

CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association | ConcordiaPDX.org

June 2017



Don't miss June 23-25 yard sale

The countdown is on for the Concordia Neighborhood Association 19th Annual Yard Sale. For a map, visit ConcordiaPDX.org/yard-sale after June 17.

It isn't too late to register your yard sale in this neighborhoodwide event. See details on Page 6.

If you don't want to hold your own yard sale, you can experience just as much fun visiting the yards of your neighbors.

CNA Mission Statement

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

Concordia News

is a free monthly publication of the Concordia Neighborhood Association. Newspapers are delivered to all residences and many community locations in the Concordia neighborhood.

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



Pedalpalooza offers 230 rides



By Riley O'Boyle

iding bare as you dare in a sea of other naked bike riders happens once every June during Pedalpalooza. The World Naked Bike Ride highlights the

CNA Media Team importance and vulnerability of people on bikes in the U.S. oil-centric culture.

The June 24 event – which begins this year at Fernhill Park -is also the biggest event of more than 230 free organized bike rides held during Portland's month-long Pedalpalooza, an annual family-friendly celebration of bicycle delight.

In fact, the Concordia neighborhood is featured in a June 18 ride led by neighborhood residents Kirk Paulsen and Erinne Goodell, exploring the back alleys of northeast Portland.

"Something important to know going into Pedalpalooza, is that you'll likely rest as much as you ride." Kirk explained. "Many rides operate on 'bike time,' where the rides don't usually start until 15 minutes or more after the scheduled time of departure."

"Of course there are rides led by local bike shops and organizations that operate strictly on schedule," Erinne added. "But generally, there's as much socializing as bicycling to be found."

Like the rides planned by Erinne and Kirk, all of Pedalpalooza's themed rides are organized by individuals throughout the Portland and Vancouver metro areas. Find the schedule on Pedalpalooza.org.

There are fast rides and slow rides. costumed rides, and rides that involve plenty of noise and bright lights. Some show off specialized bikes, like folding or cargo bikes, and others dare people to get lost in the city at midnight.

Some teach how to maintain bikes, or to advocate for safer streets. BikeLoudPDX, a local grassroots advocacy group, leads advocacy and protest rides, like demonstrating against widening I-5 near the Rose Quarter.



Erinne Goodell and Kirk Paulsen enjoy a variety of bike rides during every June's Pedalpalooza. This year they'll lead one of northeast Portland's alleys, including some in Concordia. Photo by Chris Baker

bring attention to the need for safe bicycle lanes and parking, and to celebrate the joy of biking.

Pedalpalooza is now facilitated by shift, a grassroots, volunteer-led, bikefun community formed during Bike Summer. Members strive to demonstrate the value of bicycling through activities that are fun, free, inclusive and, in this case, great for kicking off summer.

Riley, certified EIT, works in land development and site engineering, and can be reached at RSOboyle13@gmail.com

Look for Last Thursday resurgence June 29



lies to interact.

Thursday celebrations may not look like they did in the original free performance era. But new management is confident of a resurgence that encourages artists, performers and fami-

Last

his summer's largest percentage of attendees live in the neighborhood.

> The city will continue to provide a first aid station, port-a-potties, signage, security and garbage/recycling containers, and this year will prohibit music amplifiers.

> Greg Raisman, Portland Bureau of Transportation Livable Streets Program specialist, manages the event this vear. "Last Thursday will include more interactive art activities for families, information from community organizations, and a Native American village with handmade art and storytelling," he said. more information, For contact him at 503.823.1052 or Greg.Raisman@portlandoregon.gov.

Pedalpalooza started in 2003 as an offshoot of Bike Summer, during which Portland adopted its own version of the World Naked Bike Ride. Both were organized, international events similar to Critical Mass, in which people on bikes rode together through city streets to June 29, on Alberta Street between 15th and 30th avenues. It repeats July 27 and Aug.31. Admission is free.

This year's first event is Thursday,

In previous years, Last Thursday events had become among the largest gatherings in Portland. According to the city, complaints about the event have gone down 85 percent in the past two years, and a survey last August found the

Jeff, a former CNews editor, provides Last Thursday expertise to the city.



FARMERS MARKET OPENS JUNE 1 Cully Farmers Market is open Thursdays, June through September.

See Page 4

CHURCHES OFFER SANCTUARY Churches in and near Concordia offer more than shelter.

See Page 9



THE CONCERTS ARE COMING Colectivo Son Jarocho de Portland performs in the Fernhill Concert Series.

See Page 12

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CNA VOICES

By Isham "Ike" Harris **CNA Board Member**

African Americans are refugees in own country

Many who came to our northeast

neighborhoods moved out of

crowded northwest Portland.

e hear a lot about refugees. In this country, a different kind of refugee exists - a people who fled persecution to save their lives and earn a decent living. These people, however, fled one home WITHIN the United States to another in, presumably, a better part of our country.

According to the book "The Warmth of Other Sons" by Isabel Wilkerson, 5 million African-Amer-

icans fled the South between 1915 and 1960 because of the misery and unfairness, and the discriminatory economic, education, and judicial systems.

They headed north and west in search of

better lives for themselves and future generations. They became refugees within their own country.

Many who came to our northeast neighborhoods moved out of crowded northwest Portland. In response, the newer white neighborhoods of east Portland adopted restrictive covenants, effectively confining black eastside home seekers to Albina.

With the 1948 Vanport flood, 16,000 black people lost their homes, and their community life became recentered on Williams Avenue. There, former defense industry workers – unable to find jobs in white-owned businesses - opened shops, restaurants and night clubs to serve their black community.

In 1962, the Portland Development Commission's (PDC's) Central Albina Study found the area, which then contained 80 percent of Portland's black population, to be in a stage of "advanced blight." The





PDC's response under the mantel of "urban renewal" was to evict tenants and demolish buildings.

The Boise-Elliot neighborhood was hit hard. The Veterans Memorial Coliseum, I- 5 and Highway 99 were built in the 1950s, and Emanuel Hospital expanded in the 1970s. Together, they forced more than half of the local black population to relocate.

Despite their best efforts, community organizations could not prevail against the increasing

disinvestment in Albina. Gangs came in and so did absentee landlords, unemployment, drugs and violence.

Remaining families that could afford it began to move out.

In the 1990s the city began to revitalize Albina. The PDC offered favorable loans to homebuyers and business owners - most of them young and white - who were attracted to the remaining Victorian homes, low prices and convenient location. Home values in Albina rose dramatically, driving out lowerincome, mostly black renters and homeowners.

Today, gentrification of Portland's eastside continues to take a toll on Albina's black population.

The neighborhood that was 68 percent black in 1990 was just 28 percent in 2010. If this trend continues, where does that leave black Portlanders in 20 years?

Forced out of their homes once again, African Americans continue to be refugees in their own country...and city. Together, can we find a better ending for this continuing sad story?

CNA Board of Directors

Chair | Chair@ConcordiaPDX.org Chris Lopez East 1 | East1@ConcordiaPDX.org Tyler Bullen East 2 | East2@ConcordiaPDX.org Steve Elder Northwest 1 | NW1@ConcordiaPDX.org Isham "Ike" Harris Northwest 2 | NW2@ConcordiaPDX.org Amelie Marian Southwest 1 | SW1@ConcordiaPDX.org Garlynn Woodsong Southwest 2 | SW2@ConcordiaPDX.org Daniel Greenstadt At Large 1 | AL1@ConcordiaPDX.org Robert Bowles At Large 2 | AL2@ConcordiaPDX.org Donn Dennis At Large 3 | AL3@ConcordiaPDX.org Jody Pollak At Large 4 | AL4@ConcordiaPDX.org Ali Novak At Large 5 | AL5@ConcordiaPDX.org Truls Neal At Large 6 | AL6@ConcordiaPDX.org Heather Pashley

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Concordia News

Concordia Neighborhood Association

MEETINGS **Board Meeting**

2nd Tuesday of the month

Tuesday, June 13, 5:30-7 p.m., McMenamins Kennedy School Community Room

General Meeting

Tuesday, June 13, 7-9 p.m., McMenamins Kennedy School Community Room

Social Committee

If you'd like to volunteer for the Fernhill Concert Series or join the CNA Social Committee to help plan other fun, community-building events, contact Katie Ugolini, 503.449.9690, KTUgolini@gmail.com.

Media Team

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

Land Use & Transportation Committee

3rd Wednesday of the month Wednesday, June 21, 7 p.m. McMenamins Kennedy School Community Room Contact LandUse@ConcordiaPDX.org Board Meeting CONTACTS

CNA Chair

Chris Lopez, Chair@ConcordiaPDX.org, 503.290.6871

CNA Vice Chair Daniel Greenstadt, ViceChair@ConcordiaPDX.org

CNA Secretary Steve Elder, Secretary@ConcordiaPDX.org

CNA Treasurer

Heather Pashley, Treasurer@ConcordiaPDX.org

Crime Prevention Coordinator Mary Tompkins, Mary.Tompkins@PortlandOregon.gov, 503.823.4764

Neighborhood Response Team Officer

Anthony Zoeller, Anthony.Zoeller@PortlandOregon.gov, 503.823.0743

SUBMISSIONS & ADVERTISING

Submissions to Concordia News: Deadline is the 10th of the month preceding the upcoming monthly publication. Contact CNewsEditor@ConcordiaPDX.org Submissions to CNA Website: Submit nonprofit news & events to MediaTeamLead@ConcordiaPDX.org Advertising: CNewsBusiness@ConcordiaPDX.org, 503.891.7178

MEDIA TEAM

CNA Board Advisers: Steve Elder & Daniel Greenstadt Interim Media Team Lead: Gordon Riggs, MediaTeamLead@ConcordiaPDX.org, 503.515.8209 CNews Editor: Nancy Varekamp, CNewsEditor@ ConcordiaPDX.org, 503.740.5245

CNews Graphic Designer: Gordon Riggs Multi-Media Graphic Designer: Tom Faulkner Media Team: Chris Baker, Brian Burk, Kathy Crabtree, Will Goubert, Gina Levine, Riley O'Boyle, Gordon Riggs, Rob Rogers, Susan Trabucco, Nancy Varekamp, Karen Wells, Carrie Wenninger, Dan Werle

Website Managers: Michael French, Tami Fung Facebook Manager: Eric Hoyer

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June 2017

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Wolf mural watches passersby



he gray wolf stares at passersby over the shoulder of the elk he brought down, while his pups look on. He's looking out of a mural painted on a

corrugated metal wall of the Alleyway Bar at 2415 N.E. Alberta St.

The mural was painted in 2013 by Portland artist, printmaker and writer Roger Peet with Mexico artist and printmaker Mazatal. They are among 29 members of the artists cooperative Justseeds.org who create art and graphics across North America in support of social and environmental movements.

The wolf was named OR-7 in 2011 by the Oregon Department of Fish and Wildlife, after radio collars were attached to several wolves in northeastern Oregon. In that migration study, he became the first wild wolf documented in western Oregon since 1946 and the first in California since 1924.

He was dubbed Journey by the press, fans and moviegoers after he migrated 1,000 miles from the Wallowa Mountains into northern California and then the Rogue Valley. By 2015 he had mated, sired seven cubs and was featured in a film that debuted in the Hollywood Theatre.

His collar's battery expired in late 2015, and he was last spotted in April



Journey, aka OR-7, is just to the right of center of this 2013 mural by Roger Peet and Mazatal. He stars in a documentary about several wolves equipped with GPS collars in a migration study by the Oregon Department of Fish and Wildlife. Photo by Nancy Varekamp

2016 by a trail camera in Siskiyou National Forest.

"His voyage and his determination are great symbols for the efforts to return wild wolf populations to the West, and in turn to help to bring back some of the stability and biodiversity that top predators create," the Portland muralist said.



CNA Board bullets

The Concordia Neighborhood Association (CNA) Board meeting June 9 resulted in an announcement, formation of two committees and the decision to submit a letter to the city of Portland.

- The board announced the general membership meeting is Tuesday, June 13, from 7 to 9 p.m. in the McMenamins Kennedy School Community Room. All residents, landowners and business owners are invited to attend to hear updates about their neighborhood and their community association.
- The CNA Safety & Livability Committee was formed with Donn Dennis, Isham "Ike" Harris and Truls Neal serving as liaisons between the committee and

ongoing, city-wide Off-Road Cycling Master Plan process. The board is requesting that Fernhill Park be considered as a potential site for a family- and bicycle-friendly facility, perhaps in conjunction with a community center long desired by the neighborhood.

CRH LAW

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the board. Committee members from the community are needed. For details, contact Donn at AL2@ConcordiaPDX. org, Ike at NW1@ConcordiaPDX.org or Truls at AL5@ConcordiaPDX.org.

- The CNA Community Room Committee was formed. Members are Steve Elder, Amelie Marian, Truls Neal, Chris Lopez and Jody Pollak.
- The board also decided to submit a letter to the Portland Bureau of Planning & Sustainability regarding the

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Farmers market opens June 1 for 4 months

By Alexey Moore Manager, Cully Farmers Market

ome hang out at the Cully Farmers Market and support a 'lively rural scene in an urban setting. Meet and support the farmers of the Cully neighborhood, and enjoy the eclectic music featured in this season's band lineup.

The market starts Thursday, June 1, at 42nd Avenue and Alberta Street. It runs every Thursday through September. Hours are 4 - 8 p.m. in June, July and August, and 4 - 7 p.m. in September. For details, visit CullyFarmersMarket.org or call 520.730.9701.

If you happen to grow food, or if you are a local artisan with handmade goods and products to sell, there are affordable booths and spaces available. If you'd like to meet your neighbors and try out selling your wares, you may sign up for a spot at our free community table.

If you find yourself with an overabundance of fruits and veggies in your garden, you can drop off produce donations on market day. All sales will go to support the Neighbor Voucher Program, which provides free Cully Farmers Market tokens to families that can't easily afford groceries.

The market is also looking for community members interested in leading workshops and activities. A free booth or tent can be provided for anyone who would like to lead a workshop related to food and/or health.



The Cully Farmers Market, located in the heart of the 42nd Avenue business district, is dedicated to bringing local growers and artisans to neighborhood consumers. Starting its 10th year, it brings a lot of fun too. Photo courtesy of Cully Farmers Market

Letter to the editor Front page story was wrong on so many levels

To the editor:

I always read the Concordia News and find it helpful in one way or another, so appreciate the work you do. But I have to say that the front page article of the paper that arrived yesterday - "Tylers make mortgage doable" - struck me as wrong on so many levels.

First, it presents Airbnb as all good and almost recommends it as a way for (mostly white) people to solve their economic shortfall.

Secondly, it purports to be part of a series on housing challenges and solu-

tions in Concordia, but people turning possible long-term rentals for Portland residents into short-term rentals for people from out of town is not a solution to housing challenges in Portland or Concordia.

Thirdly, for me, it seems insensitive to highlight a white family who could almost afford to move into the Concordia neighborhood, when so many families of color have been kicked out, excluded or have no hope of buying into a home in Concordia, especially since this used to be a very diverse neighborhood.

My complaint is not about what the Tylers are doing in particular, it's about Concordia News highlighting and implicitly endorsing what they do as a "solution" for housing challenges in a neighborhood that was historically diverse.

When you put this article on the it.

a solution to housing for Portland residents and a good thing. I just don't agree and was offended by - Chiquita Rollins

front page as part of a series on housing

solutions, you were indicating that you

thought it was the most important news,

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.



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Division I

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Make tree decisions with eye to distant future



Tree Team been has quietly advocating for the preservation and propagation of our neighborhood's urban forest since 2010. Members

Barbara Wharton, Lizzy Hildebrand and Jim Gersbach are Concordia neighbors who serve as ambassadors for our diverse and beloved street trees. "Everybody loves trees!" said Lizzy.

Driven by interest in greening our neighborhood, in cooperation with Portland Parks & Recreation and the Portland Urban Forestry Commission, our Concordia Tree Team pioneered the first completed neighborhood tree inventory in Portland in 2010.

The data from that inventory tells us we have more than 4,600 individual street trees in the Concordia neighborhood, but just 10 tree types make up 70 percent of those trees. With 10 percent of our existing trees in poor health and

The Concordia development often removing mature existing trees – as well as extensive yet unplanted residential spaces – there are many opportunities for selecting new trees to balance our treescape.

> Decisions on new trees should be made thoughtfully, with an eye toward the distant future, rather than the immediate gratification of ornamentals. Common choices for street trees in Concordia include flowering trees like cherry, crabapple, pear and plum. However, Barbara explained, "While these can be good choices for some planting opportunities, many have a short life span, offer limited support for wildlife, and will never shade a 3-story house."

> Instead she encourages planting trees best suited for the planting location. In large planting strips large trees such as many oaks, for example, create long-term healthier habitat for humans as well, by helping to lower peak summer temperatures, reduce energy costs, and reducing air pollution.

The Tree Team has successfully

established new pockets of diverse tree plantings, including the thriving International Grove at 42nd Avenue and Lombard Street, and a 31-tree (and

Decisions on new trees should be made thoughtfully, with an eye toward the distant future.

counting) grove at Alliance High School that recently achieved Learning Landscape Status.

The Ainsworth Linear Arboretum, spanning 30 blocks of Ainsworth Street east of MLK Boulevard, was the inspiration of Jim Gersbach, who leads tours of the greenway spring through late fall.

The arboretum continues to expand its collection with new trees planted regularly.

The Concordia team also seeks to recognize Portland Heritage Trees in our neighborhood, nominating unique specimens for recognition by the city council for their size, age, and historical or horticultural significance. We have three such trees in our neighborhood, identified by plaques, listed in the Portland Heritage Tree database and protected by the Urban Forestry Commission.

There are many opportunities to join the Concordia Tree Team's work in promoting these valuable assets. Volunteer to participate in the tree inventories planned for Alberta and Wilshire parks this year, assist in watering young trees in the neighborhood, and help spread the word about planting programs via social media and in person meetings.

Come to a monthly meeting at New Seasons Concordia at 6 p.m. the first Thursday of every month – that's June 1 and July 1 for the next meetings - or email Barbara at BarbaralWharton@ yahoo.com.

Land use, transportation & livability update



from full bloom to the strawberry June By Ben Earle Secretary, CNA LUTC for a bit of LUTC moon – it's time

succulent scents

and scenes of spring

s we bask in

the swing

of the sweet

musing.

Better Housing by Design workshop updates

Due to the significant interest in the six recently-completed Better Housing by Design stakeholder working groups throughout the east side, the Portland Bureau of Planning and Sustainability (BPS) has scheduled two follow-on workshops on code concepts. These workshops are designed to get public feedback on the alternative development options and conceptual street plans to meet the diverse housing needs of multi-dwelling zones that BPS has compiled from the working groups.

- June 1, 5:30 7 p.m., 1900 S.W. 4th Ave., 7th floor
- June 3, 10 a.m. noon, Portland

Community College Southeast Campus, 2305 S.E. 82nd Ave., Community Hall Annex

For updated information, or to provide input via written comment, visit Portland.Oregon.gov/bps/betterhousing, email BetterHousing@PortlandOregon. gov, or call 503.823.4203.

Oregon House Bill 2007 risks historic preservation and affordable housing

The intent of HB 2007 is to create more affordable housing. Amendments crafted in response to the bill are well intentioned, yet counterproductive and take a "one size fits all" statewide approach. Promoted by 1000 Friends of Oregon, those amendments would turn back the clock on other state and local goals. The amended bill could be particularly harmful to the preservation of important buildings and spaces which shape the unique character of all Oregon communities.

Pushed by developers looking to expand their building scope before the construction boom fades, the current version of the bill overrides local controls

over zoning and design review, and it risks the demolition of smaller, less expensive homes.

Visit VisitAHC.org for the Architectural Heritage Center's helpful summary.

Express your concerns to Tina Kotek, state representative and house speaker, 503.986.1200 or Rep.TinaKotek@ oregonlegislature.gov, and to state senator Lew Frederick at 503.986.1722 or Sen.LewFrederick@oregonlegislature. gov.

Tree planting survey

Currently, tree canopy is not equitably distributed throughout Portland, as lower-income neighborhoods have significantly less access to trees.

You may take a short survey at TinyURL.com/plantingsurvey to help Portland Parks & Recreation Urban Forestry develop a tree planting strategy to ensure everyone can have trees where they live. Cosponsored by Portland State University, the survey closes June 30. Visit Branchoutpdx.org for details.

Help count bike ridership

The Portland Bureau of Transportation needs volunteers to collect bike ridership data this summer by monitoring 250 intersections throughout the city.

The data collected – including bike turn movements, rider gender and helmet use - will help PBOT decide how best to grow and improve the city's bicycle network.

Shifts are 4 - 6 p.m. on good-weather Tuesdays, Wednesdays and Thursdays from June through September. In-person training is May 31, but online training is also available. Contact Taylor Sutton at 503.823.4533 or Taylor.Sutton@portlandoregon.gov or learn more by visiting PortlandOregon.gov/transportation/ article/490280.

Concordia residents are always welcome at CNA LUTC meetings, every third Wednesday – except December – at 7 p.m. in the 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?	
180 Homes sold in RMLS in last 12 months as of May 12 th	4.0 [%] Increase since 2016 2016 Average Sale Price: \$469,377
Avg. Days on Market: 23	Average List: \$473,397
Avg. Cumulative Days on Market26	Median List:\$446,950
Median Days on Market:7	Average List \$ per square foot:\$232
Median Cumulative Days on Market7	Average Sold \$ per square foot:\$240
Avg. square feet:2,041	Median Sale Price:\$446,950
Median square feet:2,092	Average Sale Price: \$489,013

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

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CNA 19TH ANNUAL YARD SALE



Friday–Sunday, June 23–25

Follow these simple steps to participate:

- Register with the coupon below or electronically.
- Gather all your unwanted items.
- Display those items in your yard June 23-25.
- Fill out a deposit slip and head to the bank June 26.

Register by Wednesday, June 14, to be on that map. Late registrants will have their addresses posted only in the electronic version published on ConcordiaPDX.org, Facebook and on Nextdoor.com.

Your packet is available to pick up after 1 p.m. Sunday, June 18, at 5252 N.E. 32nd Ave. If it's still there Wednesday, June 21, it will be delivered to your address.

Register:

Paper

- Complete and mail/deliver to the address listed in the coupon below.
- Don't forget to insert a \$7 check in the envelope.

Electronically

- Email the information requested in the coupon below to ShareBearU@yahoo.com or text it to 503.706.8176.
- Visit ConcordiaPDX.org/yard-sale to make your \$7 payment through PayPal.

Questions? Email Sharon Griffin, yard sale coordinator, at ShareBearU@yahoo.com, or text her at 503.706.8176.

CNA Yard Sale Registration

The old is made new by local upcycling pro



You're likely to run into Mari Bartoo Jacobson Saturday – Sunday, June 23 -25 during the Concordia Neighborhood Association Annual Yard Sale. Her business embodies the adage, "One person's garbage is another's treasure." The upcycler uses others' castoffs to create works of art.



ocal crafter and ingenious upcycler Mari Bartoo Jacobson of The Make House's Rutabaga Redesign is preparing to shop By Carrie Wenninger CNA Media Team the June 23 - 25 Concordia Neigh-

borhood Association Annual Yard Sale. She'll be looking for inspiring objects, doodads and diamonds in the rough.

What's upcycling? It's the process of bringing new, useful and often beautiful life to old, discarded materials. It's the embodiment of the idea that "One person's garbage is another's treasure."

Q: Why do you do what you do?

A: I've always been keenly aware of our often ugly impact on the environment around us while, at the same time being deeply enamored of the beauty we can bring to light. I endeavor to turn what would otherwise become part of a landfill into something new and interesting. I also love the challenge of uncovering the loveliness of old, grungy metals and woods. Sometimes you really have to look. It's a lot like finding buried treasure.

Q: How did you become interested in upcycling?

A: My dad was a carpenter when

I was young, and I remember always feeling empowered to build things: tree houses, a rubber band gun, a marimba those are a few of the things I built with my dad. In my family there was a lot of emphasis placed on "walking lightly on the earth." So what I do now feels like a beautiful outgrowth of those opportunities and values I was given growing up.

Q: Where do you do your work?

A: I have a workshop space in The Make House at 1732 N.E. Alberta St. Six other artists and I have workspace in the building, and I also curate a retail space on the main floor called Rutabaga Redesign. My shop features local, handcrafted work from over 50 different artists and craftspeople, myself included.

Q: Explain the name.

A: Rutabaga Redesign is the name simply because I really like how it rolls off the tongue. Say it out loud. Isn't that fun?

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 Wurd-Gurl@gmail.com.

Name: Address:		
Phone:	Cell:	
Email:	I	
Indicate days you will participate in the sale:		
Friday, June 23		
Saturday, June 24		
Sunday, June 25		
Enclose a check for \$7, payable to Concordia Neighborhood Association mail/deliver to: Sharon Griffin 5252 N.E. 32nd Ave., Portland, OR 97211		

Time is running out to fund the Fernhill Concert Series

The Fernhill Concert Series is only a month away and Concordia Neighborhood Association is still short \$5,500 of the \$20,000 needed to pay the topnotch performers. (See Page 12 for the list.)

There are four ways to help:

- Make a donation on behalf of yourself or your family online or by mailing a check. For instructions on both, visit ConcordiaPDX.org/concerts.
- If you work for an employer that matches your charitable donations, make your donation and then apply at work for that match.
- If you own or manage a business, become a sponsor. You'll not only make a big difference in your community, but your business will receive plenty of publicity and appreciation. For details, contact Chariti Montez, concert production manager, at Concerts@PortlandOregon.gov or 503.823.5059.
- Help the series fundraisers. The most vital volunteer role in putting together the concert series is soliciting donations to pay for it. Email Katie Ugolini at KTUgolini@gmail.com for details.

'Tea' energizes your garden soil



ompost tea is well known these days as a DIY garden amendment. Most people assume the benefits come from the nutrient content

By Pete Widin of the tea, but the

real reason to make your own fresh compost tea is for the millions of beneficial microbes and fungi that recharge soil life.

This can save your plants the stress of fighting off soil pathogens, and improves access to the nutrition already in your soil.

I first came across compost tea through a friend who brewed it in a giant tank in her basement! She would make batches on demand when her gardener clients wanted some fresh tea sprayed on their yearning plantings.

The before and after shots I saw were incredible. Imagine a magical, natural elixir for most of your plants' ailments. Plant health begins in the soil, and a boost of life from the millions of helpful

Imagine a magical, natural elixir for most of your plants' ailments.

microbes in fresh, aerated compost tea can turn any depleted urban soil into a living treasure box of luscious greenery.

Getting to the heart of it, here's what you'll need to make some leaf-smacking good compost tea for you, your friends and neighbors:

- One 5-gallon bucket (find it at food shops/bakeries)
- 20 100 gallon aquarium air pump,

with two silicone hoses and air stones (it's easy to find these all sold together for \$20 or less)

- An old tube sock, small burlap sack or mesh bag to serve as a "tea bag" large enough to hold 1 - 2 cups of compost
- Fresh, cool and damp compost from your own pile or that of a friend
- Water (let chlorine evaporate for 24 hours)

For a great description of how to brew your own compost tea, my favorite video is on YouTube, called "How to Brew Compost Tea in a 5 Gallon Bucket to Enrich Your Garden."

Enjoy a healthier and happier garden by teaming with nature!

Pete is an ecological landscape designer at Blossom. A love of beneficial plants and regenerative practices drives his desire to create productive living systems for urban homeowners and community groups. Reach him at 503.837.3557 or BlossomEarthworks.com.



Tapping stimulates energy flow



n the past few columns I've written about tapping on the body to stimulate energy flow and decrease muscle tension.

Rising Sun Massage introduce another

form of tapping called EFT.

That stands for Emotional Freedom Techniques, and it combines tapping on the body at specific points along the acupuncture meridians while thinking about a particular stressor.

It is literally at your fingertips, available to *you 24/7*.

This combination produces amazing results. In just 30 minutes of tapping this way, clinical studies show a whopping 25 percent decrease in cortisol levels! Cortisol is one of the major stress hormones. And reducing stress is job No. 1 in our stress-burdened modern lives. But thinking about doing all the things that reduce stress - like meditation, exercise and eating right – make people more stressed. This is the brilliance of tapping.

course.

Two sources I trust are TheTapping-Solution.com and EFTUniverse.com. There you'll find resources to get you started.

For veterans with traumatic stress, tapping coaches across the country offer free sessions. Online videos can be found

are EFT videos all over the internet of at BattleTap.org. In the aftermath of war, women and children are left suffering, and tapping easily crosses borders. Check out PeacefulHeart.se for tapping efforts in Africa and worldwide.

Let's all have less stress! Tap on.

Contact Penny, LMT at PHEFT22@ gmail.com.



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Stress affects everyone differently. Symptoms can include: being overwhelmed, agitated, irritable, lonely or depressed, or unable to relax – mind or body.

Physical symptoms can include: fatigue, headaches, digestive upsets, muscle aches, insomnia, getting sick easily, chest pain or rapid heartbeat, clenched jaw and more. Stress is one of the biggest factors in chronic diseases, and stress aggravates those conditions.

EFT is the easiest and fastest way I have ever found to reduce stress. There



www.markcharlesworth.com



Page • 8 **June 2017**

Concordia News

Bike First! class set for developmentally delayed

ike Week is June 19-23, presented by Northwest Down Syndrome Association (NWDSA) Bike First! Program and hosted by Concordia University.

Previous years' Bike First! bike riding classes have proved successful for people who experience a variety of disabilities. Those include Down syndrome, autism, cerebral palsy, visual impairments and other developmental delays.

According to NWDSA, participants must already be:

- Ambulatory
- Able to keep their feet on the pedals and maintain pedaling



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- Able to keep their hands on the handlebars and turn
- Able to see sufficiently to avoid obstacles and maintain paths of travel
- Willing to follow instructions and motivated to learn to ride
- Willing to wear helmets
- Weigh less than 180 pounds (the weight

restriction for NWDSA bikes)

Through research into the elemental physics of bicycle riding, the NWDSA team designed and built a unique type of adapted bike that enables the rider and bike to function together as a system. That design uses air cylinders to gently cushion the rider while keeping him or her safely upright.

As the rider's skill develops over the course of the week, the air pressure is reduced gradually until the rider is on his or her own.

Founded in Portland, Bike First! has served more than 400 children since 2006. For details and to learn if registrations are still available, visit NWDSA. org/what_we_do/bike_week_info.html.

Orange bikes come to Concordia

IKETOWN, Portland's bikeshare program, is expanding its service area this month to include nine locations on the Alberta and Killingsworth corridors between 10th and 33rd avenues

Neighbors, local employees and visitors in and near Concordia will be able to rent any of the program's bikes locked in the neighborhood by downloading the app from BIKETOWNpdx.com/app and opening an account.

Employers may register for discounted annual group memberships for their staffs at BIKETOWNpdx.com/

Instead of an orange station, you'll find the bikes joining regular ones at nine existing blue bike corrals.

groups.

Instead of an orange station, you'll find the bikes joining regular ones at nine existing blue bike corrals:

- Alberta Street at 10th, 14th, 17th, 22nd, 24th and the alley between 29th and 30th avenues
- Concordia New Seasons
- McMenamins Kennedy School
- Killingsworth Street at 17th and 30th avenues

To celebrate the expanded service area, a \$10 free ride credit is available to anyone who hasn't yet joined BIKE-TOWN. When you open an account, use the code Concordia10.

To provide feedback on these service area extensions, visit PDXbikeshare.com.

Street painters need your help, donations

esidents next door in Sabin and nonprofit City Repair will paint the intersection of 21st Avenue and Going Street Sunday, July 16. And Concordia residents are invited to join in – both by wielding paint brushes and by donating dollars.

Sabin Neighborhood Association



Project are pooling creativity and motivation, while building a stronger network of neighbors. "We hope this street painting will help brighten the hearts of many and make the community a more beautiful place," said Sarah Schumacher, a project volunteer.

A total of \$1,200 is needed to cover permit costs, street sign rentals and painting supplies.

Email Sarah at Sartista1@gmail.com about volunteer/organizing opportunities or visit TinyURL.com/goingstreetpainting to make a tax-deductible donation.



This is what 21st Avenue at Going Street will look like next month. Want to help? Both your elbow grease and a few dollars are needed.



Find us (and LIKE US!) on Facebook for updates and other timely information.



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COMMUNITY CREATIVITY CURIOSITY CEREMONY

Visit: cerimonhouse.org Cerimon House is a nonprofit humanities & cultural organization located in the historic neighborhood meeting space on the corner of NE 23rd and Sumner. We welcome your rentals, are fully ADA compliant, and are hosting ceremonies and gatherings of all kinds. Join us and add your stories.

JUNE SPECIAL EVENTS

OPEN HOUSE June 3rd from 11am-3pm

FATHER'S DAY A special labyrinth walk. June 18th from 11am-3pm

The At The Hearth **Conversation Series** The Roots of Comedy

June 28th at 7pm

VISIT OUR WEBSITE FOR MORE DETAILS.

Sunday, June 25th (1:00 - 4:30pm):

LABYRINTH WALK: "COURAGE AND PERSISTENCE"

On the final Sunday of each month, visit this popular and unique community event. It's a large-scale contemplative walking pattern. Unplug. Focus. Restore.



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Sanctuary goes (way) beyond church walls



anctuary is much more than providing a physical space for someone at risk of deportation," reads the website of nearby St. Andrew Catholic

Church. "It is a strategy and set of actions for faith communities, faith-based organizations, and people of conscience."

The parish takes that statement seriously, according to Diana R. a parishioner active in the movement to support Latino parishioners.

"St. Andrew is very into social justice, so immigration has always been an issue we've been involved with," she said. "When new things started happening, we wanted to make sure the whole parish is into it, and really knowing that we are a sanctuary parish. We're exploring several aspects."

Last month's "Know Your Rights" forum drew 200 people to hear from attorneys and role play various potential scenarios.



More than 200 people attended last month's Know Your Rights Forum sponsored by St. Andrew Catholic Church. Education is a cornerstone of the parish's efforts as a sanctuary church. Photo courtesy of St. Andrew Catholic Church

A training session for rapid responders in March included 200 volunteers willing to help families in their communities. "We agreed to form friend-families, undocumented persons buddying with citizens to have someone to call in an emergency," Diana said.

The January "Sanctuary Assembly" also drew a crowd.

Due to space, the church building at

806 N.E. Alberta St. likely won't serve as a physical sanctuary, unless is absolutely necessary. Instead, parishioners are offering their homes. "They know the legal risk, and many are willing to go all the way," Diana said.

The parish works with Metropolitan Alliance for the Common Good, and there's no limit to the preparations. "Nothing has actually happened with our

parishioners yet, so we really don't know how ready we are to respond in a case," Diana pointed out.

"One of the things that is coming out of all of this is parishioners understanding we are more like each other than different. We are part of a community that shares a lot of values.

"What moves your world is when something happens."

Local churches participate in Sanctuary Movement



churches are demonstrating their support for immigrants and refugees.

Concordia's

By Karen Wells Media Team

Ainsworth United Church of Christ (AUCC) has a long history of involvement in social justice work. This includes being active in the Sanctuary Movement, a national initiative sparked by the current political climate of accelerated attempts to detain and/or deport undocumented immigrants/workers.

Pastor Lynne Smouse Lopez was at the helm of AUCC in 2007 during the north Portland Fresh Del Monte Produce packing plant immigration raids. She and her congregation took action then to assist affected immigrant families.

They are back in action for the latest affront to the security of immigrant families and their children, according to the pastor.

wo local to engage with the Sanctuary Movement, Protestant which counts at least 800 congregations and 18 coalitions nationally. To date, 16 congregations, in nine major cities have provided or offered sanctuary to affected immigrants and their families.

> Augustana Lutheran in nearby Irvington neighborhood sponsored a February news conference about sanctuary and deportation. Fifteen local immigrant rights/advocacy groups shared stories of how the latest wave of actions by U.S. Immigration and Customs Enforcement (ICE) have affected families and children.

> The 100-plus community members, congregants and local media heard stories of children who are afraid to go to school for fear of returning home to an empty house if their parents are detained unexpectedly by ICE. Participants also heard that, because of the fear of ICE, many in need of food or medicine are going without.

> Editor's note: Visit ConcordiaPDX.org/ sanctuary-movement for details, and for

HOST A STUDENT July 2 - July 30, 2017 \$150/week/student Concordia University is seeking host families for Korean college students while they study English and experience life in Portland.

> For more information, contact Emily Sipe at esipe@cu-portland.edu or 503-280-8152



AUCC was the first church in Oregon *information on how to help*.







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Page • 10 **June 2017**

Proceeds go to building community

he May 20 Concordia Neigh- • MetroMetals borhood Association (CNA) Spring Clean Up was just a day before press time. So stay tuned - in the July CNews and on ConcordiaPDX.org/ 2017/05/cna-spring-clean - for final tallies on how much was collected and how many dollars were earned.

Early reports included \$2,533 from 95 car and truck loads of items delivered for selling, recycling and/or hauling to the landfill.

Five 40-cubic-foot boxes of electronic gadgets were collected, plus 200 pounds of Styrofoam, 185 pounds of batteries and 10 cubic yards of plastics. Seven 30-yard dumpsters of waste were hauled to the landfill - totaling 11 tons - and one 30-yard dumpster of metal was collected for sale.

The You Price It Yard Sale was a hit again this year, and it reaped \$550.

"All proceeds from the clean up go to CNA," said Katie Ugolini, Social Committee chair. "Then it's reinvested in programs, projects and events that build community and enrich livability in Concordia."

Sponsors of this year's clean up were:

- Agilyx Corporation
- 1 Sharp Tool
- Better Bargains Thrift Store
- Caffe Vita
- Chalice Farms
- Green Century Metro
- Mark Charlesworth Real Estate Team -Keller Williams Portland Central

- Multnomah County Alterative Community Service
- New Seasons Market
- Northeast Coalition of Neighborhoods
- Portland Bureau of Planning & Sustainability
- Portland Community College Workforce Network
- Portland Disposal & Recycling Inc.





Neighbors flocked to the May 20 spring clean up. For final details on dollars earned for Concordia Neighborhood Association, visit ConcordiaPDX.org/ 2017/05/cna-spring-clean. **Photos by Chris Baker**

Children master decoding before reading

ummertime is a time of long, lazy days. It's a perfect time for curling up with a good book. Being able to decode is By Karen Wells the foundation for learning to read.

Decoding is the process of recognizing shapes as letters, matching

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sounds to letters and having it all make sense. How do children learn to decode? It all starts with conversations you have with your babies during feeding, diaper changes and cuddle time.

They are always listening, watching, learning and making sense of the sights, sounds and actions they experience every moment. Interacting with children builds the foundation for reading readiness and reading.

When does reading begin? Early signs of reading readiness can be seen as early as 18 months. This is about when children start to carry books around, hold books (or digital devices) in correct orientation, point at pictures and begin to understand that reading is an important activity.

They also understand that books, printed words and reading go together and have purpose. You can grow readers by reading to them and have them read to you.

Reading is a social interaction opportunity waiting to happen. A time for sitting together, following the story with fingers and showing interest in the story by asking questions about the story or characters.

Interacting with children builds the foundation for reading readiness and reading.

Some reading applications on the market may not be developmentally appropriate for emerging readers. When in doubt, do research or ask a librarian. Multhomah County Library's summer reading program and story times are geared to emerging readers, and major book publishers have emerging reader categories. Look for books with interesting storylines, short sentences and uncluttered pages. "Best Ride Ever," by former Concordia resident Raymond Ouinton and "Are You Ready to Play Outside" by Mo Willems will entertain reader and listener.

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Happy summer reading to all.

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

Editor's note: For further resources, visit ConcordiaPDX.org/summer-reading.

Ask the Historian WWII traces await demolition

The question:

What's the story behind the bright green garages at 42nd Avenue and Holman Street?

– Rose Paisley

The historian reports:



hat bright green garagelike building is actually seven attached very small apartments, built in 1942 and known for years as the "Tourist Cabins." The darker

green building just across the parking lot is the former Spur Tavern.

If you want to see them, look quickly, because both are now surrounded by cyclone fence and slated for demolition any day to make room for a 59-unit apartment building.

These buildings have obviously known better days. Some might call them eyesores, all spray painted with graffiti sporting broken and boarded up windows, tilting roofs and doorways, and rotting siding.

A small ocean of cracked and buckling pavement and gravel surrounds it all, moss growing everywhere, branches down, junk piled. But it wasn't always this way.

They were built in 1942, about the time 42nd Avenue was connected to Columbia Boulevard, and there was a new Portland airbase (at the newly relocated Portland airport). The Tourist



This April 2017 photo from 42nd Avenue and Holman Street looks east. In the mid-1940s, this was a community of returning WWII servicemen and their families, temporary workers and others passing through the Portland area.

Cabins and Spur Tavern provided a sought-after home base for servicemen and their families on short assignment, and others who needed temporary quarters for seasonal jobs or as a jumping off

These buildings have obviously known better days.

place into the next chapters of their lives.

From the front door of the Spur Tavern you could look out at agricultural fields in every direction. Off to the west across the Concordia neighborhood, across the open fields of what is today's Fernhill Park, you could see clear through to the Kennedy School.

The Spur Tavern was the proverbial watering hole where residents of the cabins, servicemen and people passing through stopped in for a beer and a snack.

Today, most people probably pass by and think they're just old falling down, derelict graffiti attractors, which may be true. But in their day, they were a whole community out here at the far edge of a growing Portland that was home to generations of people passing through.

If you have a question for the neighborhood historian, contact CNewsEditor@ ConcordiaPDX.org and Doug Decker will do some digging. Check out Doug's blog for more on local history, including further details on the histories of Fernhill, Wilshire and Alberta parks, visit AlamedaHistory.org.





Spring is coming.

June 2017

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Concordia community events calendar

Thursdays, June 1, 8, 15, 22, 29, 4 - 8 pm **CULLY FARMERS MARKET**

Location: 42nd Avenue & Alberta Street Meet & support the farmers of the Cully neighborhood, & enjoy the eclectic music featured in this season's band lineup. (See story on Page 4.)

Details: visit cullyfarmersmarket.org or call Lexey at 520.730.9701.

Thursday, June 1, 6 - 8 pm ST. MIKE'S KITCHEN

Location: St. Michael's Lutheran Church kitchen, 6700 NE 29th Ave. Join others in the kitchen to a variety of Italian dishes including Italian potato salad, green bean & hazelnut salad, chicken roll ups & some tiramisu cake for dessert. Details/RSVP: Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2003

Thursday, June 1 - Friday, June 30 **URBAN COMPOSITIONS ART EXHIBIT**

Location: George R. White Library & Learning Center, Concordia University Opening reception for the latest art exhibit This exhibit - which continues through June 30 - features photography from the Inner Light Photographic Society. Celebrating 31 years, that diverse group includes more than 20 photographers who work in wide range of photographic styles & media. The exhibit also features multiple award winning & nationally recognized artists Lyn Nance Sassser & Stephen Sasser. The unusual images are superimposed on 1950s vintage tourist street-maps, accompanied by graphic icons pinpointing the precise locations of the chosen features.

Details: cu-portland.edu/about/events/ campus-calendar



Saturday, June 3, 8:45 am - 1:30 pm CYCLE THE WELL FIELD Location: Aloft Portland Airport, Cascade Station, 9920 NE Cascades Pkwy. Bring your bike for a tour of Portland's Columbia South Shore Well Field. Experts from the Portland Water Bureau & the Columbia

Slough Watershed Council will lead this 16-mile trip on easy terrain. Learn about the safety, functionality & history of Portland's underground drinking water system, which supplements the main supply from Bull Run. Helmets required, recommended for ages 12 +

Friday, June 16, 7 - 9 pm

nasium, 5310 NE 42nd Ave.

Thursday, June 15, 6 - 8 pm

ject.org, 503.284.6827 ext. 109

¡EXPLORANDO EL COLUMBIA

Location: Colwood Golf Center, 7313 NE

offers activities in Spanish & English for all

ages. Explorando includes guided canoe

trips, live music, folk dancing, storytelling,

Details: Karen Carrillo, karen.carrillo@

Location: Alberta Street, 15th - 30th av-

Alberta Street becomes a pedestrian thor-

July & August. (See story on Page 1.) Details: Greg Raisman, greg.raisman@

portlandoregon.gov, 503. 823.1052

arts & crafts, workshops, & more.

columbiaslough.org, 503.281.1132

Thursday, June 29, 6 - 9 pm

LAST THURSDAY

enues

Saturday, June 24, 1 - 5 pm

ACTIVITY NIGHT

panion is free.

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WORKSHOPS

OFF THE COUCH EVENTS

Details: offthecouchevents@gmail.com,

LEAD-SAFE HOME PROJECTS

Details/pre-registration (reguired): Karen Carrillo, karen.carrillo@columbiaslough.org, 503,281,1132

June 5, 21 LEAD POISONING PREVENTION **WORKSHOPS**

Locations: Various

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 Monday, June 5, 2-3 pm, East County WIC Clinic, 600 NE 8th St., Gresham Wednesday, June 21, 6-7:30 pm, Community Energy Project, 2900 SE Stark St.

Tuesday, June 13, 6 pm **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

Thursday, June 15, 6 - 8 pm **ST. MIKE'S KITCHEN**

Location: St. Michael's Lutheran Church kitchen, 6700 NE 29th Ave.

Join others in the kitchen to share a meal featuring manicotti & then prepare an entire manicotti casserole to take home to your fridge or freezer.

Details/RSVP: Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2003

Community calendar items

Admission to events is free unless otherwise noted. Events must be sponsored by nonprofit organizations and/or benefit nonprofits. Submit information to CNewsEditor@ConcordiaPDX.org by the 10th of the month preceding the event.

Music returns to Fernhill Park

he Fernhill Concert Series kicks off July 7 with a repeat L performance from Tony Starlight. Last year he sang "Rain Drops Keep Fallin' on My Head" to the accompaniment of a summer shower. Cross your fingers for better weather this year.

The full 2017 line up is:



Concordia News



- July 7: Tony Starlight, music and laughter from Sinatra to the '80s
- July 14: Edna Vazquez Band, sensational Latina alternative with folkloric roots
- July 21: Farnell Newton & the Othership, funk and soul with a twist
- July 28: Robin Jackson & the Caravan, folk cabaret and gypsytinged pop
- August 4: Colectivo Son Jarocho de Portland, traditional Afro-Mexican folk, followed by The Lego Batman Movie with Spanish subtitles

Concerts are from 6:30 to 8:15 p.m. Each concert night, collage will provide children's activities beginning at 6:15 p.m. Food vendors will be on hand, and bring your own picnic basket.

Individual donations and sponsors are still needed. See Page 6 for details. Robin Jackson & the Caravan, with its folk cabaret an gypsy-tinged pop, appears Friday, July 28, in Fernhill Park. The evening is just one of five in July and August in the Fernhill **Concert Series.**

Sponsors to date are: Champion Sponsors \$3,000+

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- Our 42nd Avenue
- St. Michael's Lutheran Church



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