-493-6370
www.cu-portland.edu/academics/library/library-events

A portion of all art sales will benefit the Libraries' Art & Culture Program



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Feel the Love

Snuggles on Demand: OHS Snuggle Express Brings Furry Friends to Area Businesses

Santa's sleigh may take a back seat this holiday season to the popular Snuggle Express operated by the Oregon Humane Society. A fleet of Snuggle Express vehicles will be bringing cargoes of cuddly kittens and precious puppies to Portland-area businesses during the height of the holiday season.

Each Snuggle Express delivery (powered by an Oregon City Subaru vehicle) will include a mix of puppies and kittens that can be petted, nuzzled and cuddled by adoring employees. Businesses interested in a stopover by the Snuggle Express are urged to apply now for a visit on Dec. 10 or 11.

"There's nothing like a cuddly, furry friend to get someone in the holiday spirit," said OHS Operations Director Brenda King. The visits, from 15 minutes to one hour, should relieve holiday stress and brighten the day for employees.

Because of the expected high demand for a visit from the Snuggle Express, interested businesses must submit requests no later than Dec. 1. A donation of \$100 will bring a 15-minute visit by the Snuggle Express, and 30-minute visits are available for \$200. Businesses can guarantee a one-hour visit by kittens and puppies with a donation of \$1,000.

The Snuggle Express is sponsored by Oregon City Subaru, which is furnishing all vehicles used to transport kittens and puppies. As part of the company's Share the Love campaign, car buyers can designate OHS as the recipient of \$250 when they purchase a new Subaru from Oregon City Subaru. The Share the Love promotion runs through January 2, 2015.

For more information and to submit your request for a Snuggle Express visit, go to the OHS website at: www.oregonhumane.org/snuggle

What: OHS Snuggle Express Brings Furry Friends to Area Businesses

When: Dec. 10 and 11, 2014

To Participate: Requests for visits must be made online no later noon, Dec. 1. Business will be selected based on location, enabling Snuggle Express vehicles to make as many visits as possible.

More Info: www.oregonhumane.org/snuggle

Get Ready for Winter

New! DIY Insulation Workshop

Free - Sat, Dec 6, 1pm-4pm
NorthEast Portland Tool Library 5431 NE 20th Ave.

Weatherization Workshop

Free - Sun, Dec 7, 3-5pm
Community Energy Project 422 NE Alberta St
Free - Tues, Dec 9, 6-8pm
Peninsula Park Center 700 N Rosa Parks Way

This interactive, hands-on workshop will give you and your family the tools to make your home warmer and more energy-efficient. Income-qualifying Portland residents can pick up a free weatherization kit worth \$150 immediately after the workshop; non-income-qualified individuals can purchase weatherization materials from CEP.

Lead Poisoning Prevention Workshop

Free - Tues, Dec 2, 6-7:30pm
Community Energy Project 422 NE Alberta St

Learn about the dangerous effects and common sources of lead poisoning, basic prevention measures, and resources for additional help. Portland residents receive free kits of lead poisoning prevention materials, including lead-safe cleaning



supplies and testing materials such as Lead Check swabs and optional lead dust sampling kits.

Community Energy Project
422 NE Alberta St (503) 284-6827 www.communityenergyproject.org

DIY Insulation

Thanks to funding from Energy Trust of Oregon, Community Energy Project is launching a new pilot program that teaches people how to insulate their unused attic space. "Attic" in this case refers to the space between the roof and the ceiling that isn't being used for storage or living space. We will walk you through the process of insulating your attic step by step, covering:

- Safety best practices
- How to conduct your own energy audit / project planning
- Air sealing
- Exhaust and ventilation, for moisture control and mold prevention
- Blown-in insulation
- Incentives and tax credits to make your project more affordable

We've been working in partnership with Balanced Energy Solutions, who have provided us with information gleaned from years of expertise and best practices in the field. Gregg, owner of BES, has volunteered a great deal of his time to help us create the best class for you, and will be a guest presenter for the first workshop on Saturday, October 18th at CEP's office.

This will be a great workshop for those with drafty attics who:

- Want to save money on insulating their attic by doing it themselves
- Would like to reduce their carbon footprint
- Enjoy the satisfaction of completing their own home projects
- Want to understand concepts and language used by home performance contractors and energy auditors
- Want to learn more about how their home works and how to prioritize energy saving activities.

Take part in this pilot project, and your feedback can have a significant impact on shaping this workshop!

Check out our calendar page for registration and info on our workshops! Community Energy Project 422 NE Alberta St www.communityenergyproject.org

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~ Health & Wellness ~

Getting Through Winter

By Niema Lightseed

With Restorative Yoga

This time of year is hard on our bodies. Cold air and dampness outside combine with artificial heat and claustrophobia inside to really do a number on us. But it is possible to ease our way through the dark part of the year with the healing practice of yoga.

Yoga offers something for everyone. While many people think of yoga these days as an exercise for young fit people in designer clothes, this ancient science holds so much more than just a workout. There are several different styles of yoga, each with different benefits and challenges. The more active forms of the practice can be a helpful part of any healthy lifestyle. But it is the nurturing practice of Restorative Yoga that can be particularly supportive during the seasons of long nights.

Restorative Yoga is a quiet, restful experience that involves relaxing in comfortable, fully supported poses for 5 to 15 minutes. It is usually practiced in dark, warm rooms with soothing music, with an emphasis on breathing deeply and focusing the mind in the present moment. It provides a respite from the busyness of the world, and an opportunity to calm the mind and refresh the body. And while the spiritual and mental components are essential, when it comes to getting through winter the physical benefits alone would be worth making the time to try it out.

When our bodies are taxed by chronic stress at work, traffic, intense temperature fluctuations, late nights, or overindulging, the autonomic nervous system gets triggered into a "fight-or-flight" mode, basically operating as if we are in danger. This causes the release of more stress hormones and shuts down the systems that are not essential for immediate survival when we are in a crisis, but crucial for long-term health: digestion, metabolism, fertility, and immunity.

Restorative Yoga has the potential to balance the autonomic nervous system, helping to mitigate the effects of chronic stress, cold weather, and holiday headaches. Certain poses practiced in many Restorative classes can pacify and nourish the adrenals and other glands. It also has the potential to boost the metabolism, gently support the digestion, and improve circulation. This combination of a more balanced nervous system, stronger metabolism, and more peaceful mind is key for a super-powered immune system to ride the waves of winter weather. At the very least practitioners get a much needed break from their lives.

When the body is able to truly relax in a safe and comfortable space, everything works better. There are many ways to get there, and Restorative Yoga is just one option for inviting more spaciousness and health into your life. You can check it out at a few different studios in the Concordia Area.



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Community Cooking Group

Come Learn to Make Holiday Quick Breads

WHEN: December 4, 2014, 6:00 - 8:00 P.M.

WHERE: St. Mike's Kitchen, 6700 NE 29th Avenue

We will be making 3 different kinds of holiday quick breads. Participants will take a mini loaf of each kind of bread home with them.

Dinner will be provided.

\$5 suggested donation to cover the cost of food.

Please RSVP to Rachel at st.mikes@kitchencommons.net if you would like to attend so that we make sure to have enough food. Questions? Contact Rachel at 503-997-2003 or st.mikes@kitchencommons.net.

Simpler Holiday

When Someone You Love Has Dementia

By Marian O. Hodges, MD, MPH and Anne P. Hill, JD

The holidays can be a stressful time under the best of circumstances but when someone you love has dementia, the holidays can be especially nerve-racking. However, with a little flexibility and planning you can create a holiday for your family member who has dementia that will be enjoyable for both of you. Here are three tips for a happier holiday:

1. Avoid holiday crowds with your family member who has dementia. This means every holiday crowd, especially the shopping crowds. When people have dementia, their brains are failing. One of the areas of the brain that fails is the frontal lobe, which normally filters out the distractions we encounter every day, thus letting us focus on what we need to do. When the frontal lobe is damaged, nothing is filtered out. People with dementia have no ability to shut out any distraction: every light, every decoration, every Christmas tree, every holiday carol, all the noise and crush of hundreds of people at the mall assaults their brains and quickly confuses and overwhelms them.

2. Keep your family member's routine as close to normal as possible. Help your family member who has dementia stick to the usual routine. Changes in routine are always distracting to people who have Alzheimer's disease and can cause a person with dementia to become more confused and sometimes agitated. Be sure your family member eats regular meals; keep the number of outings to a minimum; encourage family members who don't live with your loved one to visit in small groups, not all together. If possible, plan small holiday celebrations for your loved one where he or she lives, instead of large family gatherings away from home. Remember, a large family gathering really is a holiday crowd and you should avoid holiday crowds!

3. Consider every event from the point of view of your family member who has disease or another dementia, even happy events can be terrifying. For example, one Christmas morning, when co-author Anne Hill visited her mother, who lived in a group home, she found her mother sobbing in the living room, and no one could explain why. Anne finally understood that families of several residents had been arriving to take their family member home with them for a holiday celebration, but her mother believed that strangers were taking people away and she was afraid that someone was going to take her away, too.

As you consider how to celebrate the upcoming holidays with your family member who has dementia, think simple. Low key, quiet celebrations will be much more fun for your loved one, and that will be much more fun for you!

Marian O. Hodges, MD, MPH, is the chair of Providence Portland geriatrics department. Anne P. Hill, JD is a retired lawyer and the daughter of one of Dr. Hodges' patients. To learn more about Help is Here, or to order a copy, go to www.dementiahelpishere.org.



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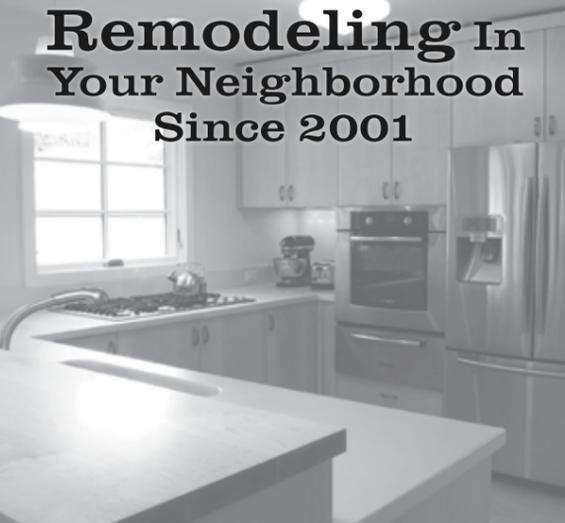
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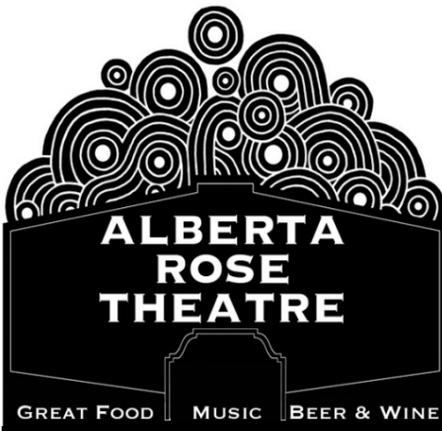


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25 **CELTIC YULETIDE CONCERT**

26 **DAROL ANGER 2ND ANNUAL**
27 **KEEPIN' IT IN THE FARM HOLIDAY SHOW**
28 **WITH THE CASCADIA ALL-STARS**

29 **WANDERLUST PRESENTS**
30 **A CIRCUS CAROL**
31 **WITH 3 LEG TORSO**

32 **THE BOBS**
33 **AFTER CHRISTMAS HOLIDAY SHOW**

34 **AFTON PRESENTS**

35 **ALBERTA ROSE**
36 **END OF THE YEAR**
37 **PARTY**
38 **& NEW YEAR'S**
39 **EVE BASH**
40 **WITH**
41 **MARCHFOURTH!**
42 **+ SOULFIRE SACRED**
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Six Days Gallery

November 28 - December 28
"Get Your Joy On!" (For Under \$100!)
The Artists at Six Days make it easy to Give the Gift of Art this year. Join us for a special Holiday Events! December 18, 5 - 9 pm
2724 NE Alberta Street | 503-280-6329
sixdaysartgallery.net.

Guardino Gallery

November 28 - December 28
"14th Annual Little Things" show
This will be the 14th year of the ever-popular Little Things Show. Now a tradition, it's hard to remember a holiday season here at the gallery without it. The concept for the show is easy: Artists were given the assignment of creating "Little" artwork. No restrictions, as long it was 7" X 7" or under (including frame & stand). A wide variety of mediums will be represented: paintings, clay, fused glass, encaustic, metal, wood, photography, fiber art and mixed media.
48 Participating Artists: Diane Archer, Virginia Ashby, Paula Blackwell, Emilio Berwick, Susan Boase, Alea Bone, Stephanie Brockway, Scot Cameron-Bell, Beth Collins, Kurumi Conley, Meaghan Dunne, Gillian Freney, Michelle Gallagher, Brita Gould, Kim Hamblin, Carolyn Hazel-Drake, George Heath, Iver & Jen Hennig, Robert Huff, Jackie Hurlbert, Lori Judge, Janet Julian, Gesine Kratzner, Celeste LeBlanc, Mari Livie, Jo Lundberg, Donna Mattson, Jill McVarish, Joseph Mele, Sylvia Miller, Lulu Moon Murakami, Kim Murton, A. G. Quinn, Paul X Rutz, Michael Southern, Gloria Sowell, Sue Thomas, Deborah Unger, Janet VanCleve, Karen Van Hoy, Christopher B Wagner, Tracey Waldron, Anna Wiancko-Chasman, John Wirth and Cathie Joy Young.
2939 Alberta Street | 503 281-9048
www.guardinogallery.com

Local Online Marketing

Tuesday, December 9, 2014
Small Business Seminar: Using the Internet to Grow Your Business
with Ira Pasternack of Pasternack Marketing
In the "old days", local marketing for small businesses consisted of an ad in the yellow pages, sometimes newspapers, radio stations, or even TV. Today business owners face a much more complex landscape. Setting up and running a website, a plethora of online directories, paid advertising options - it is difficult to know where to start! This seminar will help you make sense of this complex digital landscape and refine your local online marketing approach.
Alberta Main St (1722 NE Alberta St)
9:30-11 AM Free! Your RSVP is appreciated
Sponsored by: Umpqua Bank

Fact Oregon

Fremont Holiday Festival
Friday, December 5, 3:00 - 7:00 pm
Noho's Hawaiian Café, 4627 NE Fremont St. (*Santa photos will take place at Noho's Hawaiian Cafe)
Celebrate the Holidays in the Beaumont Village Neighborhood! Join us for a family-friendly, fun event that includes a parade down Fremont Street, music, concessions, Santa's arrival in a Portland fire truck, and photos with Santa and your family pet! FACT will be helping out at the book drive, so please make sure to stop by and say hello! Registration not required! Visit Events at www.factoregon.org to find out about FACT Family Network gatherings. Call (503) 786-6082 or 1-888-988-3228 or email info@factoregon.org with questions.

Portland Story Tellers

1st Friday Potluck and Story Swap
Friday, December 5, 2014 - 6:30 - 8:30 pm
McMenamins Kennedy, 5736 NE 33rd Ave
First Friday Story Circle in the COMMUNITY ROOM at Kennedy School is open to all - story listeners as well as storytellers. You don't need to be a member of the Portland Storytellers' Guild to attend. We gather and share a potluck supper and then share stories in a safe and welcoming environment.
For additional information call Ken Iverson 503-659-2190.
BOXES, COINS AND NEW NOSES:
Surprising Holiday Gifts; PSG Monthly Storytelling Concert! (Second Friday of each Month)
Saturday, December 13 - 7:30 - 9:30 pm
Hipbone Studio, 1847 E. Burnside #104
'Tis the season for gathering and giving!
The Portland Storytellers Guild invites you for a night of stories about gifts: those given and received, those tangible and intangible, those most unusual, those cherished. Join tellers John Dashney, Eric Foxman, Ingrid Nixon, and Rob Luck for stories that will take you on a journey around the world: from the chilly North Pole to the warm, fragrant tropics and the blustery European countryside. You'll find these tales carefully wrapped with humor, mystery, compassion, and love. These are stories that always fit, never need batteries, and fill your heart without cluttering your closet. You won't want to miss this holiday event!
2015 PSG Storytelling Workshops
Workshop Dates: January 17, 2015 - March 21, 2015 - May 16, 2015.
Community Room - McMenamin's Kennedy School, 5736 NE 33rd Ave.
These workshops designed for those who are engaged in the art of storytelling. Presenters are all professional tellers and workshop leaders who bring a depth of knowledge and experience to share. Beginning tellers will gain confidence and skills. Experienced tellers will be challenged to take their storytelling to a deeper level.

In Other Words

December 4th from 5-8pm for our Annual Holiday Open House.
As 2014 comes to a close, In Other Words has a lot to celebrate and be thankful for. Enjoy some snacks and drinks while you get an early jump on your holiday shopping for the wonderful feminists in your life.

A Christmas Carol

Portland Playhouse - November 19, 2014 - A homespun, family-friendly treat. Last year, Portland Playhouse presented our first family-friendly offering: a new adaptation of Charles Dickens' A CHRISTMAS CAROL by Rick Lombardo and Anna Lackaff. Our version of this holiday classic was unlike anything Portland audiences expected. 602 NE Prescott St | Portland OR 97211 503-488-5822 | portlandplayhouse.org

Trinity Lutheran Church

Join The Conspiracy!
That's the title tune for the 2014 Christmas play at Trinity Lutheran School, a musical drama which will feature a variety of students of various ages and grade levels, participating in dialogue, song, and dance. The story of an outsider who stumbles into a shadowy clique called The Resistance, who together argue and learn about the meaning of Christmas. It was written by TLS music educator Jelani Greenidge, which also includes pop, gospel, hip-hop and praise-and-worship songs.
Witness the revolution take place on December 18th, 7:00 pm at Trinity Lutheran Church, 5520 NE Killingsworth, TrinityPortland.org

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Monday, December 1
OREGON HISTORY 101
IMMIGRATION AND ETHNICITY
Theater • 6 p.m. doors; 7 p.m. event

Sunday, December 14
ETHOS ROCK BAND
SHOWCASE
Gym • 1 p.m. 'til 3 p.m.

Thursday, December 18
LIMITED-EDITION
BEER TASTING
YOU'LL SHOOT YOUR EYE OUT DIPA
Happy-hour pricing on this limited-edition beer only, all night long!
5 p.m. 'til the beer is gone
Boiler Room • 21 & over

Monday, December 22
a home grown christmas
with michele van kleeef
\$5 suggested donation
to the OREGON FOOD BANK
Gym • 7 p.m.

Restaurants & Bars
Open Christmas Day

Friday, December 26
BOXING DAY
IRISH FAMILY HOOLEY
featuring
MURRAY IRISH DANCERS
7 p.m.

Saturday, December 27
Kris Deelane
Rock, folk, punk and soul
7 p.m.

Sunday, December 28
Sonny He& Blues Band
Northwest blues legend
7 p.m.

Monday, December 29
MCDUGALL
One-man banjo
7 p.m.

Tuesday, December 30
ROCKY BUTTE WRANGLERS
Vintage Swingin' Country Music
7 p.m.

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2015 PARTY
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9 p.m. til 12:30 a.m. • 21 & over

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