



# CONCORDIA NEWS

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

December 2016

## CNA Holiday Party!



Dec 13, 7-9 p.m.  
Details on Pages 2 & 7

### 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.

### Website

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

Concordia Neighborhood Association  
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## Residents team up to save homes



By Dan Werle  
CNA Media Team

In January, residents of Oak Leaf Mobile Home Park learned the park would be sold to an unidentified buyer who planned to tear down the homes and construct

new ones. Facing the threat of eviction, they collaborated with Living Cully, St. Charles Catholic Church and other non-profits to keep their homes.

They learned the sales agreement was in violation of Oregon law, which requires that mobile home park residents be notified of pending sales, and allows them to submit competing offers.

Community and Shelter Assistance (CASA) helped the 60 Oak Leaf residents develop a co-op to work toward purchasing the park property and preventing high rent increases on and/or evictions from their 30 units.

Legal Aid Services of Oregon prepared a lawsuit against current property owner Van Tran for safety violations and the then-pending illegal sale.

The strategy worked and, in early



Mobile home parks in the state and region are being sold to make way for development. When neighbors nearby learned theirs might be next, they began rallying to find a way to stay home. Photo by Marcus Murray

tions that accompanied federal funds, and unable to secure an outside loan that would be required to acquire the park and hold it until the federal funds became available.

can purchase the property.

That interim sale of the property to Living Cully is expected to close by the end of November.

To follow the progress of Oak Leaf residents' and Living Cully's progress in saving their homes, visit [Facebook.com/savetheoakleaf/](http://Facebook.com/savetheoakleaf/) and [LivingCully.org/blog/](http://LivingCully.org/blog/).

Dan Werle lives in Concordia with his wife, Anna, and their dogs.

*Editor's note: This is the second in a CNews series of stories about local housing challenges and solutions. Oak Leaf Mobile Home Park is in next door Cully Neighborhood, just three blocks from Concordia on Killingsworth Street.*

*St. Vincent de Paul of Lane County is now working with the residents to complete the purchase; however, that cannot take effect until next spring.*

June, CASA offered to purchase the property on behalf of the residents. It was contingent upon covering the agreed-upon purchase price. Portland city housing commissioner Dan Saltzman committed to help with the purchase, in part with funding from Portland's new construction excise tax.

However, city funding wasn't available yet and federal funding — with associated challenging obstacles — was proposed. Further complicating the purchase, Multnomah County wanted some of the homes replaced, due to safety and health concerns.

CASA was unable to meet the restric-

So, in early October, the purchase was postponed.

But the proposed purchase plans are not dead. The city commissioner and Portland Housing Bureau remain committed to helping Oak Leaf residents identify funding to retain affordable housing for the current residents.

St. Vincent de Paul of Lane County (SVDP) is now working with the residents to complete the purchase; however, that cannot take effect until next spring. The city and Living Cully are working to preserve the current purchase agreement — with Living Cully serving as temporary owner of the park — until SVDP

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### IT'S ALL ABOUT FOOD

This holiday issue of CNews explores how local organizations are helping feed local residents.

See Pages 4 & 5



### NEW DAME IN TOWN

Concordia's newest restaurant boasts a menu that's packed with local fare.

See Page 8



### CONSTRUCTED IN CONTROVERSY

Few may remember it now, but the siting of Station No. 14 in 1958 resulted in controversy, and even a fire.

See Page 11



CHAIR’S CORNER

ISAAC QUINTERO  
Chair  
Concordia Neighborhood Association



Young families bring an awakening for all of us

Hello neighbor. Thank you for checking back in.

This is my last Chair’s Corner, as I am going off the board to pursue retirement, travel and to focus on grandkids. I have enjoyed my time as chair and appreciate the opportunity to serve you, my neighbor.

I was fortunate enough to serve with others on the board in an effort to provide leadership and organization to move us forward to a bright future, and I will look back fondly on a time when I felt I made a difference.

I moved into the Concordia neighborhood about four years ago to be closer to our daughter and family (eight houses away... how sweet it is). As a newcomer, I had the impression the neighborhood had a history. That gave me pause, and prompted me to dig deeper.

I got involved with the Concordia Neighborhood Association (CNA) to see what the real story was. It turned out to be a good one that promises to get better over the years. This neighborhood has also become a place I know will be a positive influence on our grandchildren.

The changes are dramatic and, although I attribute them to many factors, they are primarily the result of young families moving in. These families have brought about an awakening to a new day for all of us. They have not only made financial investments, but also have become very involved in the daily life of our community. It is my hope they will continue to press forward and take more active

roles in the association, particularly as members of the CNA Board of Directors.

A change is definitely on its way. As of this writing, it had not yet been determined who would become U.S. president. What I do know for certain is the winds of change in politics are now a force that will not be deterred. While Bernie didn’t make it to the finish line this time, a new Bernie is in the works somewhere – and it’s entirely possible he or she is right here in our neighborhood.

The Bernie phenomenon brought the realization that so many of us are underrepresented or, in some cases, not represented at all. It was my hope in pushing for a Concordia neighborhood newspaper that it would give us a voice. I believe we now have this forum in place.

Make no mistake, local papers like ours can be sounding boards for whining and single-issue focus groups, but only if we allow that to happen. If I have only one wish granted by the genie, I would hope that Concordia News becomes a voice for all – everything from posting the latest garden club news and high school sports scores to reporting on the health and welfare of senior citizens, and opportunities for civic involvement for everyone.

As always, these comments are my opinion, and not that of the CNA Board of Directors.

Good fortune to all of you, my friends, and happy trails until we meet again. Semper Fi.

Isaac

Concordia Neighborhood Association

**MEETINGS**

**Board Meeting**  
2nd Tuesday of the month  
Tuesday, Dec 13, 6 p.m. at Cerimon House, 5131 NE 23rd  
Tuesday, Jan 10, 7 p.m. at McMenamins Kennedy School Community Room

**Social Committee**  
If you'd like to volunteer for the annual CNA Holiday Party for December and/or plan other fun, community-building events, contact Katie Ugolini, 503.449.9690, KTUgolini@gmail.com.

**Media Team**  
Tuesday, Dec. 6, 6 p.m.  
1st Tuesday of the month  
McMenamins Kennedy School Community Room  
Contact MediaTeamLead@ConcordiaPDX.org

**Land Use & Transportation Committee**  
Wednesday, Jan 18, 7 p.m.  
3rd Wednesday of the month  
McMenamins Kennedy School Community Room  
Contact LandUse@ConcordiaPDX.org

**CONTACTS**

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**SUBMISSIONS & ADVERTISING**

**Submissions to Concordia News:** Deadline is the 10th of the month preceding the upcoming monthly publication. Contact CNewsEditor@ConcordiaPDX.org

**Submissions to CNA Website:** Submit nonprofit news & events to MediaTeamLead@ConcordiaPDX.org

**Advertising:** CNewsBusiness@ConcordiaPDX.org, 503.891.7178

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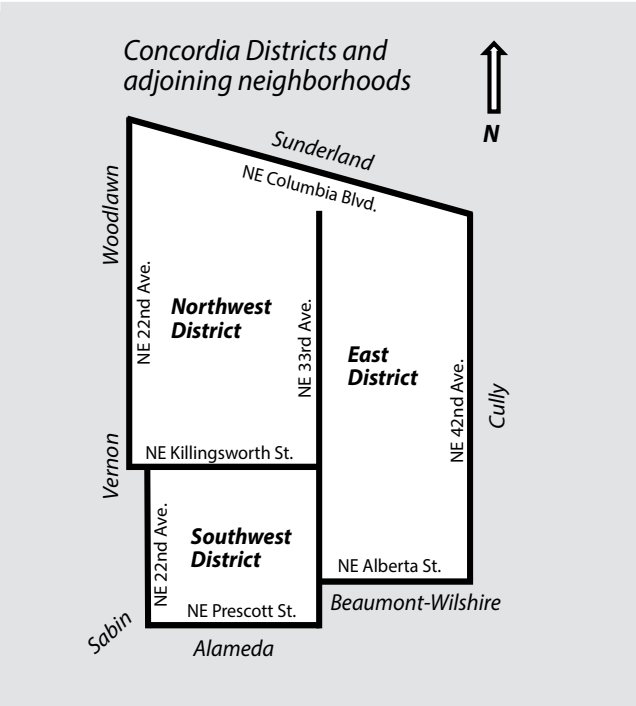
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Northwest 2 | NW2@ConcordiaPDX.org Sean Duffy  
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At Large 4 | AL4@ConcordiaPDX.org Ali Novak  
At Large 5 | AL5@ConcordiaPDX.org Chris Lopez  
At Large 6 | AL6@ConcordiaPDX.org Truls Neal



**Need a place for your party?**

The Community Room at McMenamins Kennedy School is available for your next gathering, book club, birthday, baby shower or special occasion. CNA manages the rental space & benefits from the proceeds.

\$15/hr. for nonprofits. All others just \$25/hr.

Email: CNAroomKennedy@gmail.com

Concordia Neighborhood Holiday Party — You Are Invited!

Tuesday, December 13th, 7-9 p.m. at Cerimon House, 5131 NE 23rd Ave.

- ★ Light eats and nonalcoholic beverages
- ★ Kids activities
- ★ Live music performances
- ★ Raffle to benefit Concordia Backpack Lunch Program



**Featured Performances!**  
Faubion Choir 7:15 p.m.  
Vernon Choir 7:45 p.m.  
Vernon Dad Band 8:30 p.m.

**Food Drive and Raffle to benefit Concordia Backpack Lunch Program**

**Suggested food donations:**

- Nature Valley Granola Bars
- Fiber One Granola Bars
- CapriSun 100% Juice
- Kirkland 100% Juice
- Treetop No Sugar Added Applesauce
- Dole 100% Juice Fruit Cups

**Raffle tickets: \$2 each or six for \$10**  
Raffle prizes generously donated by Cottage Pantry, Frock, Guayakí Yerba Mate, Peak Performance and Seastar Bakery

See details Page 7



Concordia murals

Alberta Community Mural story goes on...

By Carrie Wenninger  
CNA Media Team

**Mural location:** This vibrant community ‘gathering’ resides on the east (alley) side of the building that houses Urban Pilates at 2915 N.E. Alberta St.

**What the artwork represents:** The idea for the mural came from long-time resident and business owner Donna Guardino of Guardino Gallery, located at the corner of 30th Avenue and Alberta Street.

Inspired by the album cover of the Beatles’ Sgt. Pepper’s Lonely Hearts Club Band, and with the blessing of the building owner, Donna asked local artists and community members to participate by painting people, real or imagined, from the diverse fabric of Alberta Street.

**Age of mural:** The artwork was painted over time. She estimates it has been there for approximately 15 years. You’ll notice that the right end of the mural is unfinished to allow the story of the



street and its denizens to continue...

**Fun Fact:** It is thanks to the inspiration of Alberta Street business owners, including Donna; Jill Gadeke, VideoRama; Jude Cornwell, Judee Moonbeam; and Roselyn Hill, Roselyn Coffee House

that we enjoy the Alberta Street Art Walk, also known as Last Thursday. It began through their efforts in May 1997. There has been an Art Walk every month since that date, rain or shine.

**The Alberta Community mural tells the story of the people of Alberta Street’s past, and leaves room for more. Photo by Marcus Murray**

Chris Lopez heads CNA, other board posts filled



Chris Lopez



Tyler Bullen



Amelie Marian



Heather Pashley

Concordia Neighborhood Association (CNA) has a new chair, four re-elected board members and three new members.

More than 30 neighbors attended the Nov. 8 CNA Annual Membership Meeting, where they elected a former At Large member, Chris Lopez, to a two-year term as chair. Daniel Greenstadt was re-elected as a Southwest District representative, and Steve Elder was re-elected to East District, and Donn Dennis and Ali Novak to At Large positions both for two-year terms.

Elected to East District for one year to fill a vacancy was Tyler Bullen. The

Northwest District vacant position was filled by Amelie Marian and an At Large position by Heather Pashley, both for two-year terms.

Terms continue for another year for Isham “Ike” Harris in the other Northwest District position, Garlynn Wind-song for the other Southwest District post, and for At Large positions held by Robert Bowles and Truls Neal.

Portland city commissioner Amanda Fritz attended the meeting and answered neighbors’ questions about the new police contract, public campaign financing, land use issues and the homelessness emergency.

CNews takes January hiatus

Concordia News next month continues its tradition of giving its volunteer writers time off in December to spend the holidays with their families. The result is no January issue of the newsletter.

Look for January calendar items – that would normally appear in the newsletter’s Page 12 Community Events section – on ConcordiaPDX.org by the end of December.

Deadline for calendar submissions, other news releases, opinion pieces and letters to the editor for the February issue are due Jan. 10 to CNewsEditor@gmail.org. Advertisements are due Jan. 15 to CNewsBusiness@ConcordiaPDX.org.



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# Community is cooking in St. Mike's kitchen

By Rachel Schweitzer  
St. Michael's Community Kitchen leader

Have you ever felt isolated and alone? Parents who stay home with their children and people who are retired can feel isolated since they don't work outside of their homes. However, even people who do work outside of their homes can feel they don't

canning during the summer months. We take time out of our busy schedules for these gatherings to enjoy being a part of a community. We share an interest in trying new recipes and becoming better cooks. We share skills and resources. As we gather, we are building a community where participants feel welcomed, cared for and included.

*We take time out of our busy schedules for these gatherings to enjoy being a part of a community.*

fit in or have friends at work. Part of being human is the need to connect with others, and one of the best ways that we can do this is through shared activities in a common interest. At St. Michael's, we currently have three cooking groups that are open to the community. Two of our monthly cooking groups are in the evening, from 6 to 8 p.m. On first Thursday, we make and share a meal and then split up the leftovers. We often like to pick a theme and make a variety of dishes surrounding that theme. In September we made an appetizer, main dish and dessert, each including pears. On third Thursdays, we share a quick meal and then get to work preparing food to take home with us, such as freezer meals during the bulk of the year and

Our third group is during the day, on the second Thursday of the month from 11:45 a.m. to 12:45 p.m. This group was created because, as folks get older, it sometimes becomes more difficult to get around at night. We provide an opportunity for seniors to gather during the day to spend time in conversation with other seniors while sharing a meal prepared for them. The meal for seniors is free and the other meals are a sliding scale donation, with no one turned away due to lack of funds. Whether you are a beginner or an experienced cook, or a senior who would like the chance to get together with other seniors, there is a place for you in our community kitchen. I invite you to join us!



Rachel Schweitzer (fourth from left) and St. Mike's Kitchen participants gathered recently to test recipes for creating dinners from Thanksgiving leftovers. Photo by Marcus Murray

## December events in St. Mike's Kitchen

- Thursday, Dec. 1, 6 - 8 p.m.**  
Help make and enjoy Puerto Rican holiday dishes, including almoabanas, arroz con gandules, pernil asado.
- Thursday, Dec. 8, 11:45 a.m.**  
All seniors are invited to enjoy a light meal featuring Zuppa Toscana, along with some sides – no cooking required.
- Thursday, Dec. 15, 6 - 8 p.m.**  
The theme is cookies from around the world. Bring a batch of your favorite holiday cookies to share with other participants. And be prepared to make others in St. Mike's Kitchen.
- For details on these events and/or to make a reservation, contact [St.Mikes@Kitchen-Commons.net](mailto:St.Mikes@Kitchen-Commons.net), 503.997.2003.



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A month of merriment on Alberta Street

# LIT UP AND LOCAL

Get in the spirit of the season with free, family fun!

**12/1**  
**GET LIT**  
THE STATION • 2703 NE ALBERTA  
6pm

**12/3**  
**TREE LIGHTING**  
COURTYARD AT 18TH • ALBERTA  
4:30pm

**12/3 to 12/20**  
**GNOME FOR THE HOLIDAYS**

**Wednesdays**  
**RETAIL HAPPY HOLIDAYS**  
ALBERTA STREET SHOPS  
3-6pm

VISIT [ALBERTAMAINST.ORG](http://ALBERTAMAINST.ORG) FOR MORE DETAILS

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# NE food program chosen for Give!Guide

By Travis Niemann,  
NEFP program manager

The Northeast Emergency Food Program (NEFP) – located just north of Concordia in the Cully neighborhood – meets the urgent food and clothing needs of neighbors from across the Portland area.

As a program of the Ecumenical Ministries of Oregon, our work is focused not only on providing this crucial direct service, but also in addressing the underlying causes and working to develop community solutions to food insecurity.

NEFP partners with dozens of local congregations, grocery stores, civic groups, businesses and other nonprofits to serve more than 800 families each month.

We distribute more than 800,000 pounds of food each year – with nearly half of it fresh foods. We strive to highlight fresh fruits and vegetables, whole grains, dairy and meat, and people routinely remark they enjoy the bounty of fresh foods we typically offer.

In the warmer months, several northeast Portland community gardens provide

us with locally grown vegetables through the Produce for People program. Additionally, the Portland Fruit Tree Project supplies us with hundreds of pounds of locally grown fruits.

Fresh foods, together with grains and proteins, meet the needs of our culturally diverse clients. More than 50 percent speak a language other than English in the home, and many speak very little English at all.

As a neighborhood hub, we welcome these neighbors – many whom are refugees – with love, bread and respect. Because our facility is set up like a grocery store, our clients keep their dignity while they shop our shelves.

Far beyond a box of canned goods, we provide the same quality goods any family could use, and variety to meet each family’s particular tastes.

NEFP recently launched the Sacajawea Mobile Food Pantry, which delivers fresh produce and pantry staples once a week to the families of children at Sacajawea Head Start. We hope to expand our mobile pantry to other sites in the coming years.

Crucially, however, we can only expand this and other programs with community support. NEFP relies overwhelmingly on individual donors to support our operations.

We are absolutely honored to be among 141 nonprofits chosen this year for the Willamette Week Give!Guide, which offers a user-friendly website for making donations to NEFP.

Please visit GiveGuide.org to look up the Northeast Emergency Food Program.



The Northeast Emergency Food Program facility is set up like a grocery store for clients to select their largely fresh supplies.

## Gardening is more than just playing in the dirt



By Raven Pearce  
8th Grade,  
Trinity Lutheran

Imagine a place where you can grow your own food and harvest it, where you feel like a family, where you work and form bonds with other kids, where you learn in a fun way and in a healthy environment.

garden. “The garden is important by helping us learn how to meet new people, care for, and grow plants. Sometimes it can teach a student how certain insects help the plants, others eat the plants, and how to take care of both types.

“My favorite part of garden is harvesting the food during fall,” Jeri adds. “Some of my favorite things to do are getting to grow things with my friends, meeting new farmers who come to teach

*“I think the garden can bring people together.”*

– Farmer Michelle

For me that place is our very own garden at Trinity Lutheran School.

We don’t just play in the dirt. We actually discover many methods to create and maintain a garden, such as:

- Learning the seasons to plant certain fruits and vegetables
- Telling the differences between – and classifying – rare and common plants
- Learning the importance of eating healthy foods
- Building connections in the community to preserve the garden

Farmer Michelle, our instructor, says, “The garden can be applied to every subject we’re learning in school.” After school you’ll find her working in the garden or giving vegetables to students to take home. “My favorite part is watching kids get excited about planting or harvesting.”

Eighth grader Jeri also enjoys the

us, and getting to be outside.”

At our school garden you learn a lot of things, but the garden isn’t about just putting a seed in the ground, adding some sun and water to it. It’s about growing the seed into a plant and nourishing it with all the things it needs to grow and be healthy.

Lastly, in the garden it doesn’t matter who you are, what your strengths and weaknesses are, or if you’re not as good at a skill as someone else. It’s about creating a community.

“I think the garden can bring people together. Everyone has different strengths and when you put them together you can accomplish anything,” says Farmer Michelle.

I agree. Every day I see smiling faces of students working together in the garden, problem solving and learning something new. That’s what Trinity Lutheran garden is about.

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

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# Economics and the Residential Infill Project



By Garlynn Woodson  
Chair, CNA LUTC

Last month I mentioned the use of Floor Area Ratio (FAR) to regulate scale, that it's calculated as the area of above-ground building over lot area. For example, a 2,500-square-foot house on a 5,000-square-foot lot has a 0.5 FAR.

Concordia Neighborhood Association (CNA) takes the position that allowable FAR should be 0.9, not 0.5, in the R5 zone – and even higher in the R2.5 zone – as this would allow for a full two-story house that covers 45 percent of a lot.

Let's estimate some numbers to see how this might impact affordability.

If a house is purchased for \$350,000 and then demolished, there would probably be upset neighbors.

Let's set that aside for a moment, however, and focus on the economics. These numbers are based on the Johnson Economics report, produced for the Portland Residential Infill Project, the latest Multifamily NW rental market survey, and my own experience with Portland's construction industry this year.

Let's say the total cost to replace this house with a new single-family home is \$400,000, which means it could be

on the market after construction for \$750,000. If it were a rental, it would need to go for roughly \$5,470 per month to pencil out for the landlord.

Alternatively, the house could be replaced with a duplex, which would have a higher total development cost of \$512,500. But these units could be condos for as little as \$430,000 each (assuming only 1,250 square feet per unit), or rented for about \$2,735 monthly.

Replaced with a triplex, given additional construction costs to comply with the commercial building code, the total development cost would be about \$760,000, each 1,200-square-foot unit could sell for \$370,000, or rent for

roughly \$2,670 monthly.

Replaced with a fourplex, the total development cost might be around \$910,000, with each 1,100-square-foot unit selling for \$315,000 or renting for around \$2,300 monthly.

Finally, if that same 4,400-square-foot fourplex building were instead divided into eight units, say a mix of studios and one-bedroom apartments, each one could sell for \$160,000 or rent for \$1,170 monthly.

Are these prices as cheap as in the past? Of course not. New construction is always more expensive than existing structures and – when the competitive cost for property is so high – prices rise

even higher.

Did I use the most rock-bottom figures for this example? No. They're based on the same rough construction costs as the Johnson report, simply adjusted for the size of the building and a few other related variables.

Portland is at an important crossroads.

We must choose whether to grow in a way people from diverse economic and racial backgrounds are able to afford to live here, or in a way that is exclusionary, unintentionally racist, and that will likely result in a city where our children will not be able to live in the neighborhood they grew up in.

	Single Family	Duplex	Triplex	4-Plex	8-Plex
Size (SqFt)	2500	2500	3,600	4,400	4,400
FAR	0.5	0.5	0.72	0.88	0.88
Unit Size (SqFt)	2500	1250	1,200	1,100	550
Property Acquisition	\$350,000	\$350,000	\$350,000	\$350,000	\$350,000
Total Development Cost	\$750,000	\$862,500	\$1,110,000	\$1,260,000	\$1,280,000
Sales Price per Unit (Buy)	\$750,000	\$431,250	\$370,000	\$315,000	\$160,000
Rent/Unit/Month	\$5,469	\$2,734	\$2,698	\$2,297	\$1,167

## Land use, transportation & livability update



By Ben Earle  
Secretary, CNA LUTC

It sure has been one heck of a month! I wish all of you well as the winter approaches, and that we care for one another as best we can to help us all weather the storms around us.

### Portland 2035 Comprehensive Plan

November saw a flurry of public hearings as the Portland City Council prepared for final votes on the full City of Portland 2035 Comprehensive Plan and various "early implementation" components.

Concordia Neighborhood Association (CNA) Land Use & Transportation Committee (LUTC) chair Garlynn Woodson represented the complementary CNA and Northeast Coalition of Neighborhoods (NECN) positions supporting a

modified version of the Portland Residential Infill Project's (RIP) "Housing Diversity Perspective" (HDP) at the Nov. 16 hearing.

Although commissioners Nick Fish and Dan Saltzman were absent, Garlynn reported, the majority consensus of mayor Charlie Hales and commissioners Amanda Fritz and Steve Novick appeared in favor of the recommended modified HDP. The final RIP vote is slated Dec. 7.

There is a Dec. 8 hearing on proposed inclusionary zoning changes. These result from a collaborative effort between Portland Bureau of Planning and Sustainability and Portland Housing Bureau to help meet citywide affordable housing needs.

Final comp plan vote sessions are scheduled Dec. 14 and 21.

To find out more, see Garlynn's piece above, and copies of his testimony and supporting documents in the LUTC sec-

tion of the CNA website at ConcordiaPDX.org. You can also always find updates on all of this at PortlandOregon.gov/bps/article/57352 or by calling 503.823.7700.

### Short-term rentals

The Portland Bureau of Development Services (BDS) will hold a public hearing Dec. 16 on a proposed rule to increase penalties for illegal "accessory vacation rentals." If unpermitted activities are not either fixed or permits are successfully obtained within 30 days of receiving a notice to comply, fines for owners will increase from \$700 - \$1,500 to \$1,000 - \$5,000 per month.


For more information, and to comment, visit PortlandOregon.gov/bds/article/617908 or contact Mike Liefeld at 503.823.7332, Michael.Liefeld@PortlandOregon.gov.

### Liquor license renewals

All liquor licenses north of Burnside Street – half of about 3,300 in Port-

land – expire Dec. 31 unless renewed by the Oregon Liquor Control Commission (OLCC). The city, through the Office of Neighborhood Involvement – which commissioner Fritz oversees – makes renewal recommendations to OLCC using information gathered from neighbors, community organizations and public safety officials through Nov. 30. To report concerns about or provide support for any local businesses selling alcohol, call 503.823.3092 or email Donna.Henderson@PortlandOregon.gov.

Concordia residents are always welcome at CNA LUTC meetings, every third Wednesday – except December – at 7 p.m. in McMenamins Kennedy School Community Room. For more information, visit ConcordiaPDX.org/category/land-use-livability, send your questions to LandUse@ConcordiaPDX.org, or email LUTC\_Secretary@ConcordiaPDX.org to join the LUTC notification list.



## What's Selling in Concordia?

208

Homes sold in RMLS in last 12 months as of Nov 9<sup>th</sup>

16%

Increase since 2015

Average Sale Price: \$398,273

Avg. Days on Market:.....	16	Average List: .....	\$454,036
Avg. Cumulative Days on Market .....	18	Median List: .....	\$429,900
Median Days on Market: .....	6	Average List \$ per square foot: .....	\$225
Median Cumulative Days on Market .....	6	Average Sold \$ per square foot: .....	\$234
Avg. square feet: .....	2,021	Median Sale Price: .....	\$450,000
Median square feet: .....	2,041	<b>Average Sale Price: .....</b>	<b>\$473,654</b>

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



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# You're invited to CNA holiday party

Concordia Neighborhood Association (CNA) hosts its annual holiday party Dec. 13 from 7 to 9 p.m. in Cerimon House at Sumner Street and 23rd Avenue. You and your family are invited.

Savory treats, sandwiches, chicken wings, potato salad and a dessert buffet await you – along with nonalcoholic beverages.

There's no shortage of entertainment, with the choirs of both neighborhood elementary schools and the Vernon Dad Band. Rebecca Marshall, of KXL radio news and a Concordia resident, is the evening's emcee.

Children are welcome to make paper snowflakes, search for elves in a holiday scavenger hunt and decorate "We Care" cards for placing in backpacks full of food for needy neighborhood children.

Every year, the CNA party supports a local charity. This year neighbors are asked to donate to the Concordia Backpack Lunch Program.

Concordia University nursing students founded the program to provide food items in backpacks each weekend for economically disadvantaged Faubion



The choirs from Faubion (pictured above) and Vernon elementary schools, along with Vernon Dad Band will entertain you Dec. 13. See them at the CNA Annual Holiday Party at Cerimon House.

School children.

CNA asks neighbors to bring nonperishable food items to the party for the backpack program. A list of preferred items is in the advertisement on Page 2.

At the party, you can also purchase raffle tickets for several prizes. Tickets are \$2 each – and 6 for \$10 – with proceeds benefiting the Concordia Backpack Lunch Program.

The holiday party is a wonderful way for neighbors and businesses owners to come together, build community, celebrate the season and brighten the holidays for families who are less fortunate.

For details or to offer your help, email Katie Ugolini at KTUgolini@gmail.com.

Please also see story below and advertisement on Page 2.

## Thanks to our CNA Holiday Party sponsors:

- Caffé Vita  
Cerimon House  
Cottage Pantry  
Frock  
Fred Meyer  
Grand Central Bakery  
Guayakí Yerba Mate
- Hassan Company Realtors  
Peak Performance  
QFC  
Red Barn Flowers  
Safeway  
Seastar Bakery

Remember to support the businesses that support your neighborhood!

# Backpacks provide healthy meals to schoolchildren

For many, it's a familiar challenge: a hungry child is not prepared for successful learning.

"There is a high need among children

and families in the neighborhood," said Justin Lambert, a senior nursing student and chair of the Concordia Backpack Lunch Program. "Nutrition and health are so important to facilitate learning. A backpack of food for the weekend helps relieve a tremendous worry for the child and family.

"I'm thrilled the neighborhood association has jumped in to encourage people to contribute food during its holiday party," he added.

Six years ago, during a community needs assessment for a Concordia University community health course and clinical experience, nursing students were shocked to find the need for food security topped the list.

They turned in their assignment, then went straight to work developing the Concordia Backpack Lunch Program.

The all-volunteer community effort relies on food and monetary donations, and it works in collaboration with Concordia University, Concordia Neighbor-

hood Association, (CNA) Faubion School Parent Teacher Association and St. Michael's Church.

Backpacks for weekend meals – full of healthy, high-protein foods off an approved list – are provided to dozens of children and families throughout Faubion School.

Just \$5 provides one weekend backpack (two lunches) for one child. Checks may be written payable to Concordia University specifying #1-24855/backpack lunch program in the description, and mailed attn: CHHS, 2811 N.E. Holman St., Portland, OR 97211.

Food donations are accepted at St. Michael's Lutheran Church, 6700 N.E. 29th Ave., Monday through Friday from 9 a.m. to noon. For the list of preferred items requested by the Concordia Backpack Lunch Program, see the CNA Holiday Party advertisement on Page 2.

Checks and food donations may also be delivered to the CNA Holiday Party Tuesday, Dec. 13 between 7 and 9 p.m. at Cerimon House.

Contributed by the College of Health & Human Services, Concordia University

Just \$5 provides one weekend backpack (two lunches) for one child.

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**DOUBLE IPA**  
5 p.m. 'til 7 p.m. • Brewery • 21 & over

**Open Christmas Day**  
**Stop by for a bite to eat or a handcrafted ale.**

### Live music for all

Join us with your friends & family every night after Christmas for some rockin' music!

Monday, December 26  
**BOXING DAY WITH THE STOMPTOWNERS**  
Celtic • Gym • 7 p.m.

Tuesday, December 27  
**TRANSCENDENTAL BRASS BAND**  
New Orleans street funk • Gym • 7 p.m.

Wednesday, December 28  
**BILL WADHAMS & FRIENDS**  
Pop rock • Gym • 7 p.m.

Thursday, December 29  
**MCDUGALL**  
Americana • Gym • 7 p.m.

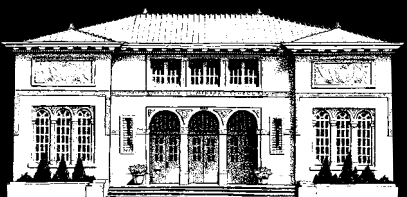
Friday, December 30  
**Eve of the Eve w/ Rich Layton and the Troublemakers**  
Rock 'n' roll • Gym • 7 p.m.

### NEW YEAR'S EVE

The restaurant & bars will be in full swing before the big countdown to 2017— have dinner, dessert or a drink! Here after 5 p.m.? Bring your Passport for a special stamp.

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cascadetickets.com



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**School Christmas Program**  
Thurs./Dec. 15th • 6:30 pm

**Children's Christmas Service**  
Sun./Dec. 18th • 10:00 am  
Spanish Language Christmas Service: 5:00 pm

### Christmas Eve

Saturday/Dec. 24th Candlelight  
Carol Services: 6:30 pm & 11:00 pm  
Spanish Language Service: 8:00 pm

**Christmas Festival Service**  
Sunday/Dec. 25th • 10:00 am



**New Years Day Service**  
Sun./Jan. 1st • 10:00 am  
Spanish Language - Service: 5:00 pm

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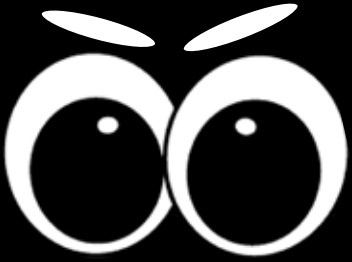
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# Seasonal, regional food are Dame fare



By Riley O'Boyle

At Dame, the first tenet seems to be genuine affinity for the local, the personal and the wholesome. Second is its carefully chosen natural, organic wines – followed

closely by the establishment's meticulous interior and gourmet food that frame the familiarity of quality wine and people.

Co-owners Dana Frank and Jane Smith didn't know each other well, but each was looking for a partner and a project in early 2016. Dana, a sommelier regarded in New York and London, heard that Jane, who continues to manage nearby Knock Back on Alberta, had a lead on a location for something of her own, so they were introduced.

The two, among other essential team members – including chef Eli Dahlin, formerly of Seattle's Damn the Weather – put their heads together to create Dame. The website describes it as a neighborhood restaurant serving seasonal food with an emphasis on Northwest fish and vegetables.

The celebrated wine list is a tour of natural wines from around the world, rounded out by a thoughtful selection of aperitifs and digestifs.

The restaurant, or "project," as Dana calls it, is located at Killingsworth Street and 30th Avenue, where Cocotte resided before its departure in late 2015. Since Dame's opening in September, the staff has already been familiarized with the neighborhood, each able to recommend to waiting or happy bar hoppers where to go next for the evening.

"While we've made efforts to connect with the surrounding community, it has taken a lot of energy to get this project off the ground, so we haven't been able to reach out as much as we'd like to yet,"



Making a hit at Dame, the neighborhood's newest restaurant, are (left to right) Tyler Jaskey, sous chef, Dana Frank and Jane Smith, owners, and Eli Dahlin, chef. Photo by Carly Diaz

Dana explained. "It's clearly a close-knit neighborhood.

"We've had neighbors coming in who have been so excited about us opening. They are very aware of what's going on in the neighborhood and want this to be a really special area, so we want to contribute to that."

Price definitely has a lot to do with what makes a "neighborhood" establishment, Dana believes. Although a full meal and a selection of drinks and desserts are available as an option at Dame,

lighter fare and a glass are also welcome choices for a customer.

So visit DameRestaurant.com to check out the chops and other menu items.

*Riley, certified engineer in training, is new to Portland. He pursues a career in stormwater management while he continues the practice of written and visual media production. Contact him at RSO-Boyle13@gmail.com.*

## Letter to the editor

### The problem on our roads is 'everyone'

I've been reading the possibility of changing speeds on Killingsworth and Alberta streets, plus the injuries that have happened in the recent years.

The problem is "everyone." We moved to northeast Portland four years ago, and we are still shocked at the amount of traffic, and disobeying of traffic laws by drivers, bicyclists and pedestrians. I

propose we educate drivers that every corner is a crosswalk.

We should teach people of all ages how to cross a street and, that if you're not seen, drivers can't stop for you. How many pedestrians realize that they are wearing black at night, dusk and in the rain when they dart in front of cars?

Bikes are not obeying stop signs.

Then add the driver who decides that he/she is the only one on the street or decide a neighborhood is a freeway zone?

I don't know what to tell you, neighbors. I don't want to run over a pedestrian -- but one of these days I might because I didn't see them standing behind a car or they darted between cars in front of me. It's very scary. I would be devastated if I ever hit a person. When we're walking in a crosswalk, many cars will not stop.

So, let's get our minds "together" to solve the problem. It isn't speed necessarily, nor is it the victimization of walking, but it is that we respect each other in the long run by following rules that are already there!!

Jan Harvey

## Feel the THRILL!

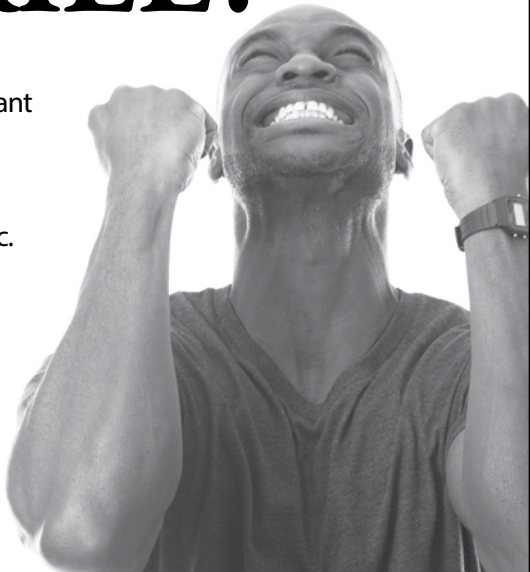
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Opinions expressed by this writer do not necessarily reflect the views of Concordia Neighborhood Association. Deadline is the 10th of the month prior to publication. Please contact CNewsEditor@ConcordiaPDX.org earlier to discuss space limitations.



# Reach out to reduce the ‘otherness’



Keren Brown Wilson

In the aftermath of a long, divisive political campaign many of us – or those we know – are overcome by feelings. People are talking about whether post-election healing is possible. Some think the divisiveness will become worse, at least for a

while. And in a sign of lingering anger, protests have occurred. Others are calling for unity. Some are praying or thinking of what healing actions they might take. Before the election, I found myself treading carefully, not wanting to provoke heated discussions with those whose views were different or whose views I did not know. Yet isolating ourselves in this way is bad in the long run. We cannot heal if

*We cannot heal if we cannot discuss, with civility, issues around which we disagree with others.*

we cannot discuss, with civility, issues around which we disagree with others. “Otherness” has become a big problem. Increasingly, we live in silos based on ethnicity, race, education, income, gender, age, political persuasion, or even interests. That can shield us from normal interaction from those different from ourselves. We see their differences and it’s difficult to find what we have in common. In an earlier column, I suggested we embrace a purposeful life. As a part of that purpose, I suggest each of us thinks about how to look for what we share with those different from ourselves. Unity begins with the conscious effort to find those things we can easily share. Take the time to openly express common bonds such as love of country and family. Look for opportunities to find common

interests when differences are obvious. Reach out. Part of “otherness” comes from not knowing others on a personal level. Help promote unity. Share your ideas with me and with others. Make reaching out to others who are not like you a part of your commitment to live a purposeful life.

*Keren is president of the Jessie F. Richardson Foundation. Based in Clackamas, the nonprofit helps elders live full lives with dignity. Its strategies focus on bridging the gap for elders, families and communities throughout the United States and around the globe. Contact her at 503.408.4088 or KWilson@JFR-Foundation.org, or visit JFRFoundation.org.*

# Take a look around your home for lead risks



By Karen Wells

The topic of lead has been in the news recently. Portland Public Schools’ drinking water has come under scrutiny. Now let’s take a look around your home, especially if you have children under five.

Keeping your children safe from harm is your No. 1 priority, so let’s start with the kitchen water faucet. Some best practices include: don’t use tap hot water for cooking or drinking, run your tap cold before using for cooking or drinking and clean your faucet aerator regularly. If your home water delivery plumbing has a lead source from lead solder or pipe sections, flush your line first thing in the morning. Boiling water will not take the lead out, but waiting for a pot of cold water to boil for soup is better than using hot water straight from the tap. Particles of lead can get trapped and build up in your aerator. Wear gloves when cleaning out your faucet aerator. Safety first!

Love your vintage claw-foot cast iron bathtub coated in lead-based porcelain glaze? If the surface glaze is in good shape with no signs of wear, no worries. As the tub ages, decades of exposure to water and other solvents can lead to it leaching lead into your nightly bath. The Portland Water Bureau offers free water test kits, Multnomah County offers free blood tests for children younger than 6 and Community Energy Project offers free workshops to help you identify and mitigate lead poisoning risks in your home. See box below for contact information.

- Here’s your checklist:
- Request water test kit
  - Request blood lead test
  - Run tap
  - Use cold water
  - Clean faucet aerator
  - Inspect your bathtub (if cast iron porcelain glazed)
  - Wash hands always with running water and soap
  - Attend workshop

You’re off to a good start! Bye-bye lead.

*Karen, OCCD master trainer, early childhood education, conducts health and safety trainings for parents and child care staff via Child Care Resource and Referral of Multnomah County. She may be reached at 5CornersFamily@gmail or text 619.244.7892.*

**Help for you and your home**

**Community Energy Project**  
CommunityEnergyProject.org/services/  
lead-poisoning-prevention-workshops/  
503.284.6827

**Multnomah County Health Department**  
MultCo.us/health/lead-poisoning-prevention  
503.988.4000

**Oregon Health Authority**  
Public.Health.oregon.gov/  
971.673.0440

**Portland Water Bureau**  
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# Build core strength to protect your back



By Penny Hill  
Rising Sun Massage

**M**y hope in writing these columns is to inspire you to better health. If you've been doing the pelvic floor exercises, you are now beginning to experience more strength and stability in a part of your body you may not have thought about much before. Increased strength in the pelvic floor leads to better sexual health and continence.

The next benefit I want you to experience is increased balance and less back pain. You can do this by increasing your

abdominal strength. I do not recommend sit ups or crunches. The function of the abs is to push inwards toward your spine, not fold your torso.

*The function of the abs is to push inwards toward your spine, not fold your torso.*

Their job is to support the back by pushing against the front of the spinal column. Your back muscles are not tasked with supporting the spine so, if the abs are weak, they have to do that job

too. And you get cranky when you have to do someone else's job on top of yours, don't you? Abdominal strength also increases balance when standing up from

a sitting position, and protects the low back when lifting weight.

To strengthen abs, lie on your back with your knees bent and feet flat on the floor, same position as doing pelvic floor

exercises. Now squeeze the area between the pubic bone and lower ribs – like a deep inhale to squeeze into your pants. There are three sections, top middle and bottom. At first you may only feel one or two sections. Over time you will be able to contract all sections together.

Begin where you are and don't worry about any extra weight. Losing weight and strengthening muscles are different, if related, activities.

With daily exercise, in a couple of months you'll be standing taller with less back pain.

Penny, LMT, and Certified EFT Practitioner can be reached through [ConcordiaMassagePros.com](http://ConcordiaMassagePros.com).

## Nextdoor.com hot topic round up



By Carrie Wenninger  
CNA Media Team

**Sweet treat:** An unusually dry All Hallows' Eve sees candy collecting, creatively costumed kids aplenty compared to wetter years!

**Good dogs do:** Dog owners respectfully remind each other to please follow the law by leashing pets while walking the neighborhood, and while in leash-on areas of parks and public spaces for everyone's safety, human and canine alike.

**How do you whey in?** Neighbor posts about his love for cheese, finds himself in grate company. Turns out Tillamook's still tops with many, Cabot cheddar gets high marks, too.

**More owl notes in the news:** Hoots and sightings still abound to the delight of many. More than one resident recommends the book, "Message from an Owl," while another points out the larger, more adaptable barred owl is considered a threat to the Northern spotted owl.

**Got Ants?** Most Portlanders do!

**Linepithema humile** – Argentine ant – arrived stateside in the late 1800s; they're part of a massive super colony that spans five continents. Neighbors differ on how to battle 'em but to \*learn\* more about them, resident Ben B. recommends this fascinating podcast: [RadioLab.org/story/226523-ants/](http://RadioLab.org/story/226523-ants/).

**Joint effort keeps limbs in check:** Neighbors encouraged to talk to each other regarding tree and bush limbs that cross property lines. If possible, decide together on a good, healthy pruning plan!

**Finally:** brief but wise post-election – and anytime – counsel from one resident: "Love your neighbor." Hear, hear.

Carrie is a Concordia resident and lives on 29th Avenue. As a freelance writer with a penchant for poetic prose, she tries to look for the humor in everyday life. She also is a mom and world traveler who, with her partner, owns a company that restores and repurposes vintage homes. Contact her at [WurdGurl@gmail.com](mailto:WurdGurl@gmail.com).

## Transplanted and Thriving

# Do dogs mold in rain?



By Kathy Crabtree  
CNA Media Team

**I**t often rains in the Midwest, and sometimes we even have downpours. Rarely is there continuous dampness though. Portland weather reporters say October had only three rain-free days.

Additionally, they exclaim, more than eight inches of rain fell during the month

replaced my routinely soggy dog walking jeans with rain pants. Waterproof shoes followed – as did a hooded, water-resistant jacket.

I now carry an eye glass cloth in my walking jacket to keep from smearing my lenses when wiping off the raindrops. I've designated a special spot for outerwear to hang as it dries and a shoe rack tray to collect mud.

But I am still at a loss when it comes to dog walking in the rain.

*But, in the Northwest, residents seem to take pride in their acceptance of the comparable inefficiency of their rainfall.*

–well above the average October totals. In the Midwest springtime, it is not uncommon to accumulate eight inches of rain in a week due to a thunderstorm or two. The possibility of eight inches of snow landing overnight has happened on more than one occasion, too.

But, in the Northwest, residents seem to take pride in their acceptance of the comparable inefficiency of their rainfall. The daily drizzle is happily tolerated by bike commuters, ear-phoned runners and window shoppers all long Alberta Street.

Rarely is an umbrella seen.

I'm trying to assimilate. A trip to REI

Our pups demand two long walks a day, but wet dogs are never a good thing. Muddy footprints, splattered rain drops from furry shakes and damp spots where they decide to rest are the worst part.

The doodle (lab-poodle) dries quickly and sleeps in his orthopedic bed after his walks. The thick, curly hair of the noodle (Newfoundland-poodle) never seems to dry, so I cover padded her favorite couch corner.

I just hope that she doesn't mold.

Kathy moved to Concordia last year from the Midwest and, as she reports in CNews, things are a lot different here.

## Cavaliers declare CNA days

**T**he Concordia University (CU) Athletic Department and the CU men's and women's basketball teams have designated one home game each on their 2016-2017 schedules as Concordia Neighborhood Association Appreciation Days.

Mark your calendars to attend a CU men's home game Thursday, Dec. 29, at 7 p.m., and a women's game Saturday Jan. 7, at 2 p.m.

CNA Appreciation Days will offer opportunities to win prizes, including Concordia athletic gear at both of these home games.

Concordia Cavaliers recently joined

the Great Northwest Athletic Conference (GNAC), one of the premier athletic conferences in NCAA Division 2. Universities from Alaska, Montana, Idaho, Washington, Oregon and British Columbia comprise the GNAC.

All Concordia residents will receive the group admission price – \$4 for adults and \$2 for youths ages 6-18 and free for ages younger than 6 – to both games. All Concordia University home basketball games are played at the Lutheran Church Extension Fund Court. The entrance is located on 27th Avenue on the CU campus. Parking is free on campus for all athletic events.



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[www.facebook.com/concordianeighborhoodassociation](http://www.facebook.com/concordianeighborhoodassociation)





# ‘New’ fire station built amid controversy

**The question:**

Your recent column on the old fire station on NE 33rd makes me wonder about the “new” one at NE 19th and Killingsworth. Why did it get built there, across from a school and near a park?  
– Summar Money

**The Historian reports:**



By Doug Decker  
Historian



The siting of public facilities in the early days was more about administrative prerogative and less about public input. Portland Fire Station No. 14, as we know it today, is one such story.

In 1958, with the closure of the old fire station on NE 33rd Ave. and with a new fire chief in place, Portland set about reconfiguring its overall fire response network. Several of the older smaller stations across the city were closed. New stations were planned. A \$3 million bond levy passed by popular vote, and seven new stations went into development across the city.

Fire officials wanted something for

Concordia that was more central, so they focused on property the city already owned: a quarter-acre parcel at the southwest corner of the popular 16-acre Alberta City Park.

From an expediency standpoint, this made sense:

- Lots of surrounding housing needed fire protection.
- It was near a school that would also benefit from quick response
- It was on a major east-west thoroughfare for good access.

The problem was: there wasn’t much conversation with the neighbors.

The back and forth between the city and the neighborhood that followed would give even the most veteran city public relations person the heebie-jeebies.

Reporting in The Oregonian from July 1958 until March 1959 describes how the neighbors opposed construction at first politely, which ratcheted up to petitions signed by 400 neighbors and sit-in protests against the station by the Vernon Parent Teacher Association, letters from the pastor at the Vernon Presbyterian Church, formation of a lobbying group called “Save Portland Parks,” a strident letter writing campaign by neighbors, and — after the city decided to go forward with the project even in the face of local opposition — an arson attack on the construction site on the night of March 3, 1959.

Yes, you read that correctly.



Few may remember it now, but the siting of Station No. 14 in 1958 resulted in controversy, and even a fire.

The opposition group leader eventually gave up when the city persisted. “We don’t like it, but we can’t do any more,” Dorothy Rapp told The Oregonian March 5, 1959. “It’s fruitless to fight city hall any longer. There’s no sense in beating our heads against the wall.”

Today, Station No. 14 has become part of the fabric of the neighborhood, welcomed and appreciated by all, or at least taken for granted. The engine and four personnel stationed there respond to 2,500 calls for service each year, and

chances are some CNews readers have benefitted directly from a medical assist or other support.

We’ve overcome this particular history (and hopefully learned from it), but it’s still insightful to remember how things came to be.

Have a question for the neighborhood historian? We love solving mysteries. Send your question to [CNewsEditor@ConcordiaPDX.org](mailto:CNewsEditor@ConcordiaPDX.org) and we’ll ask Doug Decker to do some digging.

*The back and forth between the city and the neighborhood that followed would give even the most veteran city public relations person the heebie-jeebies.*

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Concordia community events calendar

Thursdays - Saturdays through Dec. 17  
**HOLIDAY POP-UP SHOP**  
**Location:** 5012 NE 42nd Ave.(corner of Alberta St. & 42nd)  
 Thursdays - Fridays : 4 - 7 pm  
 Saturdays - Sundays: 10 am - 7 pm  
 Sponsored by Our 42nd Avenue, this shop features handmade gifts created by your neighbors.  
**Details:** 42ndAve.org



Through Sunday, Dec. 18, 2 - 4 pm  
**ART EXHIBITS**  
**Location:** George R. White Library, Learning Center, Concordia University  
 Two exhibits are on display through Dec. 18: Bus #75/ Hidden Portland: Geoffrey Hiller photography: unique photographic exploration follows route of TriMet route 75 route 18 miles between St. Johns & Milwaukie, & traverses through Concordia neighborhood. Visit Hiller’s blog: bus75.org.  
 Boycott! The Art of Economic Activism: More than 50 posters from historical & contemporary boycott movements demonstrate power of poster art to provide visual history of economic activism spanning 60 years.  
**Details:** cu-portland.edu/academics/libraries

Through Friday, Dec. 23  
**5TH ANNUAL CHILDREN’S BOOKMARK CONTEST**  
**Location:** Learning Center, George R. White Library, Concordia University  
 Concordia University Libraries’ Multicultural Arts & Events program invites all children to create bookmarks. The theme is “Finding Winnie,” the true story of the bear that inspired the Winnie the Pooh books. The winners and honorable mentions in each division will be recognized at a special reception Jan. 13.  
**Details:** cu-portland.edu

Thursdays, Dec. 1 and 15, 6 - 8 pm  
**ST. MIKE’S KITCHEN**  
**Location:** St. Michael’s Lutheran Church, 6700 NE 29th Ave.  
 Join others in the kitchen to make & enjoy a variety of dishes. Dec. 1 the theme is Puerto Rican Christmas dishes, including almoa-banas, arroz con gandules, perril asado and coquito. Dec. 15 the theme is cookies from around the world for bakers to take home for the holidays. Participants are encouraged to bring batches of their favorite holiday cookie to share with other participants.  
**Details/RSVPs:** Rachel Schweitzer, st.mikes@kitchencommons.net, 503-997-2003.

Thursday, Dec.1, 6 - 7:30 pm  
**LEAD-SAFE HOME PROJECTS WORKSHOP**  
**Location:** Community Energy Project, 2900 SE Stark St., Suite A  
 Before any demolition, scraping, sanding, or remodeling in pre-1978 housing, check out this class. Great for people who want to do a small project that may involve exposure to lead paint or a small construction project in an older home.  
**Details/registration:** communityenergyproject.org, call 503.284.6827 ext. 109

Thursdays, Saturday, Tuesdays, & Wednesday, Dec. 1, 3,6 , 8 & 13  
**WEATHERIZATION WORKSHOPS**  
**Location:** Various venues  
 Workshops for homeowners & renters teach participants how to stop drafts in their homes, especially around doors & windows to save energy & increase comfort.  
**Details/registration:** communityenergyproject.org, 503.284.6827 ext. 108  
 Dec. 1, 6 - 8 pm: MetroEast Community Media, 829 NE 8th St, Gresham  
 Dec 3, 2 - 4 pm: Woodstock Library, 6008 SE 49th Ave.  
 Dec 6, 6 - 8 pm: Community Energy Project, 2900 SE Stark St., Suite A  
 Dec 7, 6 - 8 pm : Margaret Scott Elementary School, 14700 NE Sacramento St.

Dec 7, 6 - 8 pm: Woodland Elementary School, 21607 NE Glisan St., Fairview  
 Dec 8, 5:30 - 8 pm: Reynolds Middle School, 1200 NE 201st Ave., Fairview  
 Dec 13, 6 - 8 pm: West Powellhurst Elementary School, 2921 SE 116th Ave.  
 Saturdays, Dec. 3, 10, 17, 10:30 am  
**STORY TIME**  
**Location:** Jody Thurston NW Center for Children’s Literature, Concordia University  
 All interested children & parents are welcome to share books, sing songs & tell interactive stories. Reading sessions are about 30 minutes, followed by themed crafts. Each session is on a drop-in basis.  
**Details:** cu-portland.edu/about/events/campus-calendar

Saturday, Dec. 3, 4:30 pm  
**LIVING TREE LIGHTING CEREMONY**  
**Location:** NE 18th Ave. & Alberta St. (court-yard by Umpqua Bank)  
 Get in the spirit of the season with free family fun at the 5th Annual Living Tree Lighting. Visit with Santa, enjoy holiday music, watch the flip of the switch and celebrate with cookies & hot drinks, all sponsored by Alberta Main Street.  
**Details:** albertamainst.org/whats-happening/lit-up-local/

Saturday - Tuesday, Dec. 3 - 20  
**GNOME FOR THE HOLIDAYS**  
**Location:** NE Alberta St.  
 Participants of all ages may find festively painted gnomes hidden within Alberta Street business window displays. Pick up a game card at any participating business and, when you find a gnome, ask the merchant to put a sticker on your card. Completed game cards may be turned in at participating businesses and entered into a raffle to win prizes.  
**Details:** albertamainst.org/whats-happening/lit-up-local/



Saturday, Dec. 3, 1 - 5 pm  
**VERNON 2ND ANNUAL MAKER FAIR**  
**Location:** 2044 NE Killingsworth St.  
 This sale features handcrafted items made by Vernon community members. It also offers door prizes, music, activities for children, food and drink. The nonprofit Vernon Parent Teacher Association receives a percentage of all sales.  
**Details:** vernonpta.org/makerfair/

Monday, Dec. 5, 2 - 3pm  
**LEAD POISONING PREVENTION WORKSHOP**  
**Location:** East Multnomah County WIC, 600 NE 8th St., Gresham  
 Participants learn how to prevent lead exposure in their homes, especially homes older than 1978 with children, pregnant women & others concerned about lead exposure.  
**Details/registration:** communityenergyproject.org, 503.284.6827 ext. 109

Thursday, Dec. 8, 11:45 am  
**ST. MIKE’S KITCHEN**  
**Location:** St. Michael’s Lutheran Church, 6700 NE 29th Ave.  
 All seniors are invited to enjoy a light meal featuring Zuppa Toscana, along with some sides.  
**Details/RSVP:** st.mikes@kitchencommons.net, 503.997.2003

Thursday & Saturday, Dec. 8 & 17  
**DIY INSULATION WORKSHOPS**  
**Location:** Various venues  
 Participants learn how to weatherize a flat attic, including safety, air sealing, ventilation and installing insulation, plus incentives to help cover the costs.  
**Details/registration:** communityenergyproject.org, 503.284.6827 x108

Dec 8, 6 - 8:30 pm: MetroEast Community Media, 829 NE 8th St., Gresham  
 Dec 17, 10 am - 12:30 pm: Proud Ground, 5288 N Interstate Ave.  
 Friday, Dec. 9, 7 - 9 pm  
**OFF THE COUCH EVENTS ACTIVITY NIGHT**  
**Location:** St. Charles Catholic Church gymnasium, 5310 NE 42nd Ave.  
 Differently-abled individuals, 18 & older, are invited for games, crafts, dancing & snacks. Admission is \$7 per participant & first companion is free.  
**Details:** offthecouchevents@gmail.com, 503.702.2394

Friday - Sunday, Dec. 2 - 4  
**CONCORDIA CHRISTMAS CHORALE**  
**Location:** George R. White Library lobby  
 Christmas carols sung by all, and presentations by Concert Choir, Christi Crux Vocal Ensemble, Wind Ensemble, Brass Ensemble, String Ensemble, & Handbell Ensemble. Admission is free. Tax deductible donations accepted.  
 Dec. 2 & 3: 7 - 8:30 pm  
 Dec. 4: 3 - 4:30 pm  
**Details:** cu-portland.edu/

Tuesday, Dec. 13  
**RACE TALKS**  
**Location:** McMenamins Kennedy School gymnasium  
 These opportunities for dialogue about race in Oregon – both historically & the current time – are presented by McMenamins History & Donna Maxey.  
 Doors open: 6 pm  
 Discussion: 7 pm  
**Details:** racetalkspdx.com/



Tuesday, Dec. 13 , 7 - 9 pm  
**CNA ANNUAL HOLIDAY PARTY**  
**Location:** Cerimon House, 5131 NE 23rd Ave.  
 Food, entertainment and fun for all ages. This year’s charity the Concordia Backpack Lunch Program. Bring food items, financial donations and buy raffle tickets to benefit the Concordia University nursing students program to provide food items in backpacks each weekend for economically disadvantaged schoolchildren.  
**Details:** See advertisement Page 2, stories Page 7

Saturdays, Dec. 29 & Jan. 7  
**CU CNA APPRECIATION DAYS**  
**Location:** Lutheran Church Extension Fund Court, Concordia University, entrance on 27th Avenue on the CU campus.  
 The Concordia University men’s and women’s basketball games honor the Concordia Neighborhood Association with reduced-price admission for residents and the opportunity to win prizes.  
 Dec. 29 men’s team: 7 pm  
 Jan. 7 women’s team: 2 pm  
**Details:** See story Page 10

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**THE MYSTERY BOX SHOW**

13

SCIENCE ON TAP

**MEMORY & THE NEUROSCIENCE OF ADDICTION**

14

MAGICAL STRINGS

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15

**WORTH**

**DAVID JACOBS-STRAIN**

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16  
17  
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