



CONCORDIA NEWS

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

July 2017



Fernhill concert schedule inside

The Fernhill Concert Series begins in just a few days. The series opens with Tony Starlight, in a hopefully rain-free repeat from last year. It closes in early August with Colectivo Son Jarocho de Portland, featured to the right. The concerts are brought to you by Concordia Neighborhood Association Fernhill Concert Series Committee. And they are free and ADA accessible.

See Page 6 for details.

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.

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By Dan Werle
CNA Media Team

Colectivo Son Jarocho de Portland (el CSJP) closes the 2017 Fernhill Concert Series Friday, Aug. 4, with jaranas, requintos, leona and other instruments.

The two-year old Portland group specializes in son jarocho, a blend based in Veracruz, Mexico, of centuries-old indigenous European and African music. El CSJP’s zapateadoras – who practice a lively, rhythmic, percussive dance – will perform along with the musicians.

Interest in son jarocho in Portland increased about five years ago, when Bajo Salario – another local collective that features Latin American music and emphasizes social justice – began organizing workshops in northeast Portland.

“All our members became interested in the music in different ways, but we came together at the workshops organized back then,” said el CSJP’s Patricia Vázquez.

According to her, el CSJP is part of a regional “movimiento jaranero,” in which collectives in other cities – Seattle, Salem, Eugene and others – also invite musicians from Veracruz and other parts of the United States to perform and organize fandangos.

That’s when musicians, dancers and other members of local communities gather to perform, learn to play instruments, and share food and knowledge.

Workshops organized by el CSJP are free, open to the public and happen every other Thursday at Living Cully Plaza at Killingsworth Street and 42nd Avenue. Fandangos happen in Portland every three months at different locations. For details on those events, visit Facebook.com/colectivosonjarochoPDX/.

El CSJP performs nearly every other Friday during summer months at Tamale Boy on Dekum Street, as well as at local farmers markets, schools and its own gatherings.

When the group receives pay for gigs, the money is spent mostly to support el CSJP’s community based-activities like the ones in Cully. Those expenses include instruments for the workshops, food for fandangos, and travel costs related to

Story continued on Page 3



When Colectivo Son Jarocho de Portland books for paid gigs – like in the Fernhill Concert Series – the funds help continue its free local workshops. Photo courtesy of el CSJP

CNA stands against hate

In light of recent events in our city – and rising racial, cultural and faith-based tensions across our country – the Concordia Neighborhood Association (CNA) reiterates our commitment to fostering a strong and safe neighborhood.

We cannot rely on legislation alone to eliminate hate from our world. Instead, resistance must come from the bottom up, from within our own communities.

We agree with the recent statement from our Northeast Coalition of Neighborhoods, which “strongly encourages all our neighbors, friends we know and those we have not met yet, to stand in solidarity with marginalized and vulnerable communities and individuals. Find ways to get trained in ‘bystander intervention,’ and ‘disrupting racism’ trainings.

“Get to know all your neighbors, even those who may be different from you, as your neighbors are your greatest assets in our ability to create resilience and safety during challenging times.”

We may have a history of challenging racial relations, and are in the midst of a period of growth and sometimes uncomfortable change.

However, we believe Portland today will stand together against hate, and our community will not tolerate fear tactics and intimidation.

The CNA board of directors has changed our board meeting time and date so we no longer conflict with RACE TALKS, held on the second Tuesday of each month, beginning at 6 p.m. at McMenemy Kennedy School.

We invite our neighbors to join us at Race Talks for important conversations. The July 11 event topic is “Protecting Yourself Physically and Emotionally in Trying Times.”

Standing united in amity and peace,
Your CNA Board of Directors
(Board email addresses on Page 2)

- Chris Lopez, Chair
- Daniel Greenstadt, Vice-chair
- Heather Pashley, Treasurer
- Steve Elder, Secretary
- Ali Novak
- Amelie Marian
- Donn Dennis
- Garlynn Woodsong
- Isham ‘Ike’ Harris
- Jody Pollak
- Robert Bowles
- Truls Neal
- Tyler Bullen



CNA SPRING CLEAN UP ROCKS
The May 20 CNA Spring Clean Up netted \$3,200.

See Page 6



ALBERTA ROSE NEEDS FUNDS
Local theater launches \$300,000 GoFundMe campaign.

See Page 7



FISH & CHIPS SELL ON 42ND
Aaron Peterson and Cedric Burton find success at new location.

See Page 9

CNA VOICES

By Amelie Marian
CNA Board Member



Concordia Neighborhood Association

MEETINGS

Board Meeting
2nd Tuesday of the month
Tuesday, July 11, 5:30-7 p.m., McMenamins Kennedy School Community Room
General Meeting
Wednesday, Sept. 6, 7-9 p.m., McMenamins Kennedy School Community Room
Social Committee
If you'd like to help plan other fun, community-building events, contact Katie Ugolini, 503.449.9690, KTUgolini@gmail.com.
Media Team
Monday, July 3, 6 p.m. Join the Media Team to volunteer on the newspaper, website or social media. For more info & meeting location, email MediaTeamLead@ConcordiaPDX.org or call 503.515-8209.
Land Use & Transportation Committee
3rd Wednesday of the month
Wednesday, July 19, 7 p.m.
McMenamins Kennedy School Community Room
Contact LandUse@ConcordiaPDX.org

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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

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Here's how to plan a successful block party

There's no better way to get to know and build camaraderie with your neighbors than a block party. To build a lasting community, make it an annual event that everyone looks forward to!

Our annual block party has grown in participation and fun exponentially over the years. Based on this experience, here is a guide to the process.

Scheduling: More really is merrier when it comes to block parties. So pick a date that works for the majority of the neighbors. We used email, and then we graduated to a Doodle Poll (Doodle.com). Both accommodated the majority, but were cumbersome. Then we established the tradition of a standing date – the Saturday after Labor Day. This makes things easier for the planners and the participants.

Make it official: Closing your street to vehicle traffic requires permission from the Portland Bureau of Transportation, which updated the process this year to make it easier than ever. Now you can submit the application and pay the fee all online at Portland-Oregon.gov/transportation/66080. The fee is \$10 for one block closure and \$5 for each additional block, for as many as three.

This year, instead of getting signatures from all of the neighbors affected by the closure, you simply

have to distribute a notification letter to them. This can also double as an invitation! The letter must be included with your city application, and a template notification letter can also be found on the city's website.

Close the street: To block traffic on the street, rent barricades. There are several providers in town, and American Barricade Company on northeast Columbia Boulevard is closest. Make your order

early – ask for reflectors if your party will go past dusk – and pick up Friday, since the business is closed on week-

Make it easy and do a potluck with everyone contributing a side dish or dessert.

ends.

Food: Make it easy and do a potluck with everyone contributing a side dish or dessert. Then ask a couple of volunteers to roll their grills out to the street and everyone can grill their own meats or main dishes. Ask a few neighbors to provide coolers filled with ice for everyone to store their drinks.

Fun extras: Over the years, we have added a live band (noise permit required), an inflatable bounce house and lots of yard games. The band in particular has made the event extra special and something to look forward to every year!

Clean up: Don't forget to clean up and clear the street by the required deadline.

Finally: Repeat next year!

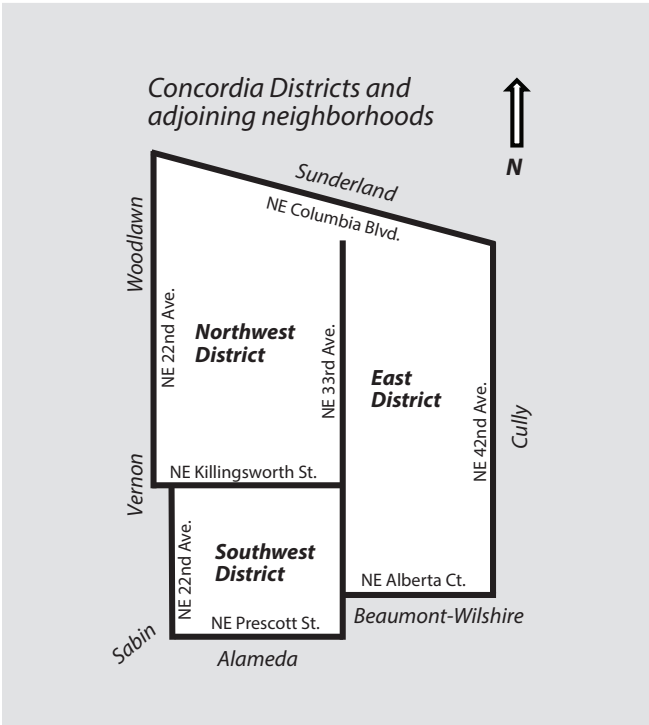
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At Large 5 | AL5@ConcordiaPDX.org Truls Neal
At Large 6 | AL6@ConcordiaPDX.org Heather Pashley

Need a place for your party?

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

Pricing: \$25/hr (nonprofit rates available)
Email: CNARoomKennedy@gmail.com



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


Concordia Murals

Mural marks school-community boundary



The mural is around the corner from the front of what is identified as the Concordia University Ainsworth Building at 30th Avenue and Ainsworth Street, “where the campus meets the community.”

It depicts Alberta Arts District neighborhood themes with notes emerging from a saxophone and steam from a cup of coffee, with a book opened to words morphing into roots deep in the community – all alongside the Concordia crest.

Unveiled in 2008 the effort spanned 18 months of work by six students under the direction of Larry Gross, then chair of the art department, and Greg Lewis, part-time professor.

The building at 5949 N.E. 30th is not on university property. It’s on the south side of Ainsworth Street, across from comfortable homes and the Ainsworth Church of Christ. A Google search of the address turns up previous incarnations as a grocery store, pizza place and book store. It is currently used for classrooms and administration.


The work is painted on plywood sheets attached to the wall. University donors helped support the mural, along with the Regional Arts & Culture Council’s public art group.

“The mural is symbolic of Concordia University’s strong relationship with



Photo by Steve Elder


the community and how powerful that relationship can be when the campus and the community come together to embrace their many cultures and values,” says Gary Withers, Concordia University chief strategic relations officer.



Save the date: Friday, Aug. 4

CNA NATIONAL NIGHT OUT

- * Children’s parade
- * Fernhill Concert
- * The LEGO Batman Movie



Details coming on Facebook and the August CNews

Colectivo due at Fernhill

Continued from Page 1

visits by musicians from Veracruz, other parts of Mexico and elsewhere.

The jaranas the musicians play are eight-stringed, fretted, wooden instruments most often associated with son jarocho. They come in a variety of sizes, and are commonly mistaken for ukuleles or guitars; however, they are played more like percussive instruments than other traditional, stringed instruments.

Each size jarana features its own “voice,” some high, some sharp, others deep or shrill. Son jarocho is often performed by individuals playing accompanying stringed instruments such as the arpa or the leona, in addition to the jarana.

See those – and the other instruments – Friday, Aug. 4, when el CSJP is in Fernhill Park for what is expected to be an intergenerational, cross-cultural night of entertainment. It begins at 6:30 p.m., and is followed by a Spanish-subtitled screening of The LEGO Batman movie.

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



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Labyrinth walk is freeing, soothing, moving



By Nancy Varekamp
CNews Editor

There's no getting lost in Cerimon House's labyrinth, except perhaps in your thoughts.

"Unlike mazes, which are designed to amaze or

confuse, a labyrinth has only a forward path and an arrival and integration point at the center," said Randall Stuart, Cerimon House founder. "It's intriguing and fun for those who are new to the experience, and familiar to well-prac-

path, and three dimensional additions include prompts to spark the imagination," he explained.

Labyrinths elsewhere may be outdoors and marked with short hedges or stones. Cerimon House's labyrinth is flat and painted on Tyvek. Paths on this 33-by-33-foot pattern are painted in bold 16-inch wide lanes.

Randall describes the impression as a stony, ancient look. And he's proud of the effect fashioned by local friends and colleagues: Jeff Seats, theater set designer, and Elecia Beebe, theater set painter.

"There's no right or wrong way to traverse a labyrinth. It's meant to be a meditative walk, and walkers find it soothing and peaceful. Some people link it to their own theology or spirituality."

— Randall Stuart

ticed walkers."

This local northeast Concordia labyrinth is based on the pattern in Reims, France.

The third Sunday of every month offers a new theme, curated by Randall. "It is actualized in the five 'harbors' that the walkers visit along the circuitous

People walk for different reasons, according to Randall. "There's no right or wrong way to traverse a labyrinth. It's meant to be a meditative walk, and walkers find it soothing and peaceful.

"Some people link it to their own theology or spirituality," he added. "However, an atheist told us it struck him



The main auditorium of Cerimon House transforms into a soothing, contemplative labyrinth on the third Sunday of every month. For details, visit CerimonHouse.org/creativepathwalks. Photo by Gregg Le Blanc

as marvelously mathematical. Above all else, it is a nondenominational tool."

Randall has been fascinated by labyrinths since childhood. As a university instructor, he uses labyrinths as a teaching tool. "I have my theater and literature students using various patterns to research the twists and turns of their characters' lives."

Randall can relate this labyrinth's walk to the five stages of grief. "It also resembles the patterns of the brain and arteries of a human body, and walking it has a calming effect and can realign the

nervous system.

"I have long hoped to bring a working labyrinth to schools, prisons and community centers," he added. Cerimon House, with its focus on the humanities, offered both the community connection and the floor space. And he believes the timing is good.

"The world has dramatically changed, and a multi-faceted and awakened community deserves a place to focus, decompress, become mindful and return to the world with an actionable plan, or better yet, a calm spirit."



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Parking space demand will soon outpace supply



By Tyler Bullen
Vice Chair, CNA LUTC

With few exceptions, most American cities are geared toward traveling everywhere by car. Per capita, Portland has fewer cars on its roads than the national average. But about 85 percent of households here own cars.

Although our car ownership rates have fallen in the past decade, Portland's booming population means there are more cars in the city today than ever before.

Statistics on car ownership aren't available at the neighborhood level, but the increased number of housing units in Concordia over the past 10 years suggests car ownership is up.

If we assume our neighborhood is likely to continue growing in the foreseeable future, we will at some point confront the reality there could be more demand for parking than the neighborhood can supply. In some busier commercial corridors, that time has already arrived.

This imbalance creates frustration for drivers, who waste time seeking spaces far from their destinations. It adds unnecessary traffic to our streets, and unnecessary pollution to our air. It also increases the potential for collisions with other cars, bikes and pedestrians.

When demand for car infrastruc-

ture exceeds supply, the go-to answer in America has been to build more of it. But roads and parking are expensive to build, and seemingly prohibitive to maintain. (Portland's roads are falling into disrepair at roughly twice the rate we fix them.) Yet the "build more" mentality still reigns. The state of Oregon is proposing

communal (taxis, Uber and Lyft) can disincentivize driving and parking private cars.

Unfortunately, these measures alone oftentimes don't go far enough. In addition to them, Concordians should consider a program that limits car parking through permitting and pricing.

If we assume our neighborhood is likely to continue growing in the foreseeable future, we will at some point confront the reality there could be more demand for parking than the neighborhood can supply.

to spend nearly \$500 million to add two lanes on I-5 through the Rose Quarter.

But evidence continues to mount that expanding capacity for cars is an unwise use of increasingly scarce public resources. Building infrastructure to accommodate more cars only helps those who can afford cars, and is decidedly antithetical to our climate emissions and livability goals.

So the solution must be to decrease demand for cars. Making biking safer, transit more reliable, and cars more

In doing so, we disincentivize driving for those who could otherwise walk, bike or take public transit.

Permitting would be the first step to regulating parking in our neighborhood, and we should implement it soon, before our on-street capacity reaches its maximum. Many permitting options are available, but a simple start would be to grant every property a permit to park one car on its adjacent street.

Since many residents park on their driveways or don't own cars, not all of

these permits would be used. Even if they were, we have enough space in the neighborhood to meet that demand.

The remaining spots would be open for anyone to park, but in areas with higher demand, hourly parking rates would ensure there would still be at least a few empty spaces per block. Variable cost based on location is the key to demand pricing. Without at least one empty spot on every block, drivers circle looking for parking, creating unnecessary traffic, noise, and safety hazards.

The goal of demand pricing is not to raise money. However, proceeds from the program should be reinvested back into the neighborhood to ease the adoption of alternate modes of transportation, like adding more bike lanes or repairing and building sidewalks.

Once we equate car supply with demand, the price freezes. If supply ever exceeds demand, the price would be lowered. This type of variability is achievable with technology, and Portland is currently piloting a program that could lead to dynamic pricing.

In the Alphabet District, a longstanding \$60 price for an annual parking permit for residents did little to dampen demand. This year, that price was proposed to increase to \$180, which has been met with understandable backlash.

A gradual but proactive approach to parking management in our neighborhood will be more palatable for both residents and visitors alike.

Land use, transportation & livability update

Safety & Livability Committee formed

This new committee will focus on issues that have fallen through the cracks recently, such as good neighbor agreements with local businesses, crime prevention, tree planting, street-lights, emergency preparedness, etc.

There will be some overlap with the Land Use & Transportation Committee (LUTC) and the Social Committee on issues such as alley cleanup. But, all in all, this is seen as a positive step forward to expand Concordia Neighborhood Association's (CNA's) capacity.

An initial meeting will take place soon, during which logistical issues will be discussed relating to startup activities, such as naming the chair of the committee, and the time and place of its regular meetings. Stay tuned for an announcement of the first public meeting of the new Safety & Livability Committee.

CNA Board comments on city off-road cycling plan

The CNA Board voted in May to send a letter to the city requesting that Fernhill Park be included on the list of properties to be evaluated for off-road cycling facilities. The city has an established process and set of criteria that will be used to winnow out areas that are not appropriate.

Once sites are located, there will be more public involvement to get community feedback on what specific facilities to construct, and where, within the park.

After that, funding will need to be secured, so any approved facilities will not be constructed for several years.

CNA Board approves letter to city re: on-street parking

A letter sent in June from the CNA Board to the city of Portland was a follow-up to a story published in CNews in May. The letter calls for the city council to adopt the parking policy toolbox that was developed by staff in 2016 and presented for a vote in December, but which the council failed to adopt.

Concerns raised about Lombard Safety

Neighbors of 22nd Avenue and Lombard Street have requested assistance from their neighborhood association concerning speeding traffic

exiting Lombard onto 22nd. This dovetails with – and will be added to – a list of neighborhood safety concerns related to Lombard, including the death of a cyclist last year who was hit under the 42nd Avenue over-crossing.

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.



By Garlynn Woodsong
Chair, CNA LUTC

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What's Selling in Concordia?

179 Homes sold in RMLS in last 12 months as of June 13th

5.0% Increase in Average Sale Price since 2016

Avg. Sale Price in 2016: \$469,377

Avg. Sale Price currently:\$493,297

Avg. Days on Market:22

This information provided by
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Fernhill Concert Series

Coming to the park near you

The countdown is on to the 2017 Fernhill Concert Series. It launches Friday, July 7, from 6:30 to 8:15 p.m. on the west side of Fernhill Park. Children’s activities, presented by collage, begin at 6:15 p.m. each Friday evening.

The series presents five bands from among the best the Pacific Northwest offers. Bring a blanket or chairs, a picnic dinner – or some cash to purchase your dinner at the park – and be ready to groove.

THE MUSIC

Friday, July 7: Tony Starlight, music and laughter from Sinatra to the ‘80s



Friday, July 14: Edna Vazquez Band, sensational Latina alternative with folkloric roots



Friday, July 21: Farnell Newton & the Othership, funk and soul with a twist



Friday, July 28: Robin Jackson & the Caravan, folk cabaret and gypsy-tinged pop



National Night Out
Friday, Aug. 4: Colectivo Son Jarocho de Portland, traditional AfroMexican folk, followed by The Lego Batman Movie with Spanish subtitles



THE FOOD

Aladdin Café, fresh & tasty Mediterranean food
Island Daydream Shaved Ice, natural shave ice, fresh juices
Tortilleria Y Tienda De Leon’s, authentic Mexican fare
Village Crepery, crepes with savory & sweet fillings

Time is running out to fund the Fernhill Concert Series

The Fernhill Concert Series is only a few days away and Concordia Neighborhood Association is still short \$4,500 of the \$20,000 needed to pay the topnotch performers.

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.

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- Living Cully
- Lombard Animal Hospital
- Our 42nd Avenue
- St. Michael’s Lutheran Church

CNA clean up nets \$3,200 for community-building work

Spring cleaning came to the Concordia neighborhood May 20 – and more than 13 tons of unwanted items and materials found new homes, were recycled and/or were sent to the landfill. Net earnings for Concordia Neighborhood Association (CNA) were \$3,200.

Forty volunteers spent the day accepting and processing the cast offs of 103 local households. The You Price It Yard Sale brought in \$555.

What couldn’t be recycled was given to Better Bargains Thrift Store, which donates a portion of its proceeds to the Children’s Club, a local sliding scale daycare and community and family services organization. Additionally, three bicycles were donated to the Community Cycling Center.

The other items and materials included:

- 11 tons of household waste hauled to the landfill
- 2.21 tons of metal recycled
- 1.6 tons electronics re-used or recycled
- 350 pounds of block Styrofoam recycled
- 220 pounds of batteries recycled
- 10 cubic yards of plastics recycled

CNA’s earnings also included 25 percent of proceeds from 1Sharp tool Edge Service after its employees sharpened 79 tools for 24 households.

“The proceeds from the clean up – and all of our fundraising activities – go to CNA,” explained Katie Ugolini, Social Committee chair. “They help pay for community-building activities like the holiday party, egg hunt and Fernhill Concert Series. So we really appreciate all of the help and the donations we received May 20.”



The May 20 neighborhood clean up reaped empty basements and garages for neighbors, materials for recyclers and treasures for You Price It Yard Sale customers. It also earned \$3,200 for Concordia Neighborhood Association. Photo by Chris Baker

Alberta Rose purchase effort is underway



Alberta Rose Theatre has until Sept. 1 to raise \$300,000 to purchase the building that became its home in 2010. Photo courtesy of Alberta Rose Theatre

Within seven days of the June 6 launch of a GoFundMe.com campaign, the Alberta Rose Theatre raised nearly \$16,600 toward its Sept. 1 \$300,000 goal to purchase the historic building at Alberta Street and 30th Avenue.

green room and bathrooms, and making it ADA accessible. Portland Magazine calls the 300-fixed-seat theater “a uniquely intimate concert venue.” Originally a movie theater and even a church, the building re-emerged as

“Very suddenly, we had the opportunity to purchase the building to ensure a home for the arts, forever.”
— Joseph Cawley

“Very suddenly, we had the opportunity to purchase the building to ensure a home for the arts, forever,” explained Joseph Cawley. “This is an amazing opportunity, but also a stretch for our budget. Every donation goes directly to buying the building.” Joseph owns and manages the Alberta Rose Theatre after leasing the 1927, 12,000-square-foot building in 2010. He also was responsible for rehabilitating the building, which sat idle for more than 20 years. That included updating the stage, sound system, bar,

a setting for acoustic music, art house films, live performances, rentals and even the radio variety show Live Wire. “What hasn’t changed is its serene ambience of a Spanish-colonial courtyard where the audience can enjoy excellent lines of sight and outstanding acoustics, and where every seat feels close to the stage and the artist,” Joseph said. For details about the fundraising efforts, email him at joe@albertarosetheatre.com. To donate to the building purchase fund, visit GoFundMe.com/preservetherose.


AMS is \$20,000 closer to Alberta Street markers

Alberta Main Street (AMS) was one of eight organizations to share in \$300,000 in Community Livability Grants awarded recently by Prosper Portland. The \$20,000 grant will go toward the campaign to design, create, fabricate and install permanent cultural/historical markers on Alberta Street. The markers are part of AMS’ Equitable Placemaking Historical Markers Outreach Project that has collected stories to document the history of the African American community on Alberta Street. These stories will serve as the inspiration for permanent public artwork in the form of historical and cultural markers.

“Community Livability Grants are one of our most valuable tools to help communities fulfill neighborhood action plans and better serve diverse populations throughout the city,” said Kimberly Branam Prosper Portland executive director. “We believe these successful proposals will advance our goals to enhance partnerships and support thriving, vibrant neighborhoods in the north/northeast community.” This year’s awards will leverage an estimated \$1.1 million in other funds and hundreds of hours of volunteer labor. Since 2006, Prosper Portland has awarded more than \$5 million to 100-plus community livability projects across multiple urban renewal areas.

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Health & wellness

Be grateful for gratitude



By Kim Magraw

How much do you think about what you are thankful for? From day to day, do you tend to notice your good fortune – or do you notice what is

lacking, not enough or imperfect?

Scientific studies and common sense point to various benefits of gratitude. Studies show a connection between gratitude and physical and mental health, meaningful relationships, less aggression, better sleep, improved self-esteem and overcoming trauma.

That's all fine, but a generic scientific concept of gratitude does little good without a tangible connection to our lives. For my part, I notice that I tend to dwell on what I perceive to be scarce – be it time, money or sunlight.

This leads me to wonder where I got this habit and how I might go about transforming it. It also leads me to notice many things that I'm ignoring that are wonderfully abundant.

Here's an experiment: think of something that you are powerfully grateful for. Really focus on this feeling and notice how it affects you. Now, explore what, if anything, blocks or muddies your ability to feel grateful.

Once you've done some exploration bring your mind back to that powerful sense of gratitude, and ask yourself what habits or tools can lead you to cultivate it.

Some examples of tools include:

- Listing things you appreciate before going to sleep or after waking up
- Stopping and noticing something wonderful around you in this moment
- When you notice you are comparing yourself to others, having a chuckle about the futility of always comparing
- Carving out time for things you love
- Giving something away

Kim Magraw, L.M.T., practices at Concordia Wellness – ConcordiaWellness.com – and is a founding member of Concordia Area Massage and Bodywork Professionals.



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Move to 42nd made the difference in business

By Nancy Varekamp
CNews Editor

One year operating a fish and chips shop on Alberta Street convinced Aaron Peterson and Cedric Burton their concept was great, but the location wasn't. It took another year to secure the new location at 5302 N.E. 42nd, and the move in April has paid off.

Renamed 42nd Avenue Fish & Chips, the restaurant has increased business by

estimates half the customers now are people of color and the other half are white. On Alberta the ratio was 75:25.

But there's one thing they all have in common. "They sit down, eat and give us high praises," Cedric pointed out. Praises also come online from customers who take their food to go, and others who order delivery through Grubhook.

"We're pretty proud of the 5-star ratings we have on Facebook, Yelp and Yahoo," Aaron added.



Cedric Burton, left, and Aaron Peterson couldn't be happier with the welcome they've received at their fish and chips restaurant's new location on 42nd Avenue.

"We're pretty proud of the 5-star ratings we have on Facebook, Yelp and Yahoo."

— Aaron Peterson.

75 percent and boasts an appreciative following, Aaron said.

"They couldn't find us on Alberta," he pointed out. Crowded sidewalks and limited parking worked against them.

Recommendations, a parking lot and A-frame signs at Killingsworth drive new customers to the new location between 11 a.m. and 9 p.m. seven days a week. "We plan to be here for 10 years or more," Aaron added.

One of the differences they've noticed at the new location is ethnicity. Aaron

Fish choices are cod, catfish, tilapia and basa. The latter is a low-fat Asian fish.

"Most people haven't heard of it," Cedric said. "But when you taste it, you fall in love."

The basa and cod are the restaurant's top sellers, and Aaron's fish-on-a-stick appeals to people who want to eat on the run. It's the fish version of a corndog – hold the mustard.

All fish is fried in a gluten-free, cornmeal-based batter with Southern

seasoning. It's the recipe of Aaron's mother.

"Down South, we always cooked like that," Cedric reported. He's originally from Selma, Alabama. Aaron is from Los Angeles.

The two met as students at Adams High School, which stood only a block away from their new enterprise. They

spent 30 years in separate careers. Aaron owned a newspaper, grocery store and barber shop, and he worked in a funeral home and as a band promoter. Cedric worked for Pendleton Woolen Mills.

"Owning a restaurant is a blessing, especially when people like your food," Aaron pointed out. "What more could anyone ask for? It's an American dream."

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Art Corner



Aging gracefully
Create your legacy now



In May we celebrated Mother's Day and Memorial Day. In June it was Father's Day and Flag Day. Now we anticipate the 4th of July, when we often seek out family and friends to enjoy each other and good food, while

food pantry, a Sunday school teacher, a neighbor to check on or offer a helping hand. After all, many memories are built around the things we do with and for others. The joy of being purposeful is the opportunity it offers us to reap the singular benefit it brings to us. It is the best way we frame how we are remembered by others. And who would not like to be remembered for their

How will we contribute to the well-being of those important to us – family, friends, neighbors? Will we join ranks to advocate for something that will improve our community?

we celebrate our nation's birth. This is a period when we can be reflective about many things, especially the contributions and sacrifices of others – both long ago and today – to make our lives better in some way. But it is also a time to think about how we will spend our time during the upcoming summer. How will we contribute to the well-being of those important to us – family, friends, neighbors? Will we join ranks to advocate for something that will improve our community? You likely know where there is need – for a marked crosswalk, food for the local

thoughtfulness, kindness, generosity of time, treasure and talent? That is a legacy everyone can create for themselves. Keren Brown Wilson, Ph.D., is president of the Jessie F. Richardson Foundation. Based in Clackamas, the nonprofit helps elders live full lives with dignity. Its strategies focus on bridging the gap for elders, families, and communities throughout the United States and around the globe. Contact her at 503.408.4088 or KWilson@JFRFoundation.org, or visit JFRFoundation.org.

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Noon - 4:00pm

SCHEDULE YOUR 30-MINUTE APPOINTMENT AT OUR WEBSITE, OR DROP-IN ON JULY 16TH.

Ask the Historian

There’s no sign of Old Vernon there

The question:

I’ve heard there was an old school just south of Alberta Street at 22nd Avenue. What’s the story?

– Luke Griffin

The historian reports:



By Doug Decker
Historian

Yes indeed. You probably know the vicinity of the old Vernon school south of Alberta Street. But you probably never knew it was there, occupying all of the block bounded by 22nd and 23rd avenues between Going and Wygant streets.

Old Vernon was a giant, imposing four-story wood frame building that commanded the center of the block with its main doors facing north. Periodic construction added space over the years, eventually filled out at 17 classrooms in the main building, and several outbuildings for shop, cooking and a play shed. It was a big place.

By 1914 the block was a small campus of four buildings, bulging at the seams with new students.

Old Vernon opened Sept. 15, 1908, with 324 students, many of whom were exports from Highland School (today’s Martin Luther King Jr. School at 6th Avenue and Wygant Street), which had overflowed with more than 700 students. By 1909, The Oregonian reported Vernon itself was already crowded and plans were being made to add a covered play shed, three portables and a manual training (shop) building. By 1914 the block was a small campus of four buildings, bulging at the seams with new students. Enrollment ballooned to more than 800 students by the late teens. Meanwhile, plans were being made to build other nearby schools to take the pressure off and create closer-to-home options for local youngsters. Kennedy School on 33rd Avenue was opened in 1915 as part of this push. By the mid 1920s, trends in school construction, safety and changing demographics were shaping the next



The original Vernon School was destroyed by fire in 1932. This circa 1912 view of the school’s south side is looking north-northwest. The main entrance was on the north side in the center. Photo courtesy of the Oregon Historical Society

generation of area schools. Disastrous school fires in other cities had galvanized the national building codes community –

school ended for the year, Old Vernon closed for the last time. A few weeks later, Aug. 14, an arsonist set fire to the old school building, lighting up the sky for miles around and bringing the building’s life to an end. The site was cleared and sold to developers who began building houses on the block in the early 1940s. You’ll notice how house styles on that block are all later than those across the street. Now you know why. For more information and photos of Old Vernon and several of the nearby houses that were part of the school operation, check out Doug’s website at AlamedaHistory.org and search for “Old Vernon.” Do you have a question for the neighborhood historian? We love solving mysteries. Contact CNewsEditor@ConcordiaPDX.org with your question, and we’ll ask Doug Decker to do some sleuthing.

and Portland mayor Harry Lane – into calling for “fireproof” buildings. In 1926, the Portland School Board voted to close Old Vernon and build a new school on the site we know today at 20th Avenue and Killingsworth Street. This was not a popular move in the community, and required the school board to acquire and raze more than two dozen houses at the new site. The cornerstone on the new building was set June 6, 1932. A week later, when

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7 p.m. 'til 9 p.m.

Thursday, July 6

FREAK MOUNTAIN RAMBLERS

As part of Great Northwest Music Tour
Hilltop rock
Gym • 7 p.m.

Tuesday, July 11

RACE TALKS: An Opportunity for Dialogue
Gym • 6 p.m. doors; 7 p.m. event

Thursday, July 13

Will West & The Friendly Strangers

Soulful Americana
Gym • 7 p.m.

Thursday, July 20

EXTRA CREDIT BEER TASTING

5 p.m. 'til 7 p.m.
Boiler Room Bar • 21 & over

Thursday, July 20

GLOBAL FOLK CLUB

World folk
Gym • 7 p.m.

Thursday, July 27

McDOUGALL

Foot-stompin' Americana
Gym • 7 p.m.

Sunday, July 30

HARRY POTTER AND THE SORCERER'S STONE

Movie screening, school supply drive plus trivia, costume contest
Theater • 10:15 a.m. doors 11:15 a.m. event; Noon movie

Monday, July 31

HISTORY PUB

Theater • 6 p.m. doors; 7 p.m. event

Concordia community events calendar



Thursdays, July 6, 13, 20, 27
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.
Details: cullyfarmersmarket.org, Lexey at 520.730.9701

Thursday, July 6, 6 - 8 pm
ST. MIKE'S KITCHEN
Location: St. Michael's Lutheran Church kitchen, 6700 NE 29th Ave
Join others in the kitchen to cook & eat a variety of barbecue dishes in celebration of Independence Day.
Details/RSVP: Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2003

Friday, July 7, 6:30 - 8:15 pm
FERNHILL CONCERT SERIES
Location: Fernhill Park
Tony Starlight, music & laughter from Sinatra to the '80s
Details: Page 6



Tuesday, July 11, 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

Friday, July 14, 6:30 - 8:15 pm
FERNHILL CONCERT SERIES
Location: Fernhill Park
Edna Vazquez Band, sensational Latina alternative with folkloric roots
Details: Page 6

Saturday, July 15, 9 am - noon
GREAT SLOUGH CLEAN UP
Locations:
• Kelley Point Park, N Kelly Point Park Rd
• Multnomah County Drainage District, 1880 NE Elrod Dr
Join Columbia Slough Watershed Council for its 8th annual trash-hauling extravaganza. Navigate in the council's bimiran canoes, bring your own boat, or sort trash on land. Prizes for the best finds & most enthusiastic volunteers. Boats, gloves, refreshments, & slough mud provided. Volunteers ages 14 & older are welcome.
Details/required registration: Kirk Fatland, kirk.fatland@columbiaslough.org, 503.281.1132



Thursday, July 20, 6 - 8 pm
ST. MIKE'S KITCHEN
Location: St. Michael's Lutheran Church kitchen, 6700 NE 29th Ave
Join others in the kitchen to prepare & eat some South American dishes.
Details/RSVP: Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2003

Friday, July 21, 6:30 - 8:15
FERNHILL CONCERT SERIES
Location: Fernhill Park
Farnell Newton & the Othership, funk & soul with a twist
Details: Page 6



Sunday, July 23, 11 am - 4 pm
SUNDAY PARKWAYS
Location: For map, visit portlandoregon.gov/transportation/article/628206
This year's 8-mile tour links Fernhill, Alberta & Woodlawn parks.
Details: See story this page

Thursday, July 27, 6 - 9 pm
LAST THURSDAY
Location: Alberta Street, 15th - 30th avenues
Alberta Street becomes a pedestrian thoroughfare for three hours of interactive arts & non-amplified music. Managed by the city of Portland, the family-friendly event repeats in August.
Details: Greg Raisman, greg.raisman@portlandoregon.gov, 503.823.1052

Friday, July 28, 6:30 - 8:15
FERNHILL CONCERT SERIES
Location: Fernhill Park
Robin Jackson & the Caravan, folk cabaret & gypsy-tinged pop
Details: Page 6

Saturday, July 29, 10:30 am - noon
LEAD POISONING PREVENTION WORKSHOP
Location: Community Energy Project, 2900 SE Stark St
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

Saturday, July 29, 1 - 2:30 pm
LEAD-SAFE HOME PROJECTS WORKSHOPS
Locations: Community Energy Project, 2900 SE Stark St
Before any demolition, scraping, sanding, or remodeling in pre-1978 housing, check out this class. Great for people who want to do a small project that may involve exposure to lead paint or a small construction project in an older home.
Details/registration: communityenergyproject.org, 503.284.6827 ext. 109

Sunday Parkways due at Fernhill July 23

Oil your bike chain, dig up your skate key, and unfold your scooter. Sunday, July 23, Northeast Portland Sunday Parkways offers you an 8-mile tour of northeast Portland with fellow riders, rollers and scooterists from all over town.
If you prefer to be more stationary, Concordia Neighborhood Association needs volunteers for short shifts at the CNA tent to hand out smiles and free goodies. Contact Amelie Marian at AmeliePDX@gmail.com.
The tour links Fernhill, Alberta and Woodlawn parks from 11 a.m. to

4 p.m. At those parks, your family will find collections of fun activities, festive music and food. The route will also take you to Khunamokwst Park for the bilingual bike fair cosponsored by Andando en Bicicletas en Cully Group.
Like all Sunday Parkways routes, the northeast Portland one showcases low-traffic streets – called neighborhood greenways – between the city parks.
For details about the ride, the route and the August and September Sunday Parkways tours, visit PortlandOregon.gov/transportation/58929.

If you prefer to be more stationary, Concordia Neighborhood Association needs volunteers for short shifts at the CNA tent to hand out smiles and free goodies.

Have you checked out CNA's NEW FACEBOOK PAGE?



The all-new page continues to keep you informed of CNA activities and your neighbors' comments. It also invites you to update your neighbors and them to share posts with you.

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