



# CONCORDIA NEWS

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

December 2017

## Concordia Neighborhood Holiday Party

- Light eats and nonalcoholic beverages
- Activities for kids
- Live music
- And more!

**Tuesday, Dec. 12,  
6:30 to 9 p.m. at  
Cerimon House,  
5131 N.E. 23rd Ave.**

### 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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## NEFP: It isn't just about food



By Rachel Richards  
CNA Media Team

The Northeast Emergency Food Program (NEFP) provides not just food to those in need. It also has a clothing closet which provides free clothing to men, women and children, and it distributes nearly 50,000 items of clothing annually.

Other donations — bedding, kitchen items and toys — are also distributed quickly to those in need. There's no space for furniture donations.

NEFP is recognized as one of the first Model Healthy Pantries in the state, and empowers those in need, through a shopping-style experience, to choose what they need, from both the clothing closet and the food pantry.

Serving 800 families per month, NEFP can provide four items of clothing



NEFP is more than its name implies. Volunteers like Elizabeth keep the organization's clothing closet in order. Donations of clothing, bedding, kitchen items — and yes, food — are always needed. Photo by Chris Baker

*Serving 800 families per month, NEFP can provide four items of clothing per person per visit and 25 to 30 pounds of food up to three times in a six-month period.*

per person per visit and 25 to 30 pounds of food up to three times in a six-month period.

There are no residential restrictions, and visitors to the pantry can provide proof of household members who aren't present to obtain items the others need.

According to Travis Niemann, program manager, a fear currently exists across Portland that — because of the requirement to enter names into Oregon Food Bank's Link to Feed database — undocumented immigrants are not accessing needed services.

"Our goal is to feed you, not to report you" he said.

"Most of the families we serve have someone who is working," he added. "They have resources, just not enough."

NEFP program assistant Cecilia Estraviz said donated children's costumes were set aside until Halloween season, to the delight of children.

Currently in the clothing closet sorting room, a few bins of toys are awaiting the holiday season, but a noticeable lack of men's clothing exists. NEFP is currently in need of men's job interview clothes and men's work wear, as well as all types of winter clothing, rain gear and socks.

NEFP serves working families, seniors, people with disabilities, immigrants and refugees, people experiencing homelessness and you, if you need it.

Located at Luther Memorial Lutheran Church, 4800 N.E. 72nd Ave., NEFP is part of the Ecumenical Ministries of Oregon and a partner agency of the Oregon Food Bank. It's open 1 to 4 p.m. Tuesdays, Thursdays and Saturdays. Donations are also accepted during these hours and NEFP is always open to new volunteers.

Donations will be accepted at the Concordia Neighborhood Association Holiday Party. Needs include rice, soup,



You can help stock the shelves of NEFP's food pantry with rice, soup, proteins, personal hygiene items and pet food. Bring them to the CNA Holiday Party Dec. 12. See details on Page 3. Photo courtesy of NEFP

proteins, personal hygiene items, pet food, winter clothing and work clothing.

Monetary donations are also welcome, and NEFP is participating in the Willamette Week's 2017 Give!Guide. To donate, visit [GiveGuide.org/#neemergencyfoodprogram](http://GiveGuide.org/#neemergencyfoodprogram).

Rachel is a 16-year Concordia resident who loves her community. She has a background in counseling/education and uses her passion for helping others in her work as a real estate broker. Contact Rachel or learn more about her at [RachelRichardsRealtor.com](http://RachelRichardsRealtor.com).



### NATURE TRAIL DUE AT PARK

Alberta Park trail is underway to benefit people, flora and fauna.

See Page 4



### SHE ENGAGES IN COMMUNITY

Volunteers, food are a great mix for Concordian Allison Bansen.

See Page 7



### TAPROOM SHARES LOVE OF BEER

New business owners hope to cement their ties to the community.

See Page 9



CNA VOICES

By Chris Lopez  
CNA Board Chair



Let’s invest in good works for Concordia in 2018

This was a good year for Concordia Neighborhood Association (CNA). Let’s let it serve as a springboard to make 2018 downright spectacular.

As always, we pursued our mission to build community in our slice of Portland. We sponsored many events:

- Spring egg hunt
- Annual yard sale
- Concerts/movies in the park
- National Night Out
- Neighborhood clean up
- Seminars on garden friends and foes
- The upcoming holiday party (See ad, opposite page)

Truls Neal, longtime board member, revived the Safety & Livability Committee. In its first few months, that group sponsored an engaging presentation on emergency preparedness at our November Annual Membership Meeting. (See Page 10)

The passion of Land Use & Transportation Committee members continued at its normal colossal level, representing us in local development and air quality issues.

An enthusiastic, committed Media Team built on its 2016 successes to make CNews even better, and more financially self-sustaining. The Finance Committee is finding its legs. And the Social Committee wowed us again with the good works listed above.

Some of these events even raised funds for CNA – and so does rental of McMenamins Kennedy School Community Room – to pay for events and operations, and to use for future neighborhood events, projects

and programs. From these combined operations, over the years we have amassed quite the little treasure chest!

In 2018, I’d like to see CNA begin spreading the wealth a little more than we have in the past. We can use these riches to back opportunities for you to get involved and, in turn, generate even more community goodwill through good works.

For instance, last summer, board member Ike Harris asked for \$400 in, quite literally, seed money for the block on 23rd Avenue between Liberty and Highland streets. Neighbors there matched our funds and provided their own sweat equity, and a communal vegetable garden was sown – one that provides fresh veggies for all neighbors in want or in need.

At Jarrett Street and 28th Avenue, former board member Joe Culhane spearheaded an original street mural, and spruced it up this year. (See Page 3)

Let’s do more of this!  
Let’s promote more art in Concordia.

Let’s sponsor quarterly – or dare we dream – even monthly events in our Community Room devoted to culture, music, local history, etc.

What are your ideas? What would you like to see CNA do this coming year? Come to a meeting and tell us. Bring your dreams, plans, budgets, and then roll up your sleeves and let’s get busy together!

CNA can provide some seed money, moral support and promotion. But ultimately the projects for Concordia ought to come from straight from Concordians.

Let’s make some wonderful 2018 resolutions for the Concordia Neighborhood. CNA will help you stick to them!

Concordia Neighborhood Association

MEETINGS

Board Meeting

1st Wednesday of the month  
Wednesday, Jan. 3, 7-9 p.m., McMenamins Kennedy School Community Room

Safety & Livability Committee

Second Tuesday of the month  
Tuesday, Jan. 9, 7-8:30 p.m., McMenamins Kennedy School Community Room

Social Committee

If you’d like to help plan the annual CNA Holiday Party for December and/or plan other fun, community building events, Katie Ugolini, 503.449.9690, KTUgolini@gmail.com.

Media Team

1st Tuesday of the month, Tuesday, Dec. 5, 6 p.m., McMenamins Kennedy School Community Room, contact MediaTeamLead@ConcordiaPDX.org

**Land Use & Transportation Committee**  
3rd Wednesday of the month, Wednesday, Jan. 17, 7 p.m., McMenamins Kennedy School Community Room, contact LandUse@ConcordiaPDX.org

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

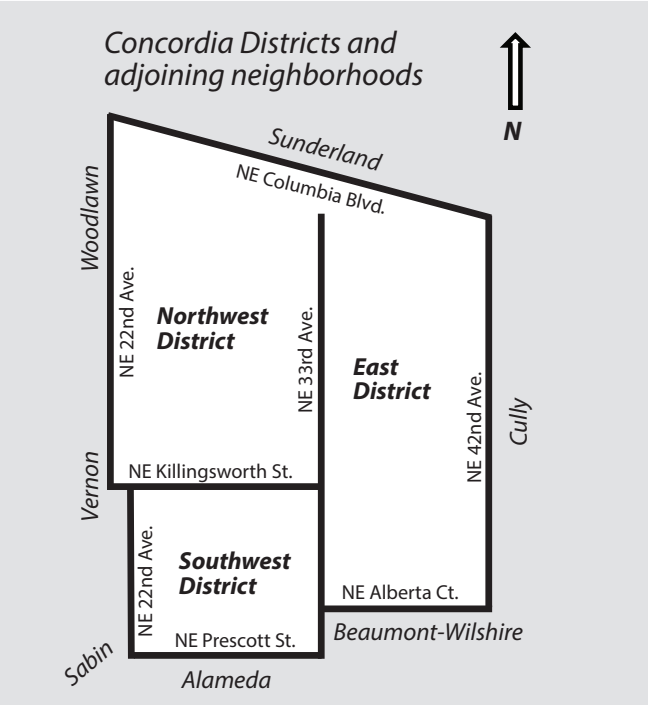
Mary Tompkins, Mary.Tompkins@PortlandOregon.gov, 503.823.4764

**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

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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

**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.  
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Email: [CNARoomKennedy@gmail.com](mailto:CNARoomKennedy@gmail.com)

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10AM–3PM

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**TO REGISTER: Email [johnnie@johnniemazzocco.com](mailto:johnnie@johnniemazzocco.com)**

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Concordia murals

# Painting intersection builds local bond

By Joel Dippold  
CNA Media Team

Walk out the front door of McMenamins Kennedy School and, in a few blocks, you’ll come to the intersection of 28th Avenue and Jarrett Street. All around you are the tall firs and Tudor bungalows so common here.

But you probably won’t notice them. You’ll be staring at the ground, at a circular mandala with pine trunks pointing to the four corners of the globe. The painting is known to neighbors as Jarrett Grove.

This Flower of Life design – 19 overlapping circles bounded by a larger circle – has captivated humanity for centuries. The earliest examples are found in an Egyptian temple and Leonardo da Vinci’s notebook. Ten smaller circles form a “Tree of Life,” from the Jewish mystic tradition of the Kabbalah.

But most passersby don’t know anything about this symbolism, any more than they know what this round plaza means to the families who live in its orbit.

“We have a stronger bond because of this,” said Joe Culhane, who helped with the installation two years ago and the

repainting in August. “This is a way to get together, and to work, and to produce an awesome result.”

The work component was considerable. “It was a long day, getting all that paint down,” said Katie Allen. The work was done by a volunteer army of four dozen neighbors, Village Building Convergence volunteers, and people who were out walking their dogs and just jumped in.

Katie led the fundraising effort that resulted in \$1,000 to rent barricades and buy many, many gallons of special traffic paint. She and other neighbors got donations from a dozen local businesses for a silent auction at Wilder Bar Café, and kids set up a stand and charged for nail painting and temporary tattoos.

“The best part of it was later that night,” Katie said, after the paint had dried and the sun had gone down. “There were about 20 of us, all ages, and we just had the best dance party ever.”

*Editor’s note: Joel had more to tell about this community building effort and a time-lapse photograph of the effort. For the rest of the story, visit [ConcordiaPDX.org/jarrett-grove](http://ConcordiaPDX.org/jarrett-grove).*



Neighbors of all ages in August repainted the two-year-old Jarrett Grove in the intersection at 28th Avenue and Jarrett Street. Photo by Joe Culhane

## CNA Board election: 1 position still vacant

In the Nov. 1 CNA Board of Directors election, one new member was elected to a two-year term on the 13-member board and six members were re-elected. No one was nominated for the position that becomes vacant at the end of the year.

Chris Lopez (pictured, opposite page) was re-elected to another one-year term as chair. John McSherry was elected to a two-year at large position. Re-elected to two-year terms were Robert Bowles, at large; Isham “Ike” Harris, northwest

district; Truls Neal, at large; Jody Pollak, east; and Garlynn Woodsong, southwest.

The other southwest position will be vacated Dec. 31 by Daniel Greenstadt – leaving one year remaining in the term – and the board hopes to fill it at the Jan. 3 meeting. If you’d like to volunteer for the position, contact [Chair@ConcordiaPDX.org](mailto:Chair@ConcordiaPDX.org).

Terms continue for another year for at large members Donn Dennis, Ali Novak and Heather Pashey, and for Steve Elder, east.



John McSherry



Robert Bowles



Isham “Ike” Harris



Truls Neal



Jody Pollak



Garlynn Woodsong

## CNews takes January hiatus

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

Look for January calendar items – that would normally appear in the newsletter’s Page 12 Community Events section – on [ConcordiaPDX.org/january-calendar](http://ConcordiaPDX.org/january-calendar) by the end of December.

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

## Concordia Neighborhood Holiday Party: YOU Are Invited!

**Tuesday, Dec. 12, 6:30 to 9 p.m. at  
Cerimon House, 5131 N.E. 23rd Ave.**

- ★ Light eats and nonalcoholic beverages
  - ★ Activities for kids
  - ★ Live music
- Pizza generously donated by Pizza Jerk and Red Sauce Pizza*

### Featured!

- Performance by Vernon School Choir at 7 p.m.
- Community Sing led by Susan Riggs, director of FEAST Community Choir at 8 p.m.

## Food Drive and Raffle to benefit Northeast Emergency Food Program

Suggested donations:

- Men’s & women’s clothing
- Snacks and treats
- Soups
- Personal hygiene items (toilet paper, feminine hygiene, soap, shampoo, etc.)
- Canned meat
- Household supplies (laundry and dish detergent, cleaning supplies)
- Rice
- Canned fruits and vegetables
- Pasta
- Pet food
- Cereal and oats
- Staples (salt, pepper, cooking oil, etc.)

### Raffle tickets: \$2 each or six for \$10

Raffle prizes generously donated by Basics, a Pacific Foods store; Dekum Street Doorway; Cottage Pantry; Frock; Just Bob; Amelie Marian – Hasson Company Realtors; Red Sauce Pizza; Sarah Miller – Portraits in Prose, ink; Seastar Bakery; and Verum Ultimatum Art Gallery.



# Ecology, sustainability merge in local park



By Karen Wells  
CNA Media Team

Portland Parks and Recreation (PP&R) selected Alberta Park to be the first in a series of 10 parks to receive facelifts via the inclusion of nature trails.

Three main goals will direct the project located adjacent to Alberta Park’s playground area:

- Reduce water, fertilizer, herbicide use

- and labor costs
- Create diverse park landscapes and habitat
- Build collaboration between PP&R, neighborhood associations and community members

Eric Rosewall is program coordinator and point person for PP&R’s Ecologically Sustainable Landscapes Program. He is originally from the Midwest and former executive director of Depave, a Portland nonprofit that promotes the transforma-

tion of over-paved places.

Alberta Park’s nature trail boundaries will be a combination of split rail fencing and nurse logs. Those are dead trees that have been cut down to provide micro habitat for small animals, birds and beneficial pollinating insects.

The trail will be ADA accessible, five feet wide and covered with finely crushed basalt.

Common Oregon natives such as sword fern (*Polystichum munitum*), vine maple (*Acer circinatum*), salal (*Gaultheria shallon*), Oregon grape (*Mahonia aquifolium*), Indian plum (*Oemleria cerasiformis*) and red-flowering currant (*Ribes sanguineum*) will be seasonal show stoppers along the trail.

Boulders will be scattered throughout for climbing or relaxing. The nature trail

will use about 4,800 square yards of park space.

Eric has already seen progress on the project. Six dead trees have been cut and put in place, along with several boulders. Plantings begin this month.

He is actively reaching out to Vernon School; Concordia, Vernon and Woodlawn neighborhood associations; and Native American Youth and Family Center to build upon established partner relationships for volunteers. He expects the path will be in place by the end of the month, with it fully in use by spring.

Stay tuned: a nature trail will bloom in Alberta Park.

*Karen is a retired early childhood community educator, health and safety trainer. Reach her at 619.244.7892.*



Boulders are being scattered throughout the in-progress Alberta Park nature trail. They’re intended for climbing or relaxing. Photo by Eric Hoyer

## Want to learn more? Check these resources:

- Eric Rosewall**, program coordinator  
Eric.Rosewall@portlandoregon.gov
- Ecologically Sustainable Landscapes Program**  
PortlandOregon.gov/parks/74879
- Ecologically Sustainable Landscape Initiative** (78-page text)  
PortlandOregon.gov/parks/article/540631
- Depave**  
Depave.org
- Suggested apps for plant identification**  
Gardenanswers.com  
Leafsnap.com



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## CONCORDIA NEWS

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# Comments due on Oregon’s toxic air pollution



By Garlynn Woodsong  
Chair, CNA LUTC

According to the U.S. Environmental Protection Agency National Air Toxics assessment, Oregon has the third largest population at excessive risk of cancer due to air pollution, behind only California and New York.

Across Oregon, 117 schools fall into the worst 10 percent nationally for exposure to industrial pollution. Given Concordia’s proximity to the diesel and other pollution of the Columbia Corridor, it is likely that our neighborhood schools experience elevated levels of air pollution.

Cleaner Air Oregon seeks to atone for past Oregon Department of Environmental Quality (DEQ) inaction when it comes to cleaning up our air by setting health-based standards for reducing air toxics. The proposed rules would give DEQ regulators new ways to identify and lessen the risk that air toxics pose to

Oregonians, by:

- **Requiring facilities to report** the pollutant emissions related to the use of 600 chemicals, including heavy metals.
- **Requiring health risk assessments** for each regulated facility that:
- Calculate potential risks for people nearby

- birth defects, nerve damage, lung problems, nausea and rashes
- **Regulating air pollution** to reduce the risk to neighbors from industrial air toxins by:
- Tying air quality permits and enforcement to potential health risks from industrial sources

*Unfortunately, the proposed rules would do little to reduce our neighborhood’s exposure to diesel particulate pollution.*

- Compare predicted emission levels for 260 chemicals to health-protecting standards
  - Consider the impact of exposure to air pollution on the likelihood of cancer and other likely health effects, and related health outcomes including
  - Requiring companies to reduce pollution levels when health risks from projected air emissions exceed targets called Risk Action Levels (RALs)
  - Setting an upper limit on risk that facilities cannot exceed
- Unfortunately, the proposed rules

would do little to reduce the neighborhood’s exposure to diesel particulate pollution.

Worse, it’s quite likely the proposed rules may not even result in cleaning up the air around stationary industrial air polluters.

DEQ’s proposed standards would allow each facility to emit emissions sufficient to result in no more than 500 incidences of cancer per million people. DEQ calls this a “hard cap,” but the cap is such a large number that it may effectively result in polluters having an increase in the level of allowable emissions.

Further, DEQ is proposing to hold new facilities to a higher standard than existing facilities, even though pollutants have the same effect on the human body regardless of the age of the facility they are emitted from!

The public comment period on the proposal runs until Dec. 22. Comments can be submitted at [CleanerAirOregon.org](http://CleanerAirOregon.org), which also has detailed information on the proposed rules.

# Land use & transportation committee update

By Garlynn Woodsong  
Chair, CNA LUTC

## Cleaner Air Oregon regs out for comment

Neighbors for Clean Air (NCA) facilitated a workshop during the latter half of the November LUTC meeting to discuss the Oregon Department of Environmental Quality’s (DEQ’s) proposed Cleaner Air Oregon program. The new regulations seek to control air pollution emissions based on likely public health outcomes as opposed to current regulations, which are based on best-feasibly-available pollution control technology.

Unfortunately, DEQ’s proposed regulations would allow each facility to produce emissions sufficient to cause more than 500 additional instances of cancer per million people. This “hard cap” on emissions is so ludicrously high that, rather than making our air cleaner, it could likely result in allowing our air to get more polluted, with no penalty for polluters. This is but one of many points that NCA brought to our attention during the workshop.

## CNA recommends Cleaner Air Oregon proposal action

The Concordia Neighborhood Association (CNA) Board directed the Land Use & Transportation Committee to compose a letter to submit as comment on the draft proposal. The workshop made clear such a letter should address issues including:

- Monitoring emissions to ensure public health is being protected by tracking the health impacts of pollution
- Lowering the hard cap on facility emissions to a level low enough to reduce emissions to a level that eliminates harm to public health
- Eliminating “director discretion,” a loophole that would allow the DEQ director to override a staff recommendation, and allow a facility to pollute more than a permitted limit – since the DEQ director is a political appointee, this could allow for political meddling in a process that should be driven by science and measurable health outcomes
- Holding existing facilities to the same standards as new facilities, as both

have the same impact on public health

- Including mobile sources – like traffic and construction diesel emissions – in the area cap program, which would measure and cap air pollution in communities surrounding industrial facilities
- Following best U.S. Environmental Protection Agency’s Environmental Justice practices, recognizing that it is DEQ’s responsibility to bring information to the community for input, rather than vice versa
- Cutting through the regulations-versus-jobs argument that causes community members to choose between their jobs and protecting the health of their families while industry prioritizes profits over people; reframing it as protecting health by building healthy industry
- These recommendations will be incorporated into the letter CNA will submit during the comment period.

*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/lutc/](http://ConcordiaPDX.org/lutc/), send your questions to [LandUse@ConcordiaPDX.org](mailto:LandUse@ConcordiaPDX.org), or email [LUTC\\_Secretary@ConcordiaPDX.org](mailto:LUTC_Secretary@ConcordiaPDX.org) to join the LUTC notification list.*

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### What’s Selling in Concordia?

161

Homes sold in RMLS in last 12 months as of Nov 6<sup>th</sup>

10.7%

Increase in Average Sale Price since 2016

Avg. Sale Price in 2016: .....

\$469,377

Avg. Sale Price currently: .....

\$525,437

Avg. Days on market: .....

23

*This information provided by*  
Mark Charlesworth, Concordia resident & Broker  
Keller Williams, Portland Central.  
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Wednesday, December 27  
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Thursday, December 28  
**KENDL WINTER**  
Ol' Timey Banjo • Gym • 7 p.m.

Friday, December 29  
**Castletown**  
Irish Rock • Gym • 7 p.m.

Saturday, December 30  
**LOWLIGHT**  
Americana Rock • Gym • 7 p.m.

## NEW YEAR'S EVE

The restaurant & bars will be in  
full swing before the big countdown to  
2018— have dinner, dessert or a drink!  
Here after 5 p.m.? Bring your  
Passport for a special stamp.

**THE STRANGE TONES**  
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cascadetickets.com



# Blame mood for some maladies



By Penny Hill  
Rising Sun Massage

Thoughts create sensations in your body. And feelings create thoughts in your mind. The two always go together. Have you ever felt tension in your body, say your stomach, and then realized you were worried or upset? We often are more cued into how our body feels than the thoughts running around in our head. After all, the soundtrack that's playing in our minds is so constant we don't listen to it much.

When we do, it's not very uplifting. Very few of us have a cheering section in our heads crowing, "You're the greatest. You're the best. Everybody loves you and everything you do is golden. Hooray for you!"

Posture is important for your physical well-being, but there's another aspect to posture besides preventing physical pain and deformity by craning your head down to look at your phone.

*Your posture reflects your state of mind, and your state of mind reflects your posture.*

Your posture reflects your state of mind, and your state of mind reflects your posture.

Various states of mind are expressed naturally by how we position our bodies. Even blind people who have never seen

these postures do them naturally. You've heard of the Wonder Woman Pose? It's clinically shown to change the hormones in your body to a more confident profile. We know confidence or depression when we see it in others. It's part of the basic communication we do with body language.

Depressed postures include hunching the shoulders forward, collapsing the chest, and hanging the head. Picture that.

Now put a phone in your hand. Look familiar? Depression, anxiety, and the use of devices are suddenly epidemic. Coincidence? I think not.

Lift that phone up to eye level, and smile. Put your arms up over your head and feel like a winner. Stand up straight, for peace of mind. Posture still matters.

Questions? Contact Penny through [CalmHealthEase.com](http://CalmHealthEase.com) or email at [rsm@myabmp.com](mailto:rsm@myabmp.com).

# We're more fun at parties if we become compassionately selfish



By Jenn Noble, RYT 500  
CNA Media Team

I have a love/hate relationship with the holidays. Although I enjoy celebrating with loved ones, the added activity to my already hectic schedule creates a

pressure cooker of overwhelm, when I start to feel depleted and grumpy. I've discovered many others feel the same.

Luckily there are ways to balance wanting to do all the things with all the people and keeping our sanity. I call it the art of being compassionately selfish. Although it may initially seem counter-intuitive when we put our needs first, we

are kinder, more generous and a lot more fun at parties.

Here are strategies I highly recommend:

- **Consistent alone time** – Whether it's for five minutes or an hour, give yourself time to just "be" every day. Let go of the to-do list and focus on your breath or a mantra like "let go" or "love." Lock yourself in the bathroom if you have to.
- **Move your body** – Go for a walk, dance like a fool, wrestle with your dog, have a good laugh. The activity doesn't matter so much as just moving and having fun.

*Go for a walk, dance like a fool, wrestle with your dog, have a good laugh.*

- **Allow yourself to be you** – It's OK to feel tired and grumpy, to not want to go to another party, or to feel sad or lonely during a time when most messages we receive demand we be chipper. Give yourself permission to experience life in your own, unique way.

When we are kind to ourselves and allow ourselves to show up to life exactly as we are, we give the people around us permission to do the same. We connect more deeply with others because we're being our authentic, sometimes messy selves.

Through those connections we're able to enjoy the holidays a little more. So allow yourself to be selfish. It's the best gift you could give anyone.

Jenn is a Concordia resident who teaches yoga and meditation in Portland. Visit [JennNobleYoga.com](http://JennNobleYoga.com) to learn more or contact her at [JennNobleYoga@gmail.com](mailto:JennNobleYoga@gmail.com).

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# OFB coordinator is passionate about food



By Tamara Anne Fowler  
CNA Media Team

When her brother took his wedding vows in the Willamette Valley in July, Allison Bansen took the opportunity to move back from Washington, D.C., to her beloved Oregon. Two weeks later, she started work at the Oregon Food Bank (OFB).

"It was the perfect transition time," she said.

Allison is one of five volunteer coordinators working full time on the OFB team. Coordinating volunteers isn't new to her. She'd been at it for five years in

Of course, she loves coordinating all the volunteers.

"Our volunteer registration is strictly online. After you sign up for a shift, you'll receive a confirmation of the date and time you've signed up for and you're all set.

"Our main volunteer opportunities are in our food repack shifts that run Monday through Saturday," she added. "We also have a garden – it just wrapped up for the season – and administrative work that people can volunteer in as well."

Volunteer opportunities at the Portland and Beaverton locations also include leading nutrition education classes, maintaining learning gardens



Volunteers at the Oregon Food Bank enjoy what they do. So does Concordian Allison Bansen, who works full time to coordinate the efforts of those volunteers. Photo by Chris Baker

*Allison sees engaging the community – in addition to raising hunger awareness – as the most important part of the job.*

Washington before moving to Concordia. "I live right off Alberta. It's less than a two-mile, six-minute commute."

Her passion is food and food access, which makes sense as Allison's favorite part of her job is the food repack. Produce arrives at the warehouse in 48-by-48-inch bins. Volunteers then repack the food down into family-sized portions.

The items that are repacked mirror the season. "Right now we are repacking potatoes, pears, apples, turnips and radishes," she reported on a recent Thursday. "Tonight we are doing cauliflower."

The focus is on providing fresh food.

Allison sees engaging the community – in addition to raising hunger awareness – as the most important part of the job.

"I like to share and develop relationships focusing on what we do here and making a difference."

and lending a hand at events.

Most volunteer opportunities are two to three hours in length and do not require a regular commitment.

"We are currently holding Our Season of Giving campaign," Allison added. "That helps us raise money to enable us to get more food throughout year."

To donate, you can mail a check, drop off cash or a check, or donate online at OregonFoodBank.org, the same website where you can register for a volunteer shift.

OFB's goal is \$20,000 and the Season of Giving goes through the first week of January. Within the first day, on Nov. 1, OFB had already raised \$2,000.

*Tamara is Edit Kitten, a writer with 20-plus years of experience offering a softer, gentler approach to editing and coaching. Her personal editors –*

Armani, Max Factor and Spicey'D – are also her cats. Visit her at [EditKitten.com](http://EditKitten.com) or contact her at [Tamara@editkitten.com](mailto:Tamara@editkitten.com).

Food Bank, Northeast Emergency Food Program – with its food pantry and clothes closet – was chosen this year to benefit from the CNA Holiday Party. See Pages 1 and 3 for details about how you can help.

Editor's note: A partner of the Oregon

## CNews updates

### Street Roots vendor may become homeless

In last month's CNews, Dan Mewth, Concordia Street Roots vendor, told Steve Elder he isn't homeless. But there's been a change. The shed he lives in has become yardless. Perhaps you can help. For details, visit [ConcordiaPDX.org/cnews-updates](http://ConcordiaPDX.org/cnews-updates).

### Alberta Rose price reduced, deadline extended

The July CNews reported the Alberta Rose needed \$300,000 as a down payment to purchase the building that houses it. That amount was reduced to \$125,000 and the deadline was delayed to Jan. 3. For details, visit [ConcordiaPDX.org/cnews-updates](http://ConcordiaPDX.org/cnews-updates).

### Attack on DarSalam: hate crime or PTSD?

In the April CNews, Brian Burk featured DarSalam restaurant and its owners, Iraqi-born Ghaith Sahib and wife Tiffany. An incident at the restaurant last spring was chalked up to a hate crime. Recently, it was reported the incident might have been PTSD instead. For the New York Times story, visit [ConcordiaPDX.org/cnews-updates](http://ConcordiaPDX.org/cnews-updates).



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## PLEASE JOIN US... Concordia Christmas CELEBRATIONS

### Community Christmas Tree Lighting

Enjoy caroling by candlelight and artwork created by Faubion students

Tuesday, Nov. 28 | 6:00 pm

Concordia's Library - South Entrance  
2800 NE Liberty Street, Portland

### 67th Annual Christmas Choral

CU's choral and instrumental ensembles perform Christmas music

December 1, 2 & 3

St. Michael's Lutheran Church  
6700 NE 29th Ave, Portland



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

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For more information:  
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The **Creative Path Walks** series, a signature monthly program, is a labyrinth walking experience and unique community activity.

Visit our website to learn more about renting the space, booking a contemplative walk, or attending other artful events.

**CERIMONHOUSE.ORG**

# Conservation grants deadline is Dec. 15

Does your organization want to launch a local conservation project next year but needs start-up funds? Apply for a Partners in Conservation (PIC) grant by Dec. 15. The East Multnomah Soil and Water Conservation District (EMSWCD) program provides funding to support conservation projects and conservation education that show a clear public benefit in any of these areas:

- Habitat restoration or watershed health
- Soil erosion prevention/control
- Soil health
- Water quality
- Water conservation
- Environmental education

Starting in 2011, EMSWCD provided three years of PIC funding for the nearby Cully Neighborhood Farm, supporting the Cully Young Farmers Project that provides gardening education for neighborhood youth. The urban garden sits on land owned by Trinity Lutheran Church and its school.

Today, the church leases the land to the urban farm in exchange for donations to the church food pantry, science and gardening lessons for its pre-K through 8th grade students, plus the opportunity to engage students in learning about healthy, local food sources.

“The project we funded fit our criteria for serving and engaging disadvantaged populations and diverse communities, as well as providing garden education opportunities for local youth,” said PIC grants manager Suzanne Easton. “The three years of funding at \$10,000 per



The Cully Young Farmers Project is one very local example of a Partners in Conservation grant. It received three grants of \$10,00 each to help develop the garden education program. Photo courtesy of East Multnomah Soil and Water Conservation District

year helped develop the garden education program, and these funds were matched by hefty donations of time and labor in creating the program.”

With the assistance of Concordia University and University of Portland students, the project developed and implemented weekly garden education curriculum for 103 students, many whom qualified for free or reduced lunches.

CNews youth writer Raven Pearce offered a first-person report on the garden in December 2016. (See her story at [ConcordiaPDX.org/gardening-is-more](http://ConcordiaPDX.org/gardening-is-more)).

The types of organizations eligible to apply for grants include:

- Nonprofit 501(c)(3) organizations

- Nonprofit entities without 501(c)(3) status that retain qualified fiscal agents
- Educational institutions
- Government agencies
- Native American tribes

Funding for grants ranges between \$5,000 to \$60,000 for single-year projects, or up to \$100,000 per year for multi-year projects. Grants less than \$10,000 require no matching funds and, for grants more than \$10,000, EMSWCD requires applicants to secure dollar-for-dollar matches.

For details about eligibility, types and amounts of grants and how to apply, visit [EMSWCD.org/pic](http://EMSWCD.org/pic), call 503.935.5370 or email [Suzanne@emswcd.org](mailto:Suzanne@emswcd.org).

## Letter to the editor

# Take a look at the other side

After reading your recent article about the mural painted on the side of ChaBa Thai, I feel some important details were omitted about the reality of the graffiti on that building. I live on 31st, just a few houses away from ChaBa Thai, and walk by there nearly every day.

The reality of the situation is that the two fence/wall borders of the outdoor seating area, facing Alberta and 31st, are covered in graffiti. I feel your glowing article about the triumph of art over vandalism was grossly misconstruing the situation.

While I don't blame the restaurant owner for being the victim of vandalism, little effort has been made to remedy the situation. Last year an attempt was made to paint over the graffiti, but the paint job was done in the rain so the paint ran off and the tags were still visible underneath.

Since then, the tags have gotten out of control, with new ones showing up sometimes weekly. So while I am glad that the mural in the alley went up, I don't think enough is being done to combat the remaining eyesore, which locals must endure daily.

– Cameron Bracken



Happy Holidays!

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## Like your neighborhood?

Opportunities abound – volunteer and sometimes paid – to help support your community through Concordia Neighborhood Association programs. From executive leadership to social activities to land use to digital and print media, CNA needs you.

Ready to help? Email [Chair@ConcordiaPDX.org](mailto:Chair@ConcordiaPDX.org)





# Couple opens taproom for love of beer



By Joel Dippold  
CNA Media Team

2006 N.E. Alberta St.  
Imperial features a well-curated

Concordia residents just got another great reason to go out and drink beer, with the recent opening of Imperial Bottle Shop and Taproom at a growing thing, let's cash in." But they couldn't find the right retail space in northeast and ended up opening their first shop on southeast Division Street, just as development there was exploding. All those upscale housing developments were good for business but, with the opening of the Alberta taproom, Shawn reported, "It's nice to be back in the neighborhood." "One of the rewarding experiences of opening a bar was becoming part of



Alex Kurnellas, half of the husband-wife team that owns Imperial Bottle Shop and Taproom, said it's rewarding to become part of this community. Photo by Joel Dippold

*Shawn and Alex hope to cement their ties to the northeast community by hosting fundraisers for local school and community groups.*

selection of bottles and 22 high-quality beers on tap – and two wines, three ciders and even a sake – complemented by an inviting brick-and-wood interior. The husband-wife team of Alex Kurnellas and Shawn Stackpoole were living in Concordia, right behind Thai Noon, when they decided to open their first business. But in spite of – or because of – the smell of Thai cooking wafting through their windows and the fact that Alex's father and grandfather had owned restaurants, Alex and Shawn wanted to work in the world of beer. "We opened because we loved beer," Shawn said. "We didn't say, 'Hey, beer is

the community," she said on a recent afternoon and, as if on cue, a customer stopped by the table for a discussion of where to go for the best chicken wings. Shawn and Alex hope to cement their ties to the northeast community by hosting fundraisers for local school and community groups. Their event at the Division location raised money to buy uniforms for the Cleveland High School marching band. The tap list also reflects their interest in community, with its emphasis on local: about 75 percent of the beers are local, and there are no imports or beers from the megabreweries. Their ever-evolving

tap list is online at ImperialBottleShop.com/alberta. "It's pretty amazing what beers can be," Alex explained. "You look at wine and it's basically red or white. But with beer, you have a range that's like the difference between a Chihuahua and a St. Bernard." There's no kitchen, but outside food is actively encouraged. "Thankfully, if you want grab and go, you've got so much here," Shawn said. And if you like to drink beer, there's so much to like about Imperial Bottle Shop and Taproom. Joel is a freelance writer and editor who has lived in Concordia since 2000.

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## Creative Concordia!



Congratulations to Jaxson. His drawing was selected from entries in the November Drawing Contest.

Jaxson M., Age 7, "Santa the Christmas Alien"

### Children's Drawing Contest: We Want Your Entries!

Drawings with "Friendship" theme accepted now through January 10th, 2018. Selected entries will be printed in the February CNews. Official rules, entry form and past entries can be found at [ConcordiaPDX.org/concordia-creative](http://ConcordiaPDX.org/concordia-creative).

Submit entries by Wednesday, January 10, 2018 to:

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1468 N.E. Alberta St., Portland, 97211



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# Concordians learn about disaster resiliency



By Nancy Varekamp  
CNews Editor

That's what 35 Concordians learned last month at the neighborhood association annual membership meeting. They heard from Amy Gard, leader of the Concordia-Vernon-Woodlawn Neighborhood Emergency Team (NET), and from Justin Ross, Multnomah County Office

- **Plans:** "Plans don't cost any money and are one of the most important resiliency factors," the county specialist pointed out. Know how to reach and reunite with your loved ones.
- **Access to supplies:** It may take two weeks for outside help arrive, so plan for it. "You don't need to hoard," he advised. You can grow vegetables instead of lawn, share supplies with neighbors, stock water purification kits, and more. Medications may be the most difficult to store since insurance companies balk at stocking up.
- **Community connections:** Be

*You can grow vegetables instead of lawn, share supplies with neighbors, stock water purification kits, and more.*

of Emergency Management community capacity specialist. Both stressed that planning for disasters – resiliency – makes recovery easier. The county focuses on four resiliency factors:

- **Situational awareness:** Take stock of where you are at all times. Know that a doorway is no longer the preferred safe zone in an earthquake; instead, drop under the cover of furniture.

aware that 90 percent of all rescues are performed by neighbors. "Talk to your neighbors who aren't here tonight," he advised. "Those are the people who are going to be responding to the disaster immediately." Amy focused on that community connections factor. The local NET has 20 to 30 active members currently. Each completed 30 hours of training and they continue to train and drill on



Concordia-Vernon-Woodlawn Neighborhood Emergency Team members began their volunteer work with 30 hours of training, but continue their training and practice drills to help local residents survive disasters. Photo by Chris Baker

fire suppression; search and rescue; triage; and emergency medical treatment. (See details in the August CNews at ConcordiaPDX.org/NET.) Since the NET encompasses 2.4 square miles and 17,000 residents, its volunteers will be spread thin during a disaster. So Amy advises neighbors to be prepared to help each other. It requires just 2 to 3 hours of training to volunteer for basic earthquake emergency communication nodes (BEECNs), she added. Those volunteers will be stationed at the Killingsworth fire station, Alberta Park and Rigler Elementary School after disasters – to gather information and help the injured. "It's low time commitment, but provides an opportunity for involvement in the neighborhood emergency plan," she said. Since the NET must purchase its own supplies and equipment, donations are always welcome, Amy said. One easy way to donate is by registering for the Fred Meyer Community Rewards program at [FredMeyer.com/topic/community-rewards-4](http://FredMeyer.com/topic/community-rewards-4).

# MAKE IT TO

## Vernon IB World School's 3<sup>rd</sup> Annual

# Maker's Fair!

**Shop Local!** Skip the holiday crowds and find **unique gifts** **100% Hand-made** by Vernon students, staff, families and alumni. Your friends & family will love these **one-of-a-kind gifts!**

**Saturday**  
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**1 to 5 PM**

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**Vernon IB World School**  
**2044 NE Killingsworth St.**  
**[www.vernonpta.org](http://www.vernonpta.org)**

The Maker Fair is organized by the Vernon PTA. A percentage of the proceeds will support enhancements at Vernon such as field trips, art, music, STEAM, garden education and facility improvements.

## LIT UP & LOCAL

### A MONTH OF MERRIMENT

ON ALBERTA STREET

## GNOME FOR THE HOLIDAYS

**12/2 to 12/20**

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Ask the historian

Group works to purchase/restore Alberta Shul

The question:

What can you tell me about the building at 20th Avenue and Going Street that used to house the Tifereth Israel Synagogue?

– Alessandra Novak

The historian reports:



By Doug Decker  
Historian

I'm so glad you've asked: it's a fascinating and rich story. This long, narrow white clapboard-sided building was built in 1907 and purchased in 1914 by Congregation Tifereth Israel, a Jewish community with roots in Russia and the Ukraine.

Originally the center of Jewish life for a small handful of families on Portland's eastside – many of whom lived within walking distance – the congregation expanded over the years to include up to 100 families.

Known during those early years as the Alberta Shul – a Yiddish word meaning a

place of study and prayer – the building drew the eastside Jewish community together. By the early 1950s, Tifereth Israel had outgrown the building, so the congregation purchased and moved into the former Redeemer Lutheran Church at 15th Avenue and Wygant Street.

From 1952 until the early 1980s, the building was home to several African American congregations, including the Mt. Sinai Community Church.

In 1980, when it was sold to its current owner, the building was rented out for various purposes including religious gatherings and then eventually as storage space. In 2010 it became home to Xchurch, its current occupants, as a gathering and workspace for resident artists and musicians.

When the property was placed on the market in 2016, members of Portland's Jewish community began to organize an effort to purchase and restore the building. The group's proposal was in competition with developers interested in tearing down the building. But the current owner was intrigued with the restoration project and has since entered



This undated photo shows Tifereth Israel, an orthodox Jewish synagogue, on the southeast corner of 20th Avenue and Going Street. It served as synagogue from 1914 to 1952, then was used by a series of African American church congregations, and most recently as an art gallery and studio. A group of young Jewish community leaders is now working to purchase and restore the building. Photo courtesy of University of Oregon Building Oregon Collection

“There are many young Jews who are looking for a place to be Jewish, who are yearning for Jewish community in some format.”

– Eleyna Fugman



This is the building today. Developers have been eyeing the lot as a tear-down. The Alberta Shul Coalition has secured an agreement with the current building owner and is raising funds to purchase and restore the 117-year-old building. Photo by Doug Decker

into a contract with the coalition for purchase.

Today, the Alberta Shul Coalition is raising funds and support to transform the building back to its earlier role as a place for meeting, learning, community and prayer for the eastside Portland Jewish community.

Eleyna Fugman is one of the founders of the growing coalition. Her vision is for a special, simple gathering place for local Jewish residents to connect through a variety of community-driven programming, as well as a space that northeast neighbors could rent and use for meetings, classes and events.

“The fact that we could work, play and practice in a building that our ancestors built and made into a Jewish home is very important,” Eleyna said. “There are many young Jews who are looking for a place to be Jewish, who are yearning for Jewish community in some format.”

The coalition's vision is that Alberta Shul can be a cultural venue for Jewish art, music, learning and gathering, as well as a place for traditional and alternative religious services and prayer.

The coalition raised about \$40,000 during the summer and early autumn, and is hoping to raise \$136,000 by March 2018 to complete the purchase. Further fundraising of another \$250,000 is planned the following year to enable the

restoration.

To learn more, visit the Alberta Shul Coalition at Facebook.com/TheAlbertaShul.

Editor's note: If you have a question for the neighborhood historian, send it to NewsEditor@ConcordiaPDX.org, and we'll ask Doug Decker to do some digging. Check out Doug's blog for more on local history at AlamedaHistory.org.

Find more news on our website  
**ConcordiaPDX.org**

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Community Choir  
*Singing for the pure joy of creating harmony in community*

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Concordia community events calendar



Friday-Sunday, Dec. 1-3  
**67TH ANNUAL CHRISTMAS CHORALE**  
**Location:** St. Michael's Lutheran Church, 6700 NE 29th Ave  
The Concordia University choral & instrumental ensembles extol the Christmas story through song & Scripture at the annual Christmas Chorale, & audience members may join in singing Advent & Christmas carols. Admission is free, & a voluntary offering is accepted in support of CU music ministry.  
**Details:** Dec. 1 & 2, 7pm; Dec. 3, 3pm; limited seating



Fridays, Saturdays & Sundays, Dec. 1-17  
**BLACK NATIVITY**  
**Location:** The Greater St. Stephen Missionary Baptist Church, 3605 NE Mallory Ave  
This play, written by Harlem Renaissance playwright & poet Langston Hughes, retells the original nativity story in music. The production is by 35-year-old PassinArt: A Theatre Company, the oldest African-American producing theatre company whose mission is to entertain, educate & inspire artists & audiences while addressing critical issues facing the community. Performances are 7:30 pm Fridays & Saturdays, & 3 pm Sundays.  
**Details:** ticket purchases & information at passinart.org, 503.235.8079



Fridays, Dec. 1, 8, 15  
**FEAST**  
**Location:** Subud Portland, 3185 NE Regents Ave  
Forget Everything & Sing Together (FEAST) is a community acapella choir with the goal to build community.  
**Details/fee:** feastcommunitychoir@gmail.com



Dec. 2-20  
**GNOME FOR THE HOLIDAYS**  
**Location:** Alberta St  
Anyone of any age may hunt for festively painted gnomes hidden in the window displays of participating Alberta Street businesses, visit those shopkeepers to collect stamps, turn in the free game card – filled with stickers or not – by Wednesday, Dec. 20. That gives you the chance to win a year's supply of candy from Candy Babel or other prizes.  
**Details:** albertamainst.org/whats-happening/lit-up-local/gnome-holidays



Saturday, Dec. 2, 1-5pm  
**3RD ANNUAL MAKER'S FAIR**  
**Location:** Vernon IB World School, 2044 NE Killingsworth St  
Shop for local, unique gifts that are 100 percent handcrafted by Vernon IB World School students, staff, families & alumni. Items include organic jams & pickles, jewelry, hand knitted/crocheted/sewn goods, wood crafts, greeting cards, clothing, ornaments, original art, pottery, plants, home decor, baked goods & more.  
**Details:** vernonpta.org

Saturday, Dec. 2, 4:30pm  
**LIVING TREE LIGHTING**  
**Location:** Alberta Central (courtyard on Alberta St at 18th Ave  
Free family fun is promised at the 6th Annual Tree Lighting on Alberta Street, presented by Mimosa Studios. Visit with Santa, enjoy holiday music, watch the "flipping the switch" & celebrate with cookies & hot drinks.  
**Details:** albertamainst.org/event/alberta-street-tree-lighting

Sunday, Dec. 3, 10am-3pm  
**WRITING THROUGH THE BODY CHARACTER MOTIVATION RETREAT**  
**Location:** McMenamins Kennedy School  
Show yourself some love during the holiday season & immerse yourself in a day of writing. This the first in a series of 4 retreats. Learn about the 7 essential levels of character development & embrace your characters' decisions. Lunch included + more.  
**Details/fee:** johnnie@johnniemazzocco.com

Thursday, Dec. 7, 6-8pm  
**BIG GIVE DAY!**  
**Location:** The Zipper Food Court, 2705 NE Sandy Blvd  
Columbia Slough Watershed Council, Depave & Human Solutions celebrate working to increase access to nature & affordable housing in east Portland with an evening of dinner, networking & raffle prizes. Restaurants & whiskey bar offer discounted specials.  
**Details:** columbiaslough.org/events

Thursday & Monday, Dec. 7 & 18  
**LEAD POISONING PREVENTION WORKSHOP**  
**Location:** various  
Learn how to prevent lead exposure in your home. This workshop is for households with children or pregnant women, especially those living in homes built before 1978. Each qualified participant receives a free kit of safety & testing supplies.  
**Details/registration:** communityenergyproject.org, 503.284.6827 x109

Dec. 7: 4:30-5:30pm, 5329 NE Martin Luther King Jr Blvd  
Dec. 18: 5:30-7pm, Community Energy Project, 2900 SE Stark St A

Concordia Neighborhood  
Holiday Party:  
YOU Are Invited!

Dec. 12, 6:30-9pm  
**CNA HOLIDAY PARTY**  
**Location:** Cerimon House, 5131 NE 23rd Ave  
Join your neighbors to usher in the holidays. Light snacks, entertainment & activities for the children abound. Bring clothing, food &/or financial donations for the Ecumenical Ministries of Oregon Northeast Emergency Food Program.  
**Details:** See Pages 1 & 3



Tuesday, Dec. 12, 6pm  
**RACE TALKS**  
**Location:** McMenamins Kennedy School  
These opportunities for dialogue about race in Oregon – both historically & the current time – are presented by McMenamins History & Donna Maxey; doors open: 6pm; discussion: 7pm  
**Details:** racetalkspdx.com



Friday, Dec. 15, 7-9pm  
**OFF THE COUCH EVENTS ACTIVITY NIGHT**  
**Location:** St. Charles Catholic Church, 5310 NE 42nd Ave  
Differently-abled individuals, 18 & older, are invited for games, crafts, dancing & snacks; admission is \$7 per participant & first companion is free.  
**Details:** offthecouchevents@gmail.com, 503.702.2394



Sunday, Dec. 17, noon-4pm  
**CREATIVE PATH WALK**  
**Location:** Cerimon House, 5131 NE 23rd Ave  
Cerimon House hosts a contemplative labyrinth walk the third Sunday of every month. It's a 30-minute immersive indoor experience of light, sound & walking meditation – a place for you to focus, unplug & restore. The December theme is "Light Is Returning." \$10 suggested donation  
**Details/appointments:** cerimonhouse.org

Although CNews will not publish in January, the Concordia community events calendar will be available at concordiapdx.org/january-calendar. Send your submissions by Dec. 15 to CNewsEditor@ConcordiaPDX.org.

**Community calendar items**  
Admission to events is free unless otherwise noted. Priority is afforded to local events sponsored by – or which benefit – local nonprofit organizations. Submit information to CNewsEditor@ConcordiaPDX.org by the 10th of the month preceding the event.



DECEMBER 2017

1  
2  
3  
6  
7  
8  
9  
**HOLIDAY CIRCUS SPECTACULAR & BEATLES TRIBUTE**  
**10<sup>TH</sup> ANNUAL WHITE ALBUM XMAS**  
**FEATURING THE NOWHERE BAND & THE PORTLAND CIRCUS ALLSTARS**

5  
**SCIENCE ON TAP TREKNOLOGY: THE REAL-LIFE SCIENCE BEHIND STAR TREK'S TECHNOLOGIES**

10  
**THE MYSTERY BOX SHOW**

11  
12  
**LIVE COMEDY VINTAGE RADIO SHOW IT'S A WONDERFUL LIFE**  
**FEAT. KEVIN McDONALD FROM "KIDS IN THE HALL" + THE LIBERTINE BELLES**

14  
**LIVE WIRE RADIO WITH LUKE BURBANK**

16  
17  
**CELEBRATE THE SEASON WITH 3 LEG TORSO & DO JUMP**

21  
**MATT BROWN & FRIENDS HOLIDAY HOMECOMING SHOW**

22  
**MAGICAL STRINGS CELTIC YULETIDE CONCERT**

31  
**NEW YEAR'S EVE WITH MASON JENNINGS TWO SHOWS!**

ALBERTAROSETHEATRE.COM  
503.764.4131  
3000 NE ALBERTA

Looking for a home game?

CNews now publishes an online schedule of local school athletic home events. Find it updated each month at ConcordiaPDX.org/school-athletic-events.  
This month's schedule features

home games for: Jefferson High School boys and girls basketball, and wrestling; Madison High School boys and girls basketball; and Concordia University womens and mens basketball.