



CONCORDIA NEIGHBORHOOD ASSOCIATION
PO BOX 11194 / PORTLAND, OR 97211

CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association | concordiapdx.org September 2015

Faubion School @ Tubman

*We are who we are,
no matter where we are!*

Faubion students and families are now in their transition school, Tubman at 2231 N Flint Ave. Principal, LaShawn Lee, Assistant Principal, Klarissa Hightower, and Assistant Principal, Jen McCalley will be guiding the students through the transition.

Demolition of the 1950 Faubion Elementary School is planned for October. Groundbreaking for a larger school is scheduled for February, 2016, with completion by fall, 2017, at 3039 N.E. Rosa Parks Way. During construction, Faubion students and staff will be at the Tubman location with a bigger gymnasium, library and cafeteria with play equipment in the adjacent Albina-Lillis Park. The 525 pupils in Faubion Elementary School’s pre-kindergarten through eighthgrade classes will have a new building by 2017.

\$27.5 million from the Portland Public Schools capital bond will go toward this project and Faubion’s new PK-8 building. In addition to the bond money Concordia will contribute no less than \$7.5 million, and up to \$15 million, and will also provide additional land to the Faubion site. Concordia’s contribution will support its College of Education to be co-located on-site, as well as additional services for Faubion families, including the proposed early childhood development center and a health & wellness center.

The cooperative arrangement between the public school and the private Concordia University will continue what was started seven years ago. The program-in-progress is called 3 to PhD to encourage students to Pursue Highest Dreams. The two schools have worked together to improve the education of their respective students.



Vernon School

Press Release from PPS

*Welcome to Ben Keefer,
Vernon School Principal!*

Mr. Keefer, a product of PPS schools and graduate of Benson High School, began his education career as a teacher in Beaverton from 1997 to 2003, teaching 5th grade, 1st grade, Title I reading/math/inquiry/science support and summer school and teaching and coordinating after-school programs for incoming middle and high school students. From 2003-2011, he was principal at Skyline School where he implemented International Baccalaureate Primary Years and Middle Years Programmes and focused on service learning, greening up the school, building and increasing student voice and collaboration with families, staff, and the community.

For the last four years, Mr. Keefer has led George Middle School, building relationships with students, families, and staff in order to make a shift to restorative rather than penalty-based practices. He also began a four-year transformation into a Science/Technology/Engineering/Math (STEM) Lab School with the support of staff and a state Department of Education grant in partnership with Roosevelt High School. He used the school district’s equity work to help facilitate ongoing conversations about how staff could best serve the needs of all students.

Mr. Keefer believes in the power of modeling positive change through collaboration. He can’t wait to meet the Vernon students, families and staff, learn more about Vernon’s IB program and see what he can do to work side-by-side with students, staff, and teachers to be the best that the school can be.

*Welcome Brad Parker,
Vernon’s new Assistant Principal!*

Brad Parker studied education at the University of Iowa, have master’s degrees in Educational Leadership and Curriculum and Instruction and am a National Board Certified Teacher and mentor. Brad spent the last 10 years teaching at an International Baccalaureate World School in Chicago Public Schools, seven years as a seventh grade Individuals & Societies and Language & Literature teacher and three years coordinating the IB Middle Years Program. Mr. Parker states on the Vernon School website, “I’m passionate about IB and international education and was fortunate to study education in Costa Rica, Haiti, Japan and England. I also am very interested in environmental sustainability. In Chicago, I led the charge to help our school go solar and to design and build a new community garden. I’m really looking forward to getting our hands dirty together at Vernon’s monthly Saturday garden sessions! I’m new to Portland and to be part of the Vernon family.”

Easy as 1-2-3

By Mary Wiley

Back to school is an exciting time for students, teachers and parents. New classroom, new teacher, new friends can also be a little scary for student and getting back into the routine of the school year can be a bit of a challenge for students and parents. Here are some helpful tips for starting the year right.

1. Sleep. Children require a proper amount of sleep in order to grow to their full potential. School-age kids need 10 to 12 hours of sleep a night. Lack of sleep can cause irritable or hyper types of behavior and may make it difficult for kids to pay attention in school. It is important to have a consistent bedtime, especially on school nights.

2. Eating. Healthy eating can stabilize children’s energy, sharpen their minds, and even out their moods. As children develop, they require the healthy foods to support growing bodies. A great way to encourage good eating habits is to start at home. Have regular family meals at a consistent time. Get kids involved in grocery shopping and preparing meals. Have healthy snacks around and easily accessible.

3. Exercise. Everyone can benefit from regular exercise. Kids who are active will: have stronger muscles and bones, leaner body and be less likely to become overweight, decrease medical issues, sleep better and have a better outlook on life.

4. Schedule. Children need predictable and consistent schedules and routines. Children will do better when they understand what is expected of them; create a calendar, talk about the schedule, outline times and tasks. Acknowledge when they are accomplishing the goals and reward them with praise.

a. Morning Routine - Getting any child up and out the door in time for school can be a trying experience. Define a routine that works for your family, assign children to tasks they can reasonably achieve and give them a warning before things happen. For instance, "We are leaving in 3 minutes. Are you ready?"

b. Extra Activities - After school and on the weekend, school children are often busy with activities that can be very rewarding and help your child succeed in life. Children who are involved in sports get higher school grades, generally healthier due to their increased activity, have an increased sense of self-worth and stronger social

- » This Issue «*
1. Back to School
 2. CNA Board News
 3. City Updates
 4. Community News
 5. Business Highlights
 6. Seniors
Nature & Gardening
 7. Garden & Health
 8. Local Events

September is Child Obesity Month

In the past four decades, obesity rates in the United States have soared among all age groups. This rise in obesity rates has affected our youth in alarming fashion. Childhood obesity has increased more than fourfold among those ages 6 to 11. More than 23 million children and teenagers in the United States ages 2 to 19 are obese or overweight, a statistic that health and medical experts consider an epidemic. And this epidemic puts nearly one third of America’s children at early risk for Type 2 diabetes, high blood pressure, heart disease and even stroke – conditions usually associated with adulthood. Even greater disparities exist among young Hispanics and children of color.

But there are opportunities every day to change these trends. And this September, there is an extraordinary opportunity to build awareness and take action – nationally, as well as in your state, city, workplace and home.

The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, Concordia Neighborhood Association encourages your family to make healthy changes together

Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.

Limit screen time: Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day.

Make healthy meals: Buy and serve more vegetables, fruits, and whole-grain foods.

Taking small steps as a family can help your child stay at a healthy weight.



networks. Children involved in music activities are often better adjusted, with increased academic performance, ability to think creatively, and have better memory skills.

c. Time to relax - Be careful not to over schedule. We all need time to relax, time to wonder, time to explore our own interests. Too many activities are just as bad as too much time watching television or playing video games. Remember, life is a balance.

Concordia Neighborhood Association

Meetings & Updates

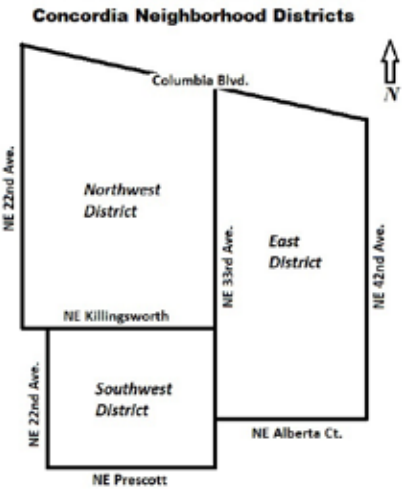
Get the latest news at ConcordiaPdx.org

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

- Board Meeting**
Second Tuesday of the Month
September 8th at 6:30pm
McMenamin’s Kennedy School
Community Room
- CNA Annual Meeting
Board Elections**
November TBD at 7:00pm
McMenamin’s Kennedy School
Community Room
- Finance Committee**
For Meeting times and location
visit our website or email:
ContactCNABoard@yahoo.com

- Policies/Procedures**
Contact Katie Ugolini
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: CNewsEditor@ConcordiaPDX.org
- Social Committee**
For next Meeting date and time, please
contact Katie Ugolini at ktugolini@gmail.com
or 503-449-9690

- Land Use, Livability and
Transportation Committee**
Third Tuesday of the Month
September 15th 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
September 3rd 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.

Concordia Neighborhood Association
www.concordiapdx.org
PO Box 11194
Portland, OR 97211

CONTACT US at our new email addresses!

- CNA Chair**
Isaac Quintero
chair@concordiapdx.org
503-351-4585
- CNA Vice Chair**
VACANT
vicechair@concordiapdx.org
503 545 2313
- CNA Secretary**
VACANT
secretary@concordiapdx.org
- CNA Treasurer**
Robert Bowles
treasurer@concordiapdx.org
503-490-5153
- Crime Prevention Officer**
Mary Tompkins
503-823-4764
mary.tompkins@portlandoregon.gov
- Neighborhood Response Team Officer**
Anthony Zoeller
503-823-0743
Anthony.Zoeller@portlandoregon.gov

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

~~~ Advertising ~~~
Business Manager
Please send ad inquiries to:
Mary Wiley (advertising)
CnewsBusiness@concordiapdx.org

~~~ Editor ~~~
Please send article submissions to:
Mary Wiley (newspaper)
CnewsEditor@concordiapdx.org

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

Please enjoy your this community and the people and businesses that make this neighborhood great!

Elected Board (Jan 1, 2015)	Title
Isaac Quintero	Chair
Steve Elder	E 1
Mark Charlesworth	E 2
Isham “Ike” Harris	NW 1
Ashley McKinney	NW 2
VACANT	SW 1
VACANT	SW 2
Robert Bowles	At-Large #1
Craig Voigt	At-Large #2
Daniel Greenstadt	At-Large #3
Ali Novak	At-Large #4
Chris Lopez	At-Large #5
Truls Neal	At-Large #6

Chair’s Corner

by Issac Quintero, Concordia Neighborhood Association, Chair

Hi neighbor,

Hope you had a great summer. . . and expect many of you will be going back to life as normal when the kids are back in school. My wish to all of you students heading back to the classroom is for a great school year.

September also means your Board is back in action and ready to take on the business of improving our neighborhood. At our August Board meeting we discussed a number of very important issues which have an impact on all of us. First, was our very important resource, the Concordia News. Over the years, Mary Wiley has been doing a fantastic job getting the paper out each month. While she always gets the paper out, she rarely has time to act as editorial chief. What this means is the paper has become a posting site with a few interesting articles. The lost art of editorial has been missing for lack of a person or people who have the desire to take our newspaper from a posting site to a real community newspaper providing neighborhood-oriented reporting. Most articles posted in our newspaper pertain to upcoming activities and events of interest to all. What we need in addition is investigative reporting on those political, social and economic conditions affecting our entire community. So if you are interested in journalism and want to be our very own Perry White, please contact me or another Board member to find out how you can become our hero/heroine.

We also have a mini crisis brewing with 3 and perhaps even 4 of our Board members leaving at the end of this year. Some, who have been on the Board for a very long time, have moved or have been pulled away by other obligations. This will leave us with lack of a quorum at times and, importantly, leadership. Board continuity is also important. When there are large vacancies, a tremendous amount of accumulated history and information is lost. Sometimes a new Board has to reinvent the wheel. Let’s not lose the strides we have made in improving our community. Nothing is more painful than starting over again. Being on the Board does not require anything more than being a resident of this community who is ready to listen impartially to our concerns and decide what is the “better” good when making decisions. If you are a single-issue person, you also have a place on one of our special-issue committees where you can focus on what you are passionate about. We (meaning the Board and your neighbors) ask that if you are interested in serving on the Board or a Committee, please step up to the occasion and make a difference for all of us.

The Board also deliberated on other issues such as updating committee bylaws, the Portland Spirit Award nomination, and safety- crossing issues of Going Street Greenway. The Board also reviewed progress of the Alley Improvement Project and fiscal sponsorship campaign. (Look for specific article in this and future issues for details.)

The Board meets again on Tuesday, September 8th from 7:00 to 8:30pm in the Kennedy School Community Room. You are all invited to attend to observe your Board at work. Please particularly plan to attend our next General Meeting where we will be addressing the State of our Community, goals for the upcoming year and, MOST IMPORTANTLY, nominating and electing new board members who will provide direction for the next 2 years. Hope to see you soon.

Happy trails,



Contemplating selling your home?

Would you like to:

- ... protect your home from being demolished?
- ... preserve our neighborhood integrity?
- ... pass your home on to a family that will truly enjoy it?

Please consider selling your home to a buyer who will recognize its unique characteristics and **won’t demolish it!**

Looking for help?

Contact CNA LUTC Chair Garlynn Woodsong at landuse@concordiapdx.org or (503)936-9873

(Concordia Neighborhood Association, Land Use & Transportation Committee)



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 f or \$15 an hour

All others for \$25 an hour

CNAroomKennedy@gmail.com

Media Committee Volunteers Needed

The big neighborhood event in August was Concordia National Night Out, held August 4. Neighbors and families were invited to get together to listen to reggae music and support crime prevention. The event was prominent in the August issue of the Concordia News. The problem getting the word out was that the August issue of the News wasn’t even printed until after the Night Out had happened. Reasons don’t matter. There was no paper.

If you go to the Association website, concordiapdx.org, you see a pretty good, well crafted website, but it’s out of date. You first get an announcement of a meeting that was held the previous week. If you click the link to the News, you are directed to papers published in 2014 but not later. Other links go back to 2011. Information is like a ripe tomato somewhere in a compost heap; it’s there, you just can’t get to it.

This is not to cast aspersion! There is an unfortunate and totally unproductive tendency to say media is deficient, to point fingers, to cast blame. Acrimony never works. The CNA wants to go forward.

Is the service provided good enough? Can media be improved? Does anyone care enough to do something? CNA leadership thinks so and has set about to do something. It has decided to appoint a committee.

CNA leadership has determined to evaluate neighborhood media. If this is as good as it gets and our mostly volunteer talent pool is going a heck of a job then we should rejoice. If there might be room for improvement and better communication, CNA wants to consider how and what might be done.

One of the CNA directors, Steve Elder, has been tasked to head the rejuvenated association media committee. Elder needs help. “Volunteers are needed.” says Elder. “There is no pay and little gratitude, but there’s a chance to make visible changes in the paper or the website. Most volunteers don’t get to see the results of their good work. We can see our progress”.

There are no prerequisites to media committee service. It is not necessary to have a background in newspapers or website technology. It is not necessary to be a present or prospective board member.

Portland is divided into 95 geographically defined neighborhoods. Each is authorized to maintain a neighborhood association. Concordia is particularly well situated for a jam up media presence. We have a mix of business, art galleries, restaurants and nice houses. The Concordia residential market is called “hot” by realtors. The neighborhood includes a big chunk of the gentrifying Alberta Arts District.

Confidential inquiries may be directed to Elder at east1@condordiapdx.org.

Alberta Events

Eat for Alberta Street at Cruzroom
September 14. 4:30p.m.-12a.m. Cruzroom generously hosts “Eat For Alberta Street”, a series of fundraising events benefiting Alberta Main Street, a volunteer-driven nonprofit community and economic development organization. Hungry philanthropists can dine heartily knowing that 15% the evening’s proceeds (till MIDNIGHT!) will be donated back to the community. Information: albertamainst.org. Location: Cruzroom, 2338 NE Alberta Street

Alberta Seeks Passionate People
September 23. 6:30-8:00 p.m. Imagine what we can do together! Residents, business owners, and interested community members are invited to learn more about Alberta Main Street and volunteer opportunities. Alberta Main Street is a volunteer-driven nonprofit working to keep Alberta Street vibrant! Free. Information: (503) 683-3252 or albertamainst.org. Location: Alberta Main Street, 1722 NE Alberta Street

Wednesday is #RetailHappyHour on Alberta Street

September. Every Wednesday. 3-6 p.m. Nearly 40 Alberta Street retail businesses will offer special deals every Wednesday, 3-6 p.m. as part of Retail Happy Hour on Alberta Street. Visit Alberta Street every Wednesday afternoon for great deals and exclusive discounts while supporting local independent retailers. Coordinated by Alberta Main Street, Retail Happy Hour is free and open to the public. Official hashtag: #retailhappyhour. Information: albertamainst.org.

Concordia Alley

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

Concordia Alley Naming Survey Extended
Alley name suggestions have been coming in over the summer, but in an effort to engage greater segments of the community, nominations for alley names to be considered will be accepted through the autumn, until mid-October (October 15th). All suggestions will then be placed on a ballot, which will be available online and in this newspaper’s November issue. Voting will officially kick off at the Concordia Neighborhood Association’s General Meeting in November, and extend through the holidays. Winning alley names will be announced early in the new year, 2016.



Why name and improve our alleys?

Currently, many of our alleys are neglected. They are blocked by blackberry brambles, which prevent vehicles, bicycles, and pedestrians from putting them to their intended use as small, slow-speed transportation corridors that allow direct access to the rear of properties. Instead, many of them are used as illegal dumping areas; as homeless camps; as areas for illicit activity.

Naming and improving these humble lanes can begin the process of breathing life into them, honoring their uniqueness, and giving them an identity. If you have an alley behind your house, do you approve of its use by vagrants as a crash pad and base of operations for illicit activity, and fly-by-night contractors as a cheap alternative to fee-for-service legal dumps? Or, would you prefer it be used by families with children as a play area, by folks walking dogs, by neighbors riding their bicycles or driving their cars to their alley-accessible parking areas?

Jane Jacobs, the pioneering urbanist, first introduced the world to the concept of “eyes on the street” when she pointed out that on her block in New York City, illicit activities were deterred by neighbors with windows facing the street, shopkeepers keeping an eye on their storefronts, and folks gathering on the sidewalk. Illicit activities, she found, were more common on blocks where blank walls faced the public sphere, where there was a sense that nobody was watching (or were unlikely to act on what they saw).

Thus, by naming alleys and encouraging their use by responsible people, we can introduce eyes on the alleys to curb their illicit use, by naming them, bringing positive attention to them, and otherwise improving them.

Make your entry into the Concordia Alley Naming Contest online:

<https://www.surveymonkey.com/s/8XP858F>
Please include any history or background information about your alley name suggestion in the space provided on the website.

Keep up to date on all of the Concordia alley-related activities going on, including upcoming Goat Walks!

<http://bitly.com/ConcordiaAlleyways>
Feel free to contact Neighborhood Sustainability Coordinator Cheryl Leontina by email cheryleontina@gmail.com, or by phone 503-586-4709, if you would like to meet and discuss your alley ideas, and/or if you are unable to take the survey online!

Concordia residents interested in discussing this or any other issue related to land use and transportation, are invited to join the mailing list by sending an email to: pdx_cna_lu_and_t_committee@googlegroups.com.



Portland: A City of Firsts

Portland: A City of Firsts in Climate Action
Portland is a city of firsts: First U.S. city to replace a waterfront highway with a park; bring back the modern streetcar; adopt the Kyoto climate protocols; enact a green building policy. Portland has the highest bike ridership in the country, and was an inaugural member of C40, a league of cities banning together to fight climate change. Portland adopted a Climate Action Plan in 1993, a decade before most cities had even begun to grapple with those issues.

Sen. Merkley, EPA Admin McCarthy, Mayor HalesIn the wake of invitations from the Pope and the President to attend climate-related conferences at the Vatican and at the White House, Mayor Charlie Hales has reaffirmed Portland’s commitment to climate action, as well as to ensuring opportunity for all Portlanders.



“As the world faces the reality of climate change, we must continue to be a trailblazer,” Mayor Hales says. “We can’t just be green, we must be green and equitable at the same time. Ensuring access to the tools that make Portland a worldwide leader in sustainability will not only reduce carbon emissions, it will also help us build a Portland that is affordable, livable and equitable — a City of Opportunity.”

Here is a recap of the recent steps Portland has taken to act on climate:

> Climate Action Plan update: In June City Council passed updates to the Climate Action Plan, which lays out ambitious new goals and emphasizes equitable resources — serving low-income households and communities of color in order to advance equity through climate action efforts.

> Carbon Emissions Reduction resolution: City Council in June passed a resolution directing City bureaus to implement policies and programs to keep Portland on a path of reducing local carbon emissions by 80 percent by 2050.

> Green Bonds resolution: City Council in June passed a resolution to establish the City’s interest in exploring “green bonds” and other climate-related tools to finance infrastructure projects that have environmental impacts, encouraging environmental best practices in capital projects.

> Energy Performance Benchmarking policy: City Council in April passed Mayor Hales’ proposal to require large commercial buildings — 20,000 square feet and larger — to track energy performance, calculate energy use and report to the city. The goal is to reduce energy costs for building owners and carbon emissions for the city, among Mayor Hales’ priorities to reduce Portland’s carbon footprint.

> City of Portland energy from renewable sources: Currently City of Portland operations get nearly 100 percent of power from renewable sources — solar, biogas, in-pipe microhydro, etc. The goal is to achieve 100 percent renewable energy for city operations.

> Solar at City buildings: Currently the City of Portland generates 540,000 kilowatt hours from solar panels at 10 of its sites. The goal is to generate 2.36 million kilowatt hours with solar panels across City facilities.

> LED street lights: The City of Portland has converted more than 20,000 street lights to LED, saving about \$100,000 per month and nearly \$1.5 million per year. The goal is to transition all 55,000 of Portland’s streetlights by the end of 2016.

> Clean diesel: The City of Portland’s entire fleet uses clean diesel — no more of the old, dirty diesel engines. The goal is to make clean diesel engine conversions more accessible to minority- and women-owned and emerging small businesses, which face hurdles to the investment.

> Electric vehicles: The City of Portland plans to add to its fleet 40 electric vehicles, making 20 percent of the City’s sedans electric by 2020.

> Fossil fuel disinvestment: Mayor Hales plans to bring to City Council a policy that will have the top 200 fossil fuel companies on the City of Portland’s do-not-buy list for direct investment of City funds.

> Establish fossil fuel export policy: This year Mayor Hales will ask City Council to consider establishing a fossil fuel export policy. Mayor Hales says. “The City didn’t have a policy to address the issue. It’s time we make clear Portland’s expectations.”

~ Community ~

Cerimon House: Grand Opening Gala

Cerimon House: Grand Opening Gala October 24, 6 P.M. - 10 P.M. Purchase Tickets Now!
By Judith Yeckel Judith.yeckel@gmail.com

Concordia neighbors, have you wandered down NE 23rd Ave. between Alberta and Killingsworth recently and noticed the building surrounded by construction trucks and sidewalk barricades? It's a majestic, 92 year old, art deco structure finally receiving the TLC it deserves. Maybe you have a memory of going there with your family years ago when it was The Alberta Masonic Lodge or the Fellowship Church of God. Or perhaps you've been a recent guest ; attending a reading of Cottonwood in the Flood, or joined us for a Conversation Dinner or Monday Night Salon. And now you're wondering, "who is renovating it and what is it going to be?"

Well, wonder no more! Welcome to Cerimon House, a non-profit Humanities organization and an inclusive convening space for innovative programming, celebrations and ceremony, community partnerships, educational workshops and event rentals. This lovingly restored building located at the crossroads of NE 23rd Avenue and NE Sumner Street, includes a beautiful auditorium, a gathering hall, conference rooms, classrooms, offices and gallery space.

Want to be among the first to get a peek at the transformation and have a magnificent and memorable evening?

Tickets are now on sale for **THE RESTORATION CELEBRATION: a grand opening gala to benefit Cerimon House. The date is October 24, 2015 and the festivities start at 6 pm.**

Put on your dancing shoes and frolic to the sounds of the quirkyand wonderful **SHANGHAI WOOLIES**, offering a new twist on le jazz hot, the irresistible music of Chicago and New York City in the 1920s and 30s. The eight-piece ensemble revels in the romance of Louis Armstrong, the mystery of Duke Ellington, the whimsy of Paul Whiteman, and the swing of Benny Goodman.

Indulge in **DINNER and DRINKS. Enjoy the first exclusive viewing of CHAS ADDAMS: FAMILY AND FRIENDS, an exhibition of 52 original works by the unparalleled New Yorker cartoonist, creator of The Addams Family.** And check out the **SILENT AUCTION**featuring gift baskets full of treasures from Concordia area businesses and a special basket chock full of Charles Addams art and memorabilia.

The event is semi-formal – you only have one grand opening, after all – and Addams-inspired attire is optional. Tickets are \$100. Space is limited so make your reservation now:reservations@cerimonhouse.org or 503.307.9599.

Who better to share this special evening with than the friends who made the restoration possible, and you, our neighbors, who will collaborate with us to keep the building filled with vibrant programming that creates space for a renewed humanity?

For information about Cerimon House's mission and programming and it's opening week events, visit cerimonhouse.org



Trinity Lutheran Events

Weekend Anniversary Celebration For Trinity Lutheran Church & Schooland Concordia University-Portland • September, 11-13 • 2015

September 11-13th will mark the start of a year long celebration of the 125th Anniversary for Trinity Lutheran Church and School and mark the 110th year of Concordia University, Portland. This special three-day-weekend celebration with activities and festivities at Trinity Lutheran Church & School and the Concordia campuses will offer the opportunity for the community to gather and reminisce their Tiger, Blue Jay, and Cavalier days. It's also an opportunity to recognize their shared beginnings -- Concordia began 1905 as Concordia Academy in the basement of Trinity Lutheran Church and School.

It all began in the late 1800s with Pastor Edward Doering, a young pastor from Illinois who had arrived in Portland in the summer of 1881. He made many hazardous and difficult trips throughout the Willamette Valley on horseback, making contacts with Lutherans in Salem, Albany, Eugene and Mt. Angel, but it was in Portland, Missionary Doering saw his work culminate in the founding of Zion Lutheran Church in 1889 and Trinity Lutheran Church on December 10, 1890.

The horses are long gone from NE Portland except for a few tie down rings found on the curbs but there will be activities to mark the journey of Lutheran education in Portland all weekend. On Friday there will be two special chapels, tours, alumni choir practice, a CU soccer game, and visiting at the Concordia Ale House.



On Saturday, the day will start early at 9 am at Trinity Lutheran Church and School with **“The Luther Lap” a 2.28 mile Walk/Run with the Tiger Marching Band** leading it off and ending with a final lap around the Concordia stadium cheered on by the CU Cross County team. After crossing the finish line alumni are welcomed to the rehearsal for the **Sing Again Alumni Choir in the CU Fine Arts Building from 11:00 to 12:00 pm.** Everyone is welcome to take a step back in time with a walk through display of history in the CU library and of course there will be birthday cake for all at the end.

The Education **Sunday Service will accent the festivities at 10 am** and all alumni and friends are invited to enjoy special guest speaker, Northwest District President Rev. Paul Linnemann an alumnus of PLS and Concordia University. The Sing Again Alumni Choir will practice at 9:00 am and will be made up of Trinity Tigers, Blue Jays from Concordia, LuHi, PLS, and Cavaliers will perform under the direction of retired music teacher, Dick Wrye (1972-99). The service will be followed by a potluck picnic at Trinity Lutheran Church & School at 5520 NE Killingsworth.

Join The Sing Again Alumni Choir! Contact Dick Wrye directly to be counted in to sing in the choir. Sign up pdf forms will be on both websites. It is open to all Tigers, Blue Jays and Cavaliers Email: alumnicho9132015@gmail.com

Help Rebuild The Past By Loaning Your Mementos For The Walk Through History Display!

Do you have letterman jackets, trophies, uniforms, newspaper clippings, awards, or anything else from your Tiger, Blue Jay, and Cavalier days that you would like to loan to the history display? Contact Becky Sprecher, Concordia's Director of Alumni & Parent Engagement at 503-493-6454, or bsprecher@cu-portland.edu

Contacts and Full Celebration Weekend Outline: TrinityPortland.org and CU-Portland.edu Trinity Lutheran Contacts: Sue Campbell, bjsuecampbell@comcast.net and Linda Kuhlmann, lkuhlmann.alumni@gmail.com • 503-218-6403

~ Business Highlights ~

Liberating Sound

New Portland maker of upscale loudspeakers seeks to share the joys of hi-fi - Icono Audio

Icono Audio, Portland-based designer and builder of unorthodox but high quality loudspeakers, wants more people to enjoy the treasures of the luxury audio world. In its workshop in the Southeast Industrial District, Icono is building highly non-traditional speakers using an open baffle design – the speakers are literally outside the box. The result is a form that suggests abstract art, and a listening experience that stirs the senses and engages the imagination.

Icono Audio is appealing to thoughtful, style-minded people who love their music but are exhausted by media saturation, moving images, and low-quality, compressed sound files. “Try this antidote: a three-dimensional experience of sound,” says Jay Elder, founder and chief designer. “The sound is physically present around you, and while stimulating, it leaves room in your consciousness for your own imagination.” That the most rewarding listening experience reflects the sophistication of the playback system is old news to audiophiles, but they’re a small population. “What resonates with audiophiles can resonate with any music lover, and we want a wider audience to know that,” says Elder.

The open baffle (box-less) design and the unique sculptural shape of the IAQ-1, Icono Audio’s debut speaker system, are the very qualities that enable the listening experience the company wants more people to have. Meticulous iterations of design have resulted in a minimal cabinet whose graceful shape reflects the wavelengths of sound generated, and whose absence of walls allows sound to flow unimpeded into the listening space. “The only sound you should hear from your speakers is the music recorded by the artist, not the speakers themselves,” says Elder, and that is what the IAQ-1’s accomplish.

While the speakers provide unprecedented acoustic clarity, they are certainly not visually transparent. The form of the hand-built speakers, an organic result of their function, draws the eye and invites the hands to stroke their glossy curves. “Just don’t touch the tweeters!” implores Elder.

Icono Audio invites interested listeners to schedule a visit to the listening space in Northwest Portland’s Old Town neighborhood. Their website, www.iconoaudio.com, is full of technical explanations of the speakers’ design and performance, and Icono can also be found on Facebook and Twitter.



OLCC Survey

The Oregon Liquor Control Commission is measuring how well it serves key customer groups by asking a set of standard questions, which all state agencies are required to ask. We have many key customer groups and your response is important to provide a more complete picture of how we are doing.

Please take a moment to complete our Customer Service Survey and let us know how we are doing: <http://ow.ly/QScxh>

We sincerely appreciate your time and value any additional comments you may have.

The survey closes Friday, September 11, 2015.

Catch the Orange

Grand Opening Celebration of the Orange Line
September 12, 2015, 11 a.m.–6 p.m.

It’s time to catch, and enjoy, the MAX Orange Line! All rides on MAX, TriMet buses, Portland Streetcar and the Aerial Tram will be free on September 12, bringing riders and families from all over the region to a day of adventure and fun. A variety of activities and entertainment will be offered at many of the newly opened MAX Orange Line stations.


At more than 1,700 feet in length, the Tilikum Crossing, Bridge of the People, is the only bridge of its kind in the U.S. The bridge will carry MAX trains, buses, streetcars, cyclists and pedestrians starting in September 2015 with the opening of the MAX Orange Line.

MAX Orange Line, TriMet’s fifth MAX line, will travel 7.3 miles between PSU, inner Southeast Portland, Milwaukie and Oak Grove in north Clackamas County. With 1 million new residents expected in the region by 2030, the Orange Line will provide an efficient high-capacity transit option to underserved communities in the congested McLoughlin Blvd/Hwy 99E corridor.

Eighteen new-and-improved MAX vehicles will join the fleet soon to accommodate the new service on the Orange Line. Along with a slightly different look, the new trains have more priority seating for seniors and people with disabilities, an easier-to-use boarding ramp, and a better air conditioning system. They’ve also improved the seating layout in response to feedback from riders.

Effective Sunday, September 13, TriMet is bringing back Frequent Service on Sundays, with buses running every 15 minutes or better most of the day. After the economy took a dive in 2008, they had to cut back frequency on buses and MAX due to budget shortfalls. TriMet has been gradually adding back service, and, with this change, they are finally back up to pre-recession service levels. (Hooray!) Note: With more buses throughout the day, schedules will change, so be sure to check the new Sunday timetables.

Remodeling In Your Neighborhood Since 2001



recreafthome.com
503.680.0939

Licensed, Bonded, Insured • CCB #160319



Stephen Fransico

4635 NE 34th Ave
Portland, Oregon 97211

503-319-9405
CCB# 200341

ReThink. ReDesign. ReBuild.

mac-bo

Concordia:
“One of the 10 Hottest Neighborhoods in America for 2014”
-according to Redfin.com

Mac-Bo will help you discover the best your home has to offer.

The only tool you need.

503.282.1841 • mac-bo.com

ccb 166263

METICULOUS PLUMBING

HOME SERVICES LLC

“Portland’s Painless Professional Plumber”

(503) 208-2812

www.meticulousplumbing.com



mark charlesworth

real estate team

“We advertise here because we live here...”

Mark Charlesworth is a long time Concordia resident who participates in this community. You would be hard pressed to find an agent who sells more homes in Concordia or even on the east side of Portland.

Our team cares about people and about working hard to get you the most money possible.

It makes sense to hire Mark - a top producer in your neighborhood.



Call today to schedule a free sellers consultation.
503.807.9911
charlesworthhomes@gmail.com



CONCORDIA

HANDYMAN SERVICES
Taking care of your Honey Do List

Jobs by Rob, llc

General Home Repairs/Maintenance
Small Remodels/Restoration
www.JobsByRob.com
503-789-8069
Rob@JobsByRob.com
CCM 177552 Licensed, Bonded, Insured

~ Seniors ~

~ Nature & Gardening ~

Meals on Wheels

By Dee Craig-Arnold

If you're age 60 or older and looking for a great place for lunch with a fun group of people, plus interesting activities, why not stop by the Meals on Wheels People/Loaves and Fishes Center at 5325 Northeast MLK Blvd? We serve delicious, nutritious lunches with a choice of entrée every weekday from noon until 1:00pm. Meals are provided on a donation basis (suggested donation \$3), are available to any senior 60 or over, regardless of income, and no one is ever turned away.

For 45 years this center has served more than 67,000 older adults in North and Northeast Portland annually. It's a friendly, convenient place to meet new people, see old friends, or just get out of the house and relax while eating an attractive, well-prepared lunch. We treat every diner like a restaurant guest. Our servers bring your meal and beverage directly to the table. Also, daily activities are provided by the Urban League of Portland for many different interests.

MLK Center Manager David Lomax says, "Many are widowed or live alone, so coming to the Center gives them a chance to talk with others. Our Center takes the place of the front porch in the old days."

We always need more volunteers to help serve meals at the Center and we especially volunteers to help deliver meals.

David welcomes your interest and questions. If you want to volunteer, stop by today, call 503/953-8207 or visit us at mealsonwheelspeople.org.

Or, if you're homebound and unable to cook for yourself, we will bring you fresh, hot, nutritious lunches Monday through Friday. All it takes is a phone call 503/736-6325 or visit us at mealsonwheelspeople.org to register.

We look forward to seeing your smiling face at our center or receiving your phone call soon. If you're not sure where the center is, it's in the familiar Walnut Park Building (#5325) on the corner of Killingsworth and MLK Blvd. Parking is in the back and the entrance is right there in the center of the building.

AARP Experience Corps

Volunteers Needed to Help Children Learn to Read

Volunteers, age 50 and above, are needed to serve as tutors and mentors for children in our local schools for the 2015-16 school year.

Many young children in our local schools need a little extra attention to thrive academically. This is where AARP Experience Corps comes in, matching volunteers, age 50 plus, with kindergarten through 3rd graders in need of a little help. Working one-on-one and in small groups these mentors provide the support and attention needed for students to succeed. Volunteers are currently being sought for the fall 2015 literacy program.



AARP Experience Corps is an intergenerational program that focuses on helping children become confident readers. All mentors work directly with students, establishing an ongoing relationship. Currently there are 50 volunteers working in 10 local schools on the east side of Portland, in Gresham and Milwaukie. "We have a wonderful group of dedicated people who love what they do, and return year after

Aquifer Adventure



By Penny Beckwith, Columbia Slough Watershed Council, Outreach Director

What do pirates and groundwater have in common? Buried treasure! This question is asked every year at Aquifer Adventure, a family festival that celebrates both pirates and an important drinking water resource.

Co-sponsored by the Portland Water Bureau and the Columbia Slough Watershed Council, Aquifer Adventure will be held on Saturday, September 12th, from 12 pm to 4 pm. There will be hands-on activities for all ages including a treasure hunt and aquifers made of ice cream. Participants can also enjoy the wooded trail along the Columbia Slough before joining a canoeing tour of the Slough. There will even be free children's t-shirts available while supplies last.

This annual event focuses on groundwater protection and water conservation, including tips and tools for use at home. Groundwater from the Columbia South Shore Well Field serves as a secondary drinking water supply for Portland and the metro region. Groundwater is an important resource that makes Portland's water system resilient in the face of drought and climate uncertainty. This summer and fall, water from the Columbia South Shore Well Field is helping to keep Portland's gardens growing and businesses bustling despite unusually hot and dry conditions across the region.

Aquifer Adventure is held each year at the Portland Water Bureau canoe launch at NE 166th and Airport Way in Portland. All activities at the event are free with the exception of food items for purchase. Pirate dress, pirate lingo, and pirate swagger are highly encouraged.

Aquifer Adventure: A Groundwater Treasure Hunt
Saturday, Sept 12th, 2015 from 12:00 – 4:00 pm
Portland Water Bureau Canoe Launch - NE 166th at Airport Way, Portland, OR 97230 (follow signs for parking) Additional Information: Available at www.columbiaslough.org or phone: 503 281-1132



Continued from Column 1, AARP Exp
year," said McLaren. But the need continues to grow. More volunteers are needed now to prepare for the coming fall.

Volunteer mentors must be age 50 or over and able to commit to four or more hours per week throughout the school year. Those able to commit to 8-10 hours may receive a monthly stipend. No formal experience is needed, just the desire to help children succeed, and to make a difference in our community. The program provides fun and dynamic training and ongoing support.

Planning for Harvest

By Jolie Donohue, The Gardening Goddess

Portland's warm fall and mild winter temperatures make an ideal climate for food growing into winter. If you have not yet this summer planted your garden for a fall and winter harvest, you still have time in September.

According to the farmer's almanac our average first frost date has now shifted to November 15th. When thinking about planting fall and winter edibles, in general you want them to be at harvestable maturity by this average first frost date. So if you are interested in planting broccoli and the variety you select says 90 days to maturity you need to count back 90 days from November 15th and plant on August 15th. Other factors that effect plant growth to consider are the shorter day lengths and farther position of the sun during fall and winter.

If you are planting in September, look for crops with quicker dates to maturity. For crops to be mature by our average first frost in November you should be planting varieties with under 60 days to maturity. September may be too late to plant long maturing crops like brussels sprouts and parsnips; however, you still have lots of choices to plant now.

Some crops that do well in the cooler weather of fall and winter are: arugula, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, chervil, cilantro, endive, kale, kohlrabi, peas, lettuce, mesclun mix, mustard greens, parsnips, radishes, radicchio, rutabagas, salad greens, scallions, spinach, swiss chard, and turnips.

Many crops are intended to overwinter. You plant them in the fall and they mature for harvest the following spring or summer. Fava beans, garlic, onions and shallots are all overwintering crops. There are also many overwintering varieties of broccoli, cabbage, carrots, and cauliflower.

A great resource for timing your fall/winter garden planting is the Territorial Seed Company. Check out their very informative winter planting chart: <http://www.territorialseed.com/product/14053>

To extend your growing season by providing some frost protection you can purchase a frost blanket from your local nursery. Row covers like a frost blanket are placed directly on plants and freely pass air and water. Frost blankets typically can protect plants down to 26 degrees. You can also construct a simple hoop house or cold frame over your raised bed. Directions for these DIY projects abound on the Internet.

Planting now means an abundant harvest through fall and winter. Happy planting!

For more information: www.missjolieannkitchengarden.blogspot.com or www.jolieanndonohue.com

~ Health & Wellness ~

Rest & Digest for Health

By Kim Magraw, LMT

Balance is a key to health. We have balancing mechanisms for digestion, immunity, growth, and to keep us from toppling on our way down the stairs. One of our most fundamental balancing mechanisms concerns the divisions of the involuntary nervous system that determine whether we are ready to act quickly and decisively in the face of threats and opportunities (sympathetic nervous system), or relax, digest, and recover from bouts of activity (parasympathetic nervous system).

A glance at the masses hurriedly driving to and fro, from one chore to another, tells us that the sympathetic state is the dominant state for most of us. We run from one activity to the next, getting too little sleep, with anxiety spilling over the brim.

To maintain health and happiness over the long term we must also spend time in the parasympathetic state, which is also known as the “rest and digest” state because it activates digestion and is characterized by lower blood pressure and slower heart rate. When we allow the parasympathetic nervous system to enter our lives more fully we invite greater bodily health and wellbeing. A surprising array of benefits arises such as creativity, calm, solutions to sticky problems, and perspective.

Once we’ve got our minds set, it’s quite simple to dwell more in the parasympathetic state. You might get a massage, soak in a warm bath, engage in focused breathing exercises, or meditate. Try spending quality time with your pet. Take a slow walk in nature or around your block simply absorbing the sights, sounds, smells, and the feeling of the ground beneath your feet. Read a “mindless” book or do some artwork with no intent other than to see what comes out.

Finally, as we seek more balance, let us be forgiving of ourselves. Indeed, forgiveness is another wonderful way to free ourselves from the fight-or-flight vortex. Balance requires frequent correction, so let us correct with empathy, curiosity, and humor.

Kim Magraw, LMT (OR Lic. #: 19492) (Excerpted from a post written for <http://www.nourishedrootspx.com/>) Kim Magraw can be reached at www.concordiamassagepros.com.

Bike Commute Challenge

About the Bike Commute Challenge

Join the friendly competition - workplace against workplace - to see who can bike to work more during the month of September. The workplaces with the highest percentage of commutes by bicycle during the month win!

How it works

Anyone interested in taking the Challenge looks to see if their workplace is already registered. If it isn’t, they register themselves and their workplace team at the same time. They become the Team Captain, by default.

Their coworkers register and join that workplace team. Everyone logs their bike trips during the month of September. At the end of the month, the BTA tallies the bike trips and ranks all workplaces in size categories by the percentage of commutes achieved by bike.

On October 7th, the BTA announces the winning companies in each category at a big Challenge After Party.

What counts as a “bike commute”?

In keeping with our goal of introducing more people to the joys of biking, we have made it easy for people with longer or more difficult commutes to participate in the BCC.

- A “bike commute” can be:
- Riding both ways to work by bicycle
 - Riding one way to work by bicycle (and the other way by any other mode)
 - Riding part way to work by pairing biking with transit, driving or any other mode

Whether you're a rider or an employer, whether you're thinking about trying bike commuting for the first time, or you're an experienced rider, the Challenge is for you.

Learn more at: <http://bikecommutechallenge.com/>



Community Kitchen Events

St. Michael's Lutheran Church
Community Kitchen Events
1st Thursday Community Cooking Group

We will be meeting at 6 p.m. on September 3rd to pickle pints of red beets to take home to our pantries. Join us for a communal salad and an evening of fun! Suggested donation \$5. Contact Rachel Schweitzer at st.mikes@kitchencommons.net with questions or to RSVP.

3rd Thursday Community Cooking Group

We will be meeting at 6 p.m. on September 17th to make zucchini quiche and bacon vegetable quiche to take home to our freezers. Participants need to provide their own pie plates to put their quiche in. Suggested donation \$10. Contact Rachel Schweitzer at st.mikes@kitchencommons.net with questions or to RSVP.

Community Picnic

Join us for a community picnic on September 20th from 11:30 a.m. to 1 p.m. Free food and fun for everyone! Contact Rachel Schweitzer at st.mikes@kitchencommons.net with questions or to RSVP.

Back to School with Essential Oils 101

by Liz Borowski

Whether “Back to School” heralds excitement or dread for your family, the transition from summer fun to a regular schedule is a challenging one. Focusing on homework, earlier bedtimes and keeping a healthy immune system are all common struggles for children of all ages this time of year. Using essential oils to help transition through this period offers a natural and safe solution to support your family’s health and wellbeing during the school year.

Essential oils are basically a plant’s immune system, and through their extraction we are able to benefit from their healing properties. Essential oils are 50-70% more potent than their dried herb equivalent. One drop of peppermint essential oil is equivalent to 28 cups of peppermint tea. Due to their potency, using only certified pure therapeutic grade oils is of utmost importance. Essential oils are not something new and have been used for thousands of years for therapeutic benefits.



One common concern this time of year is relearning how to focus and stay on track after a long summer break. For instance, Rosemary is the Oil of Knowledge & Transition according to the Emotions & Essential Oils Reference Guide. Renowned for enhancing memory, Rosemary is also beneficial for increasing alertness. Shakespeare got it right in Hamlet, when Ophelia says “There’s rosemary, that’s for remembering.”


We all know that being well rested is vital to success in school, and many children and teens find it difficult to adjust to an earlier bedtime this time of year. Using essential oils such as Lavender, Cedarwood, Vetiver and Ylang Ylang have shown to have a relaxing and calming effect, and are perfect for winding down the day.

Lastly, immune support might just be the most important part of the back to school regimen. Among the oils that are high in anti-oxidants are Clove, Cinnamon, Frankincense, and Wild Orange. Keeping kids present and healthy in school is a foundation for achievement and happiness.

There are many ways to incorporate essential oils into your daily wellness routine. Whether used aromatically, internally or topically, essential oils offer simple, safe and effective tools to support your child’s transition back to school, and can provide benefits to your entire family.



If you would like to learn more about essentials oils, feel free to contact me directly at liz.borowski@gmail.com. You might also be interested in registering for one of my “Make & Take” essential oil classes, being offered at Heart in Hand preschool right here in the Concordia neighborhood. More information at www.gnomeshome.org

CELEBRATING 125 YEARS



Trinity Lutheran
Christian School

Enroll At Anytime!



Pre-school-8th Grade • Small Class Size • Family Centered

Challenging Curriculum • Diverse Student Body • Computer Lab • Spanish


Sports • Music • Cully Garden • Drama • Art • Licensed Extended Care 7 am-6 pm

Open House

Thursday • August 27

& Back To School Night

6:30 - 8:00 pm



Little
Tigers

Extended Care
& Day Care

September 12 • Saturday • 9 am


The Luther Lap

Walk/Run from Trinity to Concordia

503.288.6403 • TrinityPortland.org • 5520 NE Killingsworth

commuting, camping,
climbing and grinding

do it all with the Felt V100



42nd & Alberta
503.282.1178
catsixcycles.com

CAT.SIX

Coming this Fall!

gnomeshome.org



For Kids and their KinFolk

Music-Yoga-Waldorf-Crafts-Story Hour

Gnome’s Home opens with classes for parents and little ones,

This Fall Gnome’s Home will open with daily classes for parents and children (ages 6 months to 6 years).

Music, yoga, crafts and Waldorf intro classes will be amongst the offerings. Gnome’s Home seeks to be a community hub with affordable classes and expert teachers. All classes will be held in the cozy Heart in Hand Preschool studio, on 5405 NE 30th Av.

There will be a free class to sample the music program by Sing Portland Kids on September 23rd from 9:30 to 10:15.

Check out the classes at gnomeshome.org

