



CONCORDIA NEWS

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

March 2018

Save the Date

**CNA Spring Clean Up
Saturday, May 19**

**PCC Metro Workforce
Training Center at 42nd &
Killingsworth
8 am - 12:30 pm**

Tired of seeing all the
clutter & junk in your closet,
basement & garage? Drop
it all off at the PCC Metro
Workforce Training Center.

**CNA's Biggest
Fundraiser of the Year**

CNA Mission Statement

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

Concordia News

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

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

Non Profit Org
U.S. Postage
PAID
Portland, OR
Permit No. 452

Concordia Neighborhood Association
P.O. Box 11194
Portland, OR 97211

Writer hangs his hat in Concordia



By Tamara Anne Fowler
CNA Media Team

Winston
R o s s
travels
the world writing
for Newsweek and,
when his assign-
ment ends, he
comes home to
Concordia. He's
lived in a charming home next to Fernhill
Park for the past 1½ years.

He knows he is lucky. Once the orig-
inal deal for the house fell through for
another buyer, he was able to snap it up.

Winston first began writing in junior
high in Berkeley, California, when he
joined the student newspaper. The
faculty adviser gave Winston a lot of
leeway. He was able to write opinion
pieces, and felt like he had a voice — very
rare for a 13-year-old kid. Winston felt he
mattered.

He continued on the staff of school
papers through high school and then at
the University of Oregon.

Upon graduation, Winston wrote
about the coast for the Eugene Register-
Guard. Lately, a topic of the utmost
urgency is the threat of earthquake and
tsunami — especially since a 2015 New
Yorker story claimed Portland is due
for a catastrophic quake. The Cascadia
Subduction Zone is 50-70 miles out to sea
and an earthquake would be a disaster



Winston Ross's datelines have included Italy, Spain, Germany, Austria, the French Alps, Paris
and The Netherlands. Photo by Amelia Pape

for the Oregon coast.

Ten years before that story appeared,
Winston traveled to Japan to report for
the Register-Guard on that country's
earthquake and tsunami preparedness.
He stayed in Japan for several weeks to
write a three-part series. But his travels
didn't end.

"For nine glorious months I wandered

Europe in search of good stories, from the
refugee crisis to true love in Amsterdam
to the death of Venice. Datelines included
Spain, Germany, Austria, the French
Alps, Paris, The Netherlands and Italy."

Back home, one of Winston's favorite
things is Concordia's overall walkability.
Outside of Europe he has not experienced
such a walkable city.

Winston loves the hilly terrain of
Fernhill Park. "It feels like a forest or a
state park, not a city park," he said.

He can walk to the Kennedy School
where he can soak, watch a movie, or sit
inside and smoke a cigar accompanied by
a fine scotch.

New Seasons is within walking
distance as is Extracto, which, he said,
"has the best coffee and a secret back
patio."

Winston is happy that Portland has
awakened to the challenges of rampant
development.

"We need to work hard to preserve
character, stay engaged and fight to keep
the charm of our Portland alive."

*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
or contact her at Tamara@EditKitten.com.*

Celebrate spring in the park



You may miss seeing Peter Cotton-
tail hopping down the (Fernhill Park)
bunny trail. But your kids shouldn't
miss finding all the eggs he leaves in
his path.

So pack the kids — and their
baskets — off to the Playground along
37th Avenue, arrive before 10 a.m. on
Saturday, March 31, and take cover.
The kids will scramble and all the eggs
will be gathered in a flash.

If you're looking for some fun the
night before — Friday, March 30 —
your help is needed from 5 to 8 p.m. at
American Legion Post 234, 2104 NE
Alberta St. Adult volunteers will stuff
several thousand eggs with treats and
prizes.

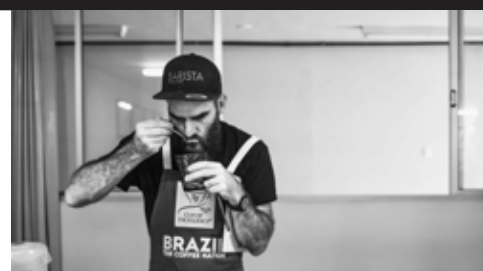
No registration nor RSVP is
needed for either event.



HAVE YOU SEEN FINN?

He's the missing ambassador for a local
grocery store and outdoor cats.

See Page 4



HE'S CHANGING COFFEE

This shop is out to change the coffee
Concordians and Americans drink.

See Page 7



HER MESSAGES ARE MEDICINE

Cancer patients, survivors no longer fear
massages, thanks to Concordian.

See Page 8

CNA VOICES

By Michael DeMarco
Our 42nd Avenue Executive Director



Business investment takes different shape on 42nd Ave.

For decades, community members living and working around northeast 42nd Avenue have been self organizing toward the goal of inclusive community development. The results of that organizing have been subtle to the untrained eye – until recently.

Yet, for all of the changes to the avenue that are obvious, the intentionality exercised can easily fly under the radar.

New businesses have popped up, and it’s easy for passersby to miss the stories underneath the surface that drive community-led economic development.

For example, many have noticed the impending changes at the Jane Dough Building (formerly Delphina’s Bakery). This year will see the reformatting of the building to accommodate a number of small businesses.

What might go unnoticed is the mission to support businesses owned by women from the Cully-Concordia community. Amongst the new tenants are Maya Lovelace (Mae/Yonder), Gina Cadenasso (Bolt Fabrics) and Stacey Givens (Side Yard Farm and Kitchen) – all longstanding community entrepreneurs.

Another such example is 5012 N.E. 42nd Ave. With a rehabilitation plan set to take place this year, the building will become the new home of Magna, a Filipino restaurant owned by chef and Cully neighbor Carlo Lamagna.

He’ll join existing tenants/community members

Yet, for all of the changes to the avenue that are obvious, the intentionality exercised can easily fly under the radar.

Ted Snider (Cully Farm Store), Vanessa Guzman (Portland Bloem) and Guillermo Navarro (Iron Art of the Northwest). Through a creative master lease arrangement, Our 42nd Avenue will manage the space at affordable rates and ensure community control of the building for at least the next 10 years.

Down the street at the Go42 Building, Vida and Francis Djorgee have been quietly growing their business into a community stalwart for two years. While passersby may hardly notice Essential Quality Care (EQC) in a small, 700-square-foot storefront office, the impact the business is having on the community is considerable.

In addition to providing care services to elders and others with special needs, EQC emphasizes diversity in hiring its 60 employees – something the business achieves through strategic partnerships with the Portland Community College Metro Workforce Training Center and others.

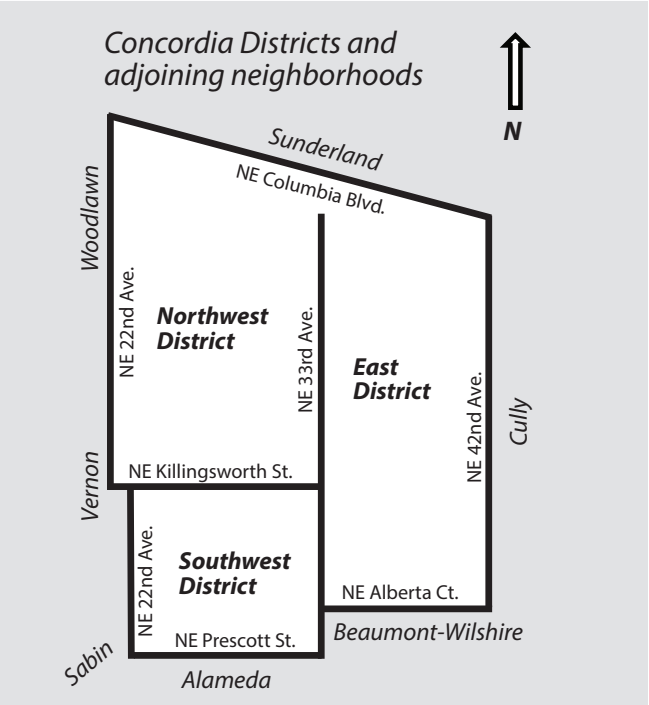
These instances are among many others, with business and commercial property owners investing beyond the bottom line. They’re taking an active role in multiplying opportunity for others and building relationships across the community to extend benefits in addition to their product and service offerings.

Making these efforts – to support local entrepreneurs, hire within the community, support other businesses, and find other ways to boost community-stabilizing efforts – goes a great distance toward achieving a more equitable future for 42nd Avenue. Even if it’s not always evident to the naked eye.

Concordia Neighborhood Association

- Board Meeting**
1st Wednesday of the month, Wednesday, March 7, 5:30 p.m., McMenamins Kennedy School Community Room
- General Meeting**
Wednesday, March 7, 7 p.m., McMenamins Kennedy School Community Room
- Safety & Livability Committee**
2nd Tuesday of the month, Tuesday, March 13, 7 p.m., McMenamins Kennedy School Community Room
- Social Committee**
If you’d like to help plan the annual Spring Egg Hunt for March and/or plan other fun, community building events, contact Katie Ugolini, 503.449.9690, KTUgolini@gmail.com.
- Media Team**
1st Tuesday of the month, Tuesday, March 6, 6 p.m., McMenamins Kennedy School Community Room, contact MediaTeamLead@ConcordiaPDX.org
- Land Use & Transportation Committee**
3rd Wednesday of the month, Wednesday, March 21, 7 p.m., McMenamins Kennedy School Community Room, contact LandUse@ConcordiaPDX.org
- Finance Committee**
Last Wednesday of the month, Wednesday, March 28, 7 p.m., McMenamins Kennedy School Community Room, contact Jody Pollack at East1@ConcordiaPDX.org
- CONTACTS**
- CNA Chair**
Chris Lopez, Chair@ConcordiaPDX.org, 503.290.6871
- CNA Vice Chair**
Truls Neal, TrulsRobin@hotmail.com
- 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:** Gina Levine, CNewsBusiness@ConcordiaPDX.org, 503.891.7178
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CNA Board of Directors

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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 event?

The Community Room at McMenamins Kennedy School is a great place for your book club, birthday or baby shower.

Pricing: \$25/hr (\$15/hr. for nonprofits)

Info: ConcordiaDPX.org/community-room-rental

Email: CNARoomKennedy@gmail.com

Pledge donations now for music in the park

Take heart during the spring showers. Summer’s on its way, along with the **Fernhill Concert Series**. The CNA Social Committee needs sponsorship commitments by June 1.

Help bring the music to our neighborhood at one of these sponsorship levels:

- **Good Neighbor Sponsor:** \$300 and more
- **Contributing Sponsor:** \$1,000 and more
- **Series Champion Sponsor:** \$2,500 and more
- **Supporting Sponsor:** \$5,000 and more

Contact Katie Ugolini at 503.449.9690 for details.

To pledge for a sponsorship, contact Jed Arkley, event producer, 503.823.5059, jed.arkley@PortlandOregon.gov and indicate you want to support the Fernhill Concert Series.



Concordia murals

Two walls provide the canvas



The Keep Your Chin Up mural received a touch up last month by two of its original artists, Blaine Fontana and Zach Yarrington.



By Rachel Richards
CNA Media Team

The Keep Your Chin Up mural on the Aladdin Finishers building at 2127 N.E. Alberta Street was created in 2013 as a three-way collaboration between artists Blaine Fontana, Jun Inoue and Zach Yarrington.

The wall was included as part of the inaugural year of Forest for the Trees, a unique not-for-profit art initiative dedicated to creating contemporary public art accessible to all of Portland.

In early February, local artists Blaine and Zach spent time touching up the mural, which is frequently marred with graffiti. Currently there is a need for the wall to be coated with an anti-graffiti barrier. Donations for this specific work are gladly accepted through ForestfortheTreesNW.com.

Many Concordia residents and visitors to Portland find special meaning to this

mural, as it is frequently photographed and is in a location easily accessible and viewable to all residents and visitors.

“When we first got together to concept the piece, I was dealing with the recent death of a dear friend, and much of the messaging and imagery in the mural was impacted by that event,” Zach said.

Aladdin Finishers was established in 1948 and Steffen Bettger is now the fourth generation proprietor of the business. The mural artists and local residents show much gratitude for Aladdin Finishers giving the canvas for the mural art on both sides of the building.

As the first project of Forest for the Trees, the Keep Your Chin Up mural set a precedent for public art murals in Portland that continues to grow.

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.



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Want to work as a beat reporter?



As a reporter for CNews, experience the thrill of bringing relevant info to Concordia readers.

Choose the subjects you want to cover — from events to new businesses, schools to community issues and so much more.

CONCORDIA NEWS



CONTACT US TODAY
CNewsEditor@ConcordiaPDX.org
ConcordiaPDX.org



A humanities & cultural arts organization, Cerimon House is located in the heart of the Alberta Arts District in Concordia. The building was saved from the wrecking ball, and renovated with care to become a place for community, creativity, curiosity and celebrations. We are fully ADA compliant, and welcome your rentals.

The Creative Path Walk series is Cerimon House's popular programming on Every Third Sunday (of each month.) This indoor labyrinth walk is a beloved community activity and an artful contemplative experience.



MARCH EVENTS

- Bower Power**

Join us to plant trees & greenery - with thanks to Friends of Trees.

Saturday the 10th: 9am - 1pm
- Oregon Humanities Conversation Project**

Two free remarkable group conversations on the essential matters of our times.

Sunday the 11th: 2pm & 3:30pm
and
Sunday the 25th: 2pm & 3:30pm

The Creative Path Walk
A 30 minute contemplative labyrinth walk to celebrate the Equinox: "Spring Seeds".
Sunday the 18th: 12noon - 4pm

The Liminal Space Society
Denny Dyke - *Circles in the Sand*
A fascinating lead-up presentation to the historic 2018 mile-long Oregon coast sand drawing.
Thursday the 20th: 7pm

Songs for the Earth
Earth Arts NW presents community chant-song Workshops with Voiceweaving's Robin Chilstrom, creating songs to honor and speak-out for the Earth.
March 15 & 27th: 6:45pm - 8:30pm

Visit our website for details and find us at the corner of NE 23rd Ave. & NE Sumner St.
CERIMONHOUSE.ORG

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mcmenamins.com
Free • All ages welcome
(unless noted)

Thursday, March 1
This Years Model
Elvis Costello tribute
Gym • 7 p.m.

Every Saturday
Opera on Tap
Live opera singers in & around the Honors Bar.
7 p.m. 'til 9 p.m. • 21 & over

Tuesday, March 6
**JOURNEY TO NORMAL:
WOMEN OF WAR COME HOME**
*Donations will be collected, all proceeds
going to the Wounded Warrior Project
Theater • 7 p.m.

Thursday, March 8
CORNER
Hillbilly jazz
Gym • 7 p.m.

Tuesday, March 13
RACE TALKS: An Opportunity
for Dialogue
Gym • 6 p.m. doors; 7 p.m. event

Thursday, March 15
DIRTY REVIVAL
As part of Great Northwest Music Tour
Gym • 7 p.m.

Thursday, March 15
**LIMITED-EDITION
BEER TASTING**
5 p.m. 'til 7 p.m.
Brewery • 21 & over

Friday through Saturday, March 16-18

THREE-DAY ST. PATRICK'S DAY CELEBRATION!

We do so love this particular holiday...
Irish dancers, food specials and more!

Friday music starts at 3 pm:

CULAN TI • DANCE HALL DAYS
RIVER CITY PIPE BAND

Saturday music starts at 11:30 am:

CASTLETOWN • THE STOMPTOWNERS
KATHRYN CLAIRE

Sunday music starts at noon:

ANCHOR & REEL • HAWTHORNE ROOTS
BIDDY ON THE BENCH

All Day! • All ages welcome

Wednesday, March 21
Ruby's 32nd Birthday
\$4 pints and \$9 growler
fills of Ruby and food specials all day!

Thursday, March 22
**MARY FLOWER AND
THE BBQ BOYS**
Jazzy jug band
Gym • 7 p.m.

Monday, March 26
HISTORY PUB
Theater • 6 p.m. doors; 7 p.m. event

Thursday, March 29
FOSTER'S KIDS
Rock 'n' roll
Gym • 7 p.m.

Sunday, April 1
Easter Brunch Buffet
Call for reservations
Gym • 9 a.m. 'til 3 p.m.



Finn still missing, wanted at home

By Tamara Anne Fowler
CNA Media Team

"He's my baby. He'll come back." Nic's positive. Nic is the parent of Finn, the cat who hangs out at New Seasons on 33rd Avenue and Killingsworth Street. Finn is so well-known he even has his own Facebook page.

Finn made himself the local ambassador at the store. He would stand at

"He is quite the charmer."

— Nic

the front doors greeting all who wanted to shop. People started leaving food out for him which store employees would discourage, because that would attract rodents.

Ever the adventurer, Finn loved to jump into cars. New Seasons employee Keith said Finn had been holding court there for about three months before he disappeared.

Finn has been missing since Jan. 2, when somebody came to Nic's house to deliver his empty collar. It was found in the grocery store's parking lot, and Nic concluded someone had stolen him.

Shortly after moving to Concordia 13 months ago, Nic went to the Oregon Humane Society in search of a cat.

Finn had been surrendered in 2014 at age two, when his owners' son had become more and more allergic. They



Finn has been missing from his unofficial ambassador role – and home – for two months. Have you seen him? Photo courtesy of Nic

had been leaving Finn outside. It grew terribly cold and was getting colder all the time. The family did not want an only outdoor life for Finn.

Nic discovered Finn and fell in love immediately. "He is quite the charmer."

Finn is an indoor/outdoor cat and happy to be in both worlds. He spends his time lounging with his family indoors, and he will sit by the door when he wants to go out and visit his friends at New Seasons.

Finn was also an ambassador for outdoor cats. Nic thought it was important for him to correct misunderstandings about indoor/outdoor cats and outdoor cats in general.

"I've seen outdoor cats get a bad rap because of studies supposedly showing that cats kill billions of birds a year. I looked into this and found that most studies on this subject are inaccurate, due to wildly extrapolated statistics.

"Cats do have an effect on wildlife, but so do a lot of predators: coyotes, birds of prey, dogs, humans, etc."

What Nic wants people to know is: Finn has a family, is loved and is eagerly awaited at home. If you have any information on his whereabouts, call 888.466.3242 toll free.



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Rigler needs you

It takes a community to educate a child (or parent) and Rigler Elementary School needs you to:

- Support after-school instructors in the Schools Uniting Neighborhoods (SUN) program for students two hours once a week
- Read with students with Start Making a Reader Today (SMART) an hour every Friday
- Become an English as a Second Language (ESL) volunteer facilitator in People-Places-Things for parents one morning or evening a week

For details and/or to volunteer, contact Fedora Copley, 503.916.6152 or FCopley1@PPS.net.

Help address neighborhood air pollution

By Greg Bourget
Portland Clean Air

Portland currently ranks as the worst city in the U.S. for respiratory distress from air pollution. That's according to the EPA's most recent National Air Toxics Assessment, released in 2015 using 2011 data.

With this in mind, our Portland Clean Air (PCA) volunteers conducted data requests about industrial stack polluters and unfiltered diesel trucks from nine government agencies during the past three years. PCA is a registered Oregon political action committee and 501(c)(3) nonprofit organization.

We collaborate with 27 other air-focused Portland environmental groups and neighborhood associations. We address industrial pollution in Multnomah, Washington and Clackamas

PCA needs Concordians to help study every unfiltered industry and truck fleet in the neighborhood.

counties.

The organization has been working with Concordia Neighborhood Association (CNA) to compile the data into a report localized to the neighborhood. The current draft of the report is available at NECoalition.org/publications/air-toxics/report/.

But there's more work ahead, and more volunteers are needed to alleviate the problem more quickly.

It took neighbors 42 years to identify that Bullseye Glass was annually putting

6,000 pounds of lead, cadmium, arsenic and chromium into their unfiltered furnace. Eighty-five percent of these heavy metals went airborne next to a daycare in inner southeast Portland.

Now they have a scrubber removing 97 percent of the emissions because of the political efforts of their neighbors.

PCA needs Concordians to help study every unfiltered industry and truck fleet in the neighborhood. That's what it takes for immediate and reasonable mitigation to be requested for any nearby Bullseye-

like factories and unfiltered truck routes.

Would you like to help? From the comfort of your home, you can compile data and analysis. Previous science or data experience is welcome, but not required.

Volunteers each receive an Excel spreadsheet or other digital data source via email or website and, following explicit instructions, copy or type the data that pertains to the Concordia neighborhood.

Analysis volunteers follow similar instructions aimed at identifying industries with dangerous unfiltered air pollution.

With your neighbors – working with CNA and PCA – you can help make the nearby air safer.

For details and to volunteer, contact Greg@PortlandCleanAir.org.

Help spread the word that 20 is plenty

Portland Bureau of Transportation (PBOT) employees are in the midst of changing out 2,000 speed limit signs in the city from 25 mph to 20.

The efforts began Feb. 5 – following approval by the city council Jan. 17 – and must be completed by the end of March. In the meantime, drivers are expected to follow the speed limit as it's posted.

The new 20 mph signs are being installed first in east Portland and then in north Portland, where the highest rates of traffic fatalities are recorded.

Residential streets make up around 70 percent of Portland's street network and a large proportion of the city's total public space. Reducing residential speeds is part of Vision Zero, a broader citywide effort to support safe driving speeds on many types of streets.

It focuses safety improvements, education and enforcement efforts on busy streets where most traffic fatalities occur. Last year 45 people were killed in traffic crashes on city streets.

According to PBOT, the speed reduction will make streets safer. Most residential streets in Portland are narrow, have few marked crosswalks, and no bike lanes, so driving more slowly on them will

add protection for people walking, using mobility devices and biking.

"Five miles an hour may not sound

Reducing residential speeds is part of a broader citywide effort to support safe driving speeds on many types of streets.

like much, but when it comes to reducing the severity of crashes it makes a big difference," said Leah Treat, PBOT director. "By reducing speeds from 25 to 20, we can make it nearly two times more likely that a person will survive a crash."

As was previously the case, not every residential street will have a speed limit sign, but the 20 mph speed limit will be in effect on all residential streets.

Lawn signs to promote awareness of the new speed limit are available free at these nearby venues:

- Saturday, March 3, noon–4 p.m., Midland Library, 805 S.E. 122nd Ave.
- Sunday, March 4, noon–4 p.m., Vernon Elementary School, 2044 N.E. Killingsworth St.
- Sunday, March 11, noon–4 p.m., Boise-Eliot Elementary School, 620 N. Fremont St.



For information about where to pick up a free a yard sign to help spread the word about the reduced speed limit on residential streets, visit PortlandOregon.gov/transportation/40390.

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What's Selling in Concordia?

175

Homes sold in RMLS in last 12 months as of Feb. 14th

3.7%

Increase in Average Sale Price since 2017

Avg. Sale Price in 2017:

\$503,593

Avg. Sale Price currently:

\$522,122

Avg. Days on market:

25

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

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CCB# 218958

Developer commits to preserve giant oak

By Melissa Bearns

Six east Concordia kids huddled over large pieces of paper in my living room, intently sketching pictures of the gigantic red oak tree at 4810 N.E. 40th Ave. They painstakingly added details including squirrels, birds and acorns, along with personal notes to the man who will develop the property.

“Thank you for not cutting down the tree,” wrote 7-year-old Roxy. “I love the oak tree because you can ride your bike around it and you don’t have to go too far.”

When the property was sold last

dents enjoyed impromptu gatherings and other holiday celebrations.

“The oak has played a really important role in our community,” said Carol Apple, a neighbor of that property for 42 years. “It’s a place where kids love to play. As adults they return, and the oak tree is still there. It creates a sense of continuity. Having a focal point on the block where people gather helps build strong relationships.”

Prior to the sale, the property owner and her neighbor, Cindy Black, nominated it for Heritage Tree status, which would give it a high level of protection in

“The oak has played a really important role in our community.”

— Carol Apple

summer to Eric Thompson of Oregon Homeworks LLC, neighbors were deeply concerned the oak tree with a trunk diameter of 49 inches would be removed. In November, after a few visits to the planning department for research, I called the developer, who told me he intended to preserve the tree.

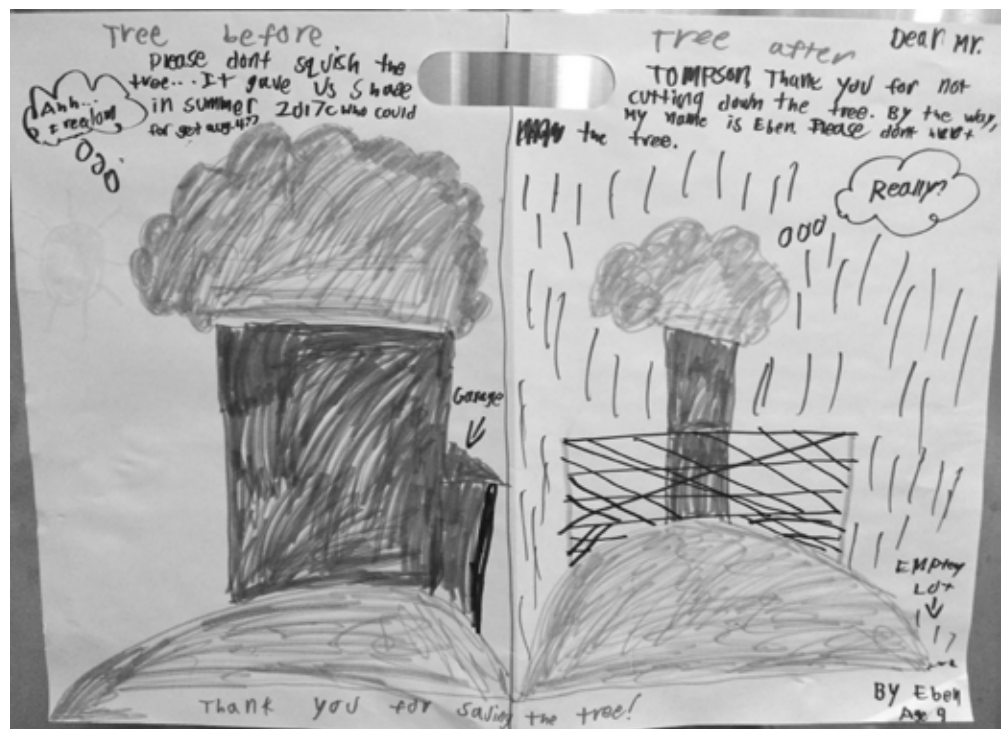
He has since filed his initial site plan with the Portland Bureau of Development Services, which shows the tree intact on the lot.

For the past decade, the former property owners hosted annual Labor Day potluck barbecues under the oak’s sprawling canopy. Across the years, resi-

both residential and development situations. The Heritage Tree Committee approved a lesser designation of Tree of Merit.

That affords no additional protection for a tree; however, our red oak appears to be safe from the chainsaws for now. Unfortunately, that cannot be said for many other magnificent trees that are equally important across Portland.

City code Title 11 governs tree management. It includes special protections for trees with trunk diameters greater than 36 inches. But Title 11 also has loopholes, which allow developers and property owners to skirt those protections and cut

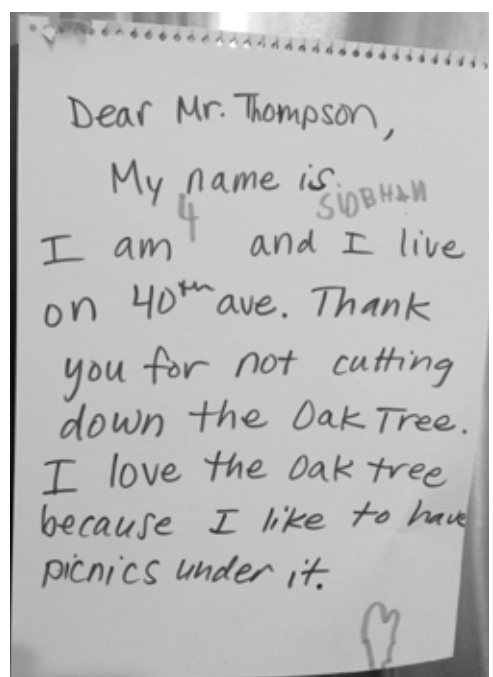


down even very large trees like the red oak.

I’m researching how the tree code was developed and compromises that were made to honor the different needs in our rapidly growing city. My goal is to find a way to balance those needs and still protect large, valuable trees like this oak.

Melissa lives near the red oak and has nine trees on her property. She has always loved trees, but gained a deeper understanding of their value to the planet and people while reporting on *Ascending the Giants*, an ongoing project of two Portland arborists to climb and measure the world’s champion trees. She has climbed some of the world’s largest trees, many of which are located in the Pacific Northwest.

Editor’s note: Melissa has more to share on this topic. For the rest of the story, visit ConcordiaPDX.org/preservinggiantoak. And, if you’re interested in following what’s happening with the red oak tree,



learning more about Portland’s trees and neighborhood tree-related events, or wanting to get involved, email Info@SaveOurTreesPDX.org.

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Proud Mary brings “brekkie” to Concordia



By Judith A. Ross
CNA Media Team

Step inside Proud Mary’s bright and voluminous space on Alberta Street and you’ve entered a vortex of activity. The music is loud, the tables are full and, behind a bar piled high with sky blue cups, the baristas are brewing at full throttle. Meanwhile, in the open kitchen at the

about the way Nolan sources his coffee. While in his twenties, he observed the working conditions at a coffee farm in Bali. “I got to see firsthand how much work was involved and what their lifestyle and living arrangements were like,” he said. Angered by what he’d observed, the experience left him determined to change the way people think about coffee. Fostering long-term relationships with its growers, Nolan’s company recently helped a Honduran farmer learn

“This was a different take on how to roll everything out under one roof.”

– Nolan Hirte

back of the house, breakfast, or “brekkie” as it’s called in Australia, is underway. The original Proud Mary is located in Melbourne, where specialty coffee, restaurant-level food, and table service are de rigueur. CEO Nolan Hirte fell in love with Portland’s vibe while on a West Coast road trip several years ago, and he thought it would be receptive to the Australian way of doing things. “New faces, excitement around what we do – that’s what drives us,” Nolan said. “In Melbourne, it had been hard to create excitement. This model had been flogged.” Whereas in Portland, he said, “This was a different take on how to roll everything out under one roof.” The locally sourced menu includes an array of vegetarian choices, but it also includes meaty dishes. “We like to have a few healthy options, but we like to be naughty too,” Nolan explained. There’s nothing naughty, however,

new processing techniques that make the coffee taste more interesting. As a result, Nolan said, “We pay them quite a lot more money for the processing techniques, and we charge quite a lot more money to the customer.” While some customers have balked at paying up to \$6 for an espresso, Nolan welcomes the opportunity to make them aware of the human price tag behind what they are drinking. But mostly, Nolan’s lessons are easy to swallow. “Breakfast is not just breakfast. It’s something amazing and special. “Our mission is to make products that change the start of your day dramatically, so that there’s no going back.” He added with a smile, “We’re trying to ruin people.” Judith is a freelance writer, who relocated from Massachusetts to Portland in 2016.



Proud Mary CEO Nolan Hirte judges the 2017 Cup of Excellence Naturals Competition in Brazil. Photo by Nikolaus Popp

CNews updates

Raven Pearce still in the news

You may remember Raven Pearce. In 2016, she wrote a story for CNews about her team, the Trinity Lutheran Tigers. Find it online at ConcordiaPDX.org/undefeatedtigers.

Now she’s making the news. The Portland Tribune named her one of its Athletes of the Week in the Feb. 8 issue. Now playing for De La Salle North Catholic High School, she was recognized for 18 points, 15 rebounds, 3 steals and 2 assists per game when the Knights overcame the Portland Adventist Academy and Portland Christian.

Do you love the BOSTON RED SOX?



OPENING DAY is almost upon us! Did you follow all the off-season news? Eager to see what Alex Cora brings to the table? The FENWAY ROOTERS invite you to kick off the 2018 season at T.C. O’Leary’s pub, the official home of Red Sox Nation’s NE Portland chapter. First pitch launches at **1pm on March 29th** against the Rays in Tampa. Proprietor Tom is opening early just for the occasion (will replay the game at 5pm) and offering Opening Day drink specials to all Rooters, perfect pints of Guinness included! And as if that’s not enough, join the Fenway Rooters on Facebook for all the latest news, scores, stats and game times. GO SOX 2018!!



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She puts her heart into her ‘med hands’



By Marsha Sandman
CNA Media Team

Concordia resident Gayle MacDonald, M.S., LMT, has a few tricks up her sleeves. So many that you’d think she has many more sleeves and more than just two hands. But oh what those hands are capable of doing: massage therapist, educator, author, traveler, mentor and astrologer.

Gayle’s family brought her to Portland

school she attended asked her to develop a program doing massage at an assortment of locations, including drug rehabilitation centers and nursing homes, as well as at naturopathic and chiropractic offices.

In 1993 Oregon Health Science University (OHSU) asked Gayle to send massage students to work on cancer patients. Early in her massage education, Gayle had been told massage could cause cancers to spread.

However, her in-depth research indicated otherwise. She learned it is possible, with specialized skills, to offer

She learned it is possible, with specialized skills, to offer massage to cancer patients and survivors.

from Montana when she was just two months old, and she has spent practically her entire life in the Concordia neighborhood.

She has taught health and physical education at Jefferson and Adams high schools. Then, for 1985-1986 she received a Fulbright scholarship to teach health and physical education in Scotland.

After an illness forced her from her original career, she became the health and physical educator she always wanted to be.

Massage became her passion. With her teaching background, the massage

massage to cancer patients and survivors.

So, since 1994 she has worked with cancer patients, and she has provided specialized massage training to massage therapists at OHSU and other hospitals throughout the United States, Scotland, Australia, Ireland, Sweden and Holland.

In 2005 she wrote “Massage for the Hospital Patient and Medically Frail Client,” now in its second edition. In 2014 she wrote “Medicine Hands: Massage Therapy for People with Cancer,” now in its third edition. They have been translated in two languages.



Concordian Gayle MacDonald gives – and teaches others how to give – comfort to cancer patients and survivors through massage.

Gayle is the creator of the Oncology Massage Healing Summit and Oncology Massage Education Associates. You can reach Gayle at MedHands825@gmail.com.

Her students are often seen at OHSU attending to cancer patients who, in the past may have been denied the therapeutic and soothing effects of massage.

What’s next? She is remodeling her home, planning more overseas teaching, developing programs to mentor ther-

apists and teachers, and teaching astrology workshops.

While she is dedicated to teaching, natural health and nutrition, Gail said she would just like a little more time to write Haiku.

After living east, south, north and west, Marsha is home at last. And she wants to hear your story. Contact her at MarshaJSandman@gmail.com.



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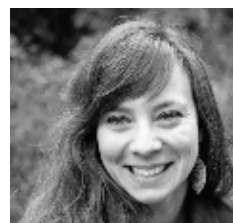
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Yoga 1st timers: try these tips



By Jenn Noble

There’s a lot of yoga in this city. It’s tough to walk a block without seeing a studio or some sort of advertisement for it. Although it’s so common, I regularly encounter people intimidated by the idea of stepping foot inside a studio.

I don’t find this surprising considering how Western culture portrays yoga – the thin, white woman wearing expensive stretch pants that are pretzeling her body. However the majority of yoga classes are far from this. They’re full of people of all shapes simply seeking a place to practice and feel better.

So, if you’re wanting to try a studio, I applaud you for your courage to try something new! Here are a few tips to help you feel a little more comfortable:

- **Arrive early and ask questions.** Get there at least 15 minutes before class to fill out a waiver, acclimate to the space and find your spot. Let the teacher know you’re new, and don’t be

shy about asking questions. Teachers usually love this because it helps them support you better.

- **Be curious.** Hardly anyone knows exactly what’s going on during a class, no matter how experienced they look. If you feel lost, follow the instructor’s demonstrations or other students. Remember that there’s no wrong way to practice yoga. It’s about exploration.

- **Rest if you need to.** Any time during the class, sit, lie down or feel welcome to take the child’s pose – kneel on the ground, touch your big toes together, separate your knees as wide as your hips, lay your torso between your thighs and your forehead on the floor or hands.

The first step in trying something new is usually the most difficult, and a yoga class is no exception. Remember to be kind and patient with yourself.

Jenn, R.Y.T. 500, is a Concordia resident who teaches yoga and meditation. Want to work with her or learn more? Visit JennNobleYoga.com or contact her at JennNobleYoga@gmail.com.



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Passion for youth gardening doesn't wilt

By Karen Wells
CNA Media Team

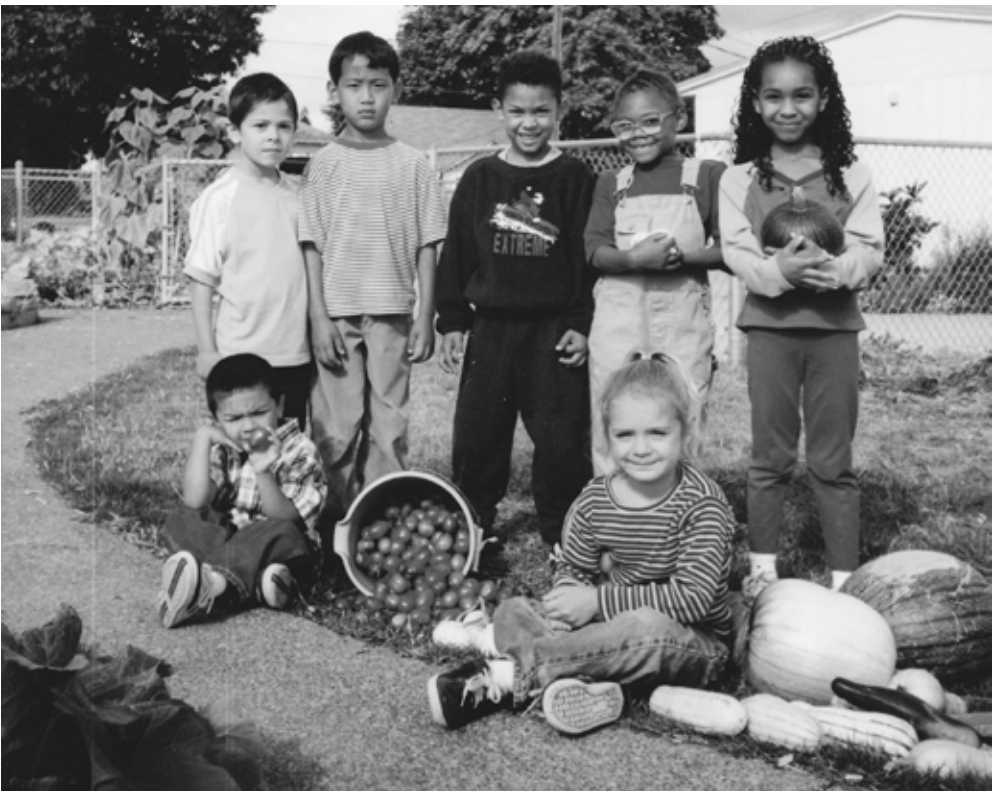
Youth gardening programs have had a presence in many urban communities since the late 1880s. Early garden classroom pioneers saw the value of linking common gardening practices to the training of real-life skills, practical science appli-

children and their families annually. They serve up curricula steeped in worms, soil and garnished with seeds and poetry. The prize for a perfect radish is the glow of wonder and pride on a child's face. A symphony of commingling cultures, languages, hand gestures and traditional wisdom is directed by competent professionals embellished with compassion,

These programs serve thousands of children and their families annually. They serve up curricula steeped in worms, soil and garnished with seeds and poetry.

cations and the creative arts to grow a well-rounded, capable young adult. In Portland, some youth garden programs have disappeared across the years, due to lack of support or when the core group of children reach their teenage years/adulthood. A few programs have withstood the stress of time. Grow Portland, Growing Gardens, and Portland Parks and Recreation Community Gardens are the current elders of the local youth garden scene. With the help of the Oregon State University Master Gardener program – plus funding from a variety of creative sources and support from neighborhood schools' PTAs – these programs have remained constant lighthouses on the grow-healthy and eat-green landscape. These programs serve thousands of

courage and the joy of transformation. A champion of Concordia's local youth garden classroom scene is City Repair Project (CRP). It's the dream of Portlander Mark Lakeman that evolved into existence in 1996. The CRP mission is to inspire and foster thriving communities through artistic reclaiming of public spaces around Portland and nationally. During the past 21 years, the project has partnered with several Portland youth garden classrooms. To learn more on how CRP intersects with the youth garden scene, attend Village Building Convergence. Ten days of mind-blowing and inspiring community building, hands-on workshops on permaculture, placemaking and urban design are scheduled in Portland June 1-10.



There may not be as many youth programs as there were in the late 1990s, but the participants these days are just as passionate. Photo (from the 1990s) by Karen Wells

Resources

- Do you want to assure the continuation of youth gardening programs and/or participate in them? Here are the contacts.
- **Community Gardens.** Portland Parks and Recreation: PortlandOregon.gov/parks
 - **Garden Education.** Portland Public Schools: PPS.net
 - **City Repair Project:** CityRepair.org
 - **Village Building Convergence:** VillageBuildingConvergence.com

Letter to the editor Keep up the good work

A quick thank you to your staff for covering stories about the homeless in our neighborhood. I've really enjoyed the interviews with the individuals in front of New Seasons. I've noticed a change in how

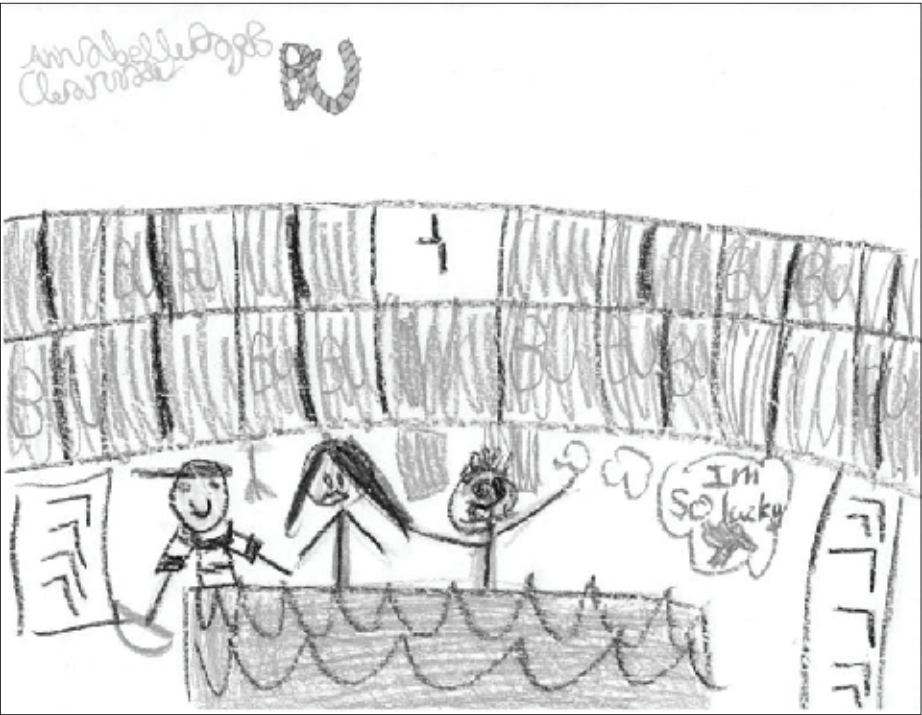
people interact with them in a positive light and it's influenced me and my family as well. Please keep the conversation going on how we can bring humanity to folks in less fortunate situations.

– Nedra Rezinias

The opinions expressed by this writer do not necessarily reflect the views of the Concordia Neighborhood Association. Submit letters (250 words maximum) to CNewsEditor@ConcordiaPDX.org.

Creative Concordia!

Congratulations to Annabelle. Her drawing was selected from entries in the March Drawing Contest.
Annabelle C., Age 8,
"I am so lucky"



Stay tuned for featured Faubion School art next month!

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There's plenty to know about leaf blowers



By Karen Wells
CNA Media Team

Leaf blowers appeared on the market in the 1970s. They are marketed as a “quick and efficient way to clear your yard of leaves and debris.”

“Consumer Reports” publishes an annual buyers’ guide to help answer questions on which models might best suit the average homeowner. The guide details the performance results of more than 50 models currently on the market.

In general, they’re either gas or electric, two- or four-stroke engines, and prices range anywhere from \$35 for a basic handheld to more than \$900 for an industrial grade walk-behind.

What else should you know about blowers?

Cubic feet per minute (CFM) is the rate of air that is pushed through the nozzle per minute. A blower with a rating of 200 CFM, for example, can create an air volume equal to 200 cubic feet per minute. A small hurricane.

Decibels (dB) is the amount of noise/sound it will create. The Centers for Disease Control and Prevention, the National Institutes of Safety and Health, and the World Health Organization recommend keeping noise exposure to less than 55 dB. Most gas blowers create a minimum of 80 dB and more.

More to know about blowers?

Blowers can blow everything off your yard, sidewalk or driveway – sending

it sailing into the air for several feet or miles. There it hangs for days or weeks for people to breathe.

To name a few, everything can include: mold, spores, fertilizers, pesticides, fungi, pathogens, heavy metals, pollutants, a variety of toxins and animal droppings.

A child younger than age 5 breathes in more air per volume of body weight than an adult. So imagine what your child might be inhaling if he or she is in the vicinity of an active blower.

An average adult inhales roughly one pint of air per breath. Imagine what you might be breathing if you’re in the vicinity of an active blower.

Tips for being a responsible leaf blower enthusiast:

- Review the city of Portland noise ordinance.
- Know that blower use is allowed only between November and February.
- Never use a blower on sand, bare dirt, gravel, fertilizer, pesticides or other loose material.
- Always use safety goggles.
- Always use a N-95 mask and noise dampening earmuff hearing protection. Ear plugs are not enough.
- Never use blowers near children, the elderly or pets. And never aim an active blower at anyone.

Spring is in the air. Be safe out there.

Karen is a retired early childhood community educator, health and safety trainer.



Leaf blowers come in all shapes and sizes, with special risks and with rules about what time of year they can be used. Photo by Karen Wells

Editor’s note: Visit ConcordiaPDX.org/ more about how to buy, use and beware of leaf blowers.

Make self care an easy flow



By Penny Hill
Rising Sun Massage

So much to do, just to take basic care of yourself. Eat right, exercise, hydrate, stretch; get good sleep; see the chiropractor, massage therapist, acupuncturist. So many choices – do I do yoga, Tai Chi, dance? Do I meditate sitting or walking?

Who has the time? There’s a lot to do. I offer the thought that some things can be combined. Stretching and meditation come to mind. Stretching should be done in a mindful way after all.

Really focus on one stretch and hold it for minutes. Sink your focus into your body and breathe. Try different angles as you stretch. Go just to the edge of a comfortable stretch and ride the wave of muscular releases as you go deeper but gently into the stretch. Focus only on the sensations from your tissues.

There you go, you’ve meditated and stretched.

What else? Vacuuming with lunges? Have two minutes while water boils for

tea? Do some qi gong. At the computer? Sit up straight and tighten your abs, pull your shoulders back.

Watching TV? Do some tapping to reduce your cortisol levels at the end of the day. Tapping – or EFT – is great for switching your brain to sleep mode.

Move self care off the “to do” list. Let it become part of the day’s flow. Adopt an attitude that self care is as integral as breathing and moving.

Indeed, one mindful breath at a time – whether strung together with others or scattered throughout the day – is a meditation practice. Whether they be moments or months, be mindful to practice: “I love myself.” “I prioritize myself.” “I’m worthy.” “I deserve.” “There’s enough time for me.” “I have a lot to give, and I receive freely.”

Whatever makes you glow inside. Practice glowing!

Penny, L.M.T., is owner of Rising Sun Massage and CalmHealthEase.com, EFT Tapping for Less Stress and More Happy. She is a cofounder of Concordia Area Massage and Bodywork Professionals.

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Ask the Historian

What’s in this neighborhood’s name?

The question:

OK, I know this might seem obvious, but is it really? Where does our name Concordia come from and what were we called before that?

– Dan Werle

The historian reports:



By Doug Decker
Historian

No surprises here, Dan. Yes, the neighborhood we think of today as Concordia takes its name from Concordia University.

Opened in 1905 on six acres of land that was then at the edge of Portland city limits, Concordia College was a simple two-story wood frame building that was home to the Oregon and Washington District of the Synod of the Norwegian Evangelical Lutheran Church in America.

Before being known as Concordia, our area had several names, all stemming from the titles of the survey plats filed by real estate developers.

Operating primarily as a high school program for young men until the 1950s, Concordia gradually evolved into a junior college, added a co-ed mission and additional facilities in the 1950s, and became a full-fledged four-year college in 1977.

Along the way as Concordia’s physical presence began to expand, the adjacent neighborhood took on its name, as in “We live over near Concordia.” The first official reference we could find either in reporting or city reference to the Concordia neighborhood is the mid-1970s.

But here’s where it gets interesting. Before being known as Concordia, our area had several names, all stemming from the titles of the survey plats filed by real estate developers.

These names are lost to history today, but back then you probably would have told someone you lived in Irvington Park (not to be confused with Irvington), or in the Town of Creighton, or the Heidelberg Addition, or maybe the Foxchase Addi-



What’s in a name? For this neighborhood, it’s the local university. Photo courtesy of Concordia University

tion.

All four are underlying plat names filed by developers who built the streets, alleys and houses in what we think of as Concordia today.

In those days – whatever you called it – our neighborhood was nearly off the radar screen, at the far end of the streetcar line, beyond the sewer and water system.

Here’s how the July 23, 1911, issue of The Oregonian described the early neighborhood:

“Extensive improvements are being made in that portion of Irvington Park near the Concordia College building. This part is out in the open ground. Here the streets are being graded and cement sidewalks are being laid.

“Twelve cottages, costing on an average of \$2,000 each, have already been built in this new part of Irvington Park. Last week an eight-inch water main was laid on East Thirtieth street north nearly to the Concordia College building, which will greatly increase the water supply of that territory.”

Editor’s note: If you have a question for the neighborhood historian, send it to NewsEditor@ConcordiaPDX.org, for Doug to do some digging. Check out his blog for more on local history at AlamedaHistory.org. If you enter the search term “plat,” you’ll learn more about the obscure names that once defined this area.

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Concordia community events calendar

Fridays, March 2, 9, 16 & 23, noon
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

March 2, 6-9:30pm
SLOUGH CELEBRATION GALA – YEAR 20!
Location: Embassy Suites, 7900 NE 82nd Ave
This year, the Columbia Slough Watershed Council’s biggest fundraising event features a carefully curated silent auction, awards ceremony, wine wall raffle, delicious dessert dash, photo booth & banquet.
Tickets and details: cumbiaslough.org/events/event/69/

Sunday, March 4, noon-4pm
20 IS PLENTY YARD SIGN GIVEAWAY
Location: Vernon Elementary School, 2044 NE Killingsworth St
You can help get the word out that the speed limit on residential streets is being reduced from 25 to 20 mph. The city will distribute free yard signs at this event.

Tuesday, March 6, 6-7:30pm
POOR PEOPLE’S CAMPAIGN ORIENTATION
Location: Ainsworth United Church of Christ, 2941 NE Ainsworth St
This orientation is for anyone interested in learning more about the national call for a moral revival. Hosts are: Ainsworth United Church of Christ, Sisters of the Road, Social Welfare Action Alliance and Western Regional Advocacy Project.
RSVP: mbeemer@wraphome.org

Saturday, March 10, 9am
SPRING BOWER LANDSCAPE & BEAUTIFICATION
Location: Cerimon House, 5131 NE 23rd Ave
Working with Friends of Trees, Cerimon House volunteers will plant seven alder trees in the front yard bower. They’ll also transform the flower beds with plants purchased with a considerable nonprofit discount from Portland Nursery. Donations gladly accepted to pay the remaining costs. Volunteers – with garden tools – are welcome at this daylong work party.
Details: cerimonhouse.org

Sunday, March 11, 3-5pm
CONCORDIA UNIVERSITY WINTER CONCERT
Location: St. Michael’s Lutheran Church, 6700 NE 29th Ave
The Concordia University Concert Choir & Christi Crux Ensemble perform at the annual Winter Concert/Lent Presentation.
Details: free admission, offerings accepted



Tuesday, March 13, 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

Thursday March 15, 5:30-7:30pm
BRING YOUR OWN BOAT PADDLE (BYOB)
Location: 5300 N Marine Drive
Load up your canoe or kayak for a spring-time paddle around the biggest urban wetland in the U.S.. This on-the-water tour is guided by Friends of Smith & Bybee president Troy Clark & the watershed council’s outreach director. The group will go in search of bald eagles, otters, turtles & osprey. You must bring your own canoe or kayak & life

jacket to participate. No equipment is available to borrow.
Details/registration: \$10 suggested donation, suitable for adults & teens 12+, pre-registration requested, contact Susanne Raymond, susanne.raymond@cumbiaslough.org, 503.281.1132

Friday, March 16, 7-9pm
CONCORDIA UNIVERSITY INSTRUMENTAL CHAMBER MUSIC CONCERT
Location: Concordia University Fine Arts Building
The Concordia University Brass, Handbells & String ensembles perform at the annual Instrumental Chamber Music Concert.
Details: free admission, offerings accepted

Saturday, March 17, 9-11:30am
ATTRACTING POLLINATORS TO THE URBAN GARDEN
Location: Oregon Food Bank, 7900 NE 33rd Dr
Gardens are pollinated by a variety of insects that help flowers set seed & help fruit & vegetable plants produce edible harvests. Many flies, beetles, moths & butterflies at your doorstep provide critical pollination services. In this workshop, you’ll discover a plant palette to help attract & support pollinators & go beyond the bloom to consider ways to provide shelter, water, nesting & overwintering sites.
Details/registration: emswcd.org/workshops-and-events/upcoming-workshops/

Saturday, March 17, noon-4:30pm
6TH ANNUAL RESPITE DAY FOR FAMILIES OF CHILDREN WITH DISABILITIES LOCATION: CONCORDIA UNIVERSITY
Parents, guardians or other caregivers of children with special needs, ages 3-14, are offered an afternoon off to see movies, read or run errands. This fourth annual respite afternoon is provided by the Concordia University College of Health & Human Services with special support from Bethesda Lutheran Communities & Thrivent Financial.
Pre-registration required: cu-portland.edu/giving-back-good

Saturday, March 17, 5:30pm
VERNON PTA AUCTION
Location: Melody Ballroom, 615 SE Alder St
The eighth Annual Vernon IB World School Auction beckons school families, friends & community members to raise money for supplies & the programs for students. Bid in the silent & oral auction on items donated by Portland businesses, local artists & Vernon students. The event also includes a raffle, games of chance, class art & live music.
Tickets/details: vernonpta.org/auction-2017-2/

Sunday, March. 18, 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 March theme is "Spring Seeds." \$10 suggested donation
Appointments/details: cerimonhouse.org

Sunday, March 18, 3-5pm
CONCORDIA UNIVERSITY WIND ENSEMBLE CONCERT
Location: Concordia University Fine Arts Building
The Concordia University Wind Ensemble performs at the annual Wind Ensemble Concert.
Details: free admission, offerings accepted

Monday, March 19, 7pm
OREGON HUMANITIES’ CONVERSATIONS PROJECT: WHAT WE RISK – CREATIVITY, VULNERABILITY & ART
Location: Concordia University George R. White Library & Learning Center
Guest Speaker is artist & educator Jason Graham, a slam poetry champion, speaker & performer.
Details: oregonhumanities.org



Saturday March 24, 9am-1pm
SLOUGH 101 WORKSHOP
Location: McKinstry Co, 16790 NE Mason St
This hands-on workshop will explore the unique character, challenges & opportunities of the Columbia Slough & its watershed. You’ll learn about soil & sediment in relation to water quality, how the slough has changed across time & what that means for fish, wildlife, people & businesses.
Details: Susanne Raymond, susanne.raymond@cumbiaslough.org, 503.281.1132

Saturday, March 24, 10:30am-noon
SPRING EGG HUNT
Location: Concordia University Campus Green
Families of children ages 1 to 12 years with food restrictions are welcome for fun, games & allergy-friendly egg hunts. After filling their baskets with plastic eggs, kids trade them for goodie bags filled with age-appropriate nonfood treats.
Details: foodfreefun.org

Sunday, March 25, 1-3:30pm
NATIVE PLANTS
Location: Northeast Coalition of Neighborhoods, 4815 NE 7th Ave
This introduction to common native plant communities in Portland shows examples of species that do well in similar growing conditions. You’ll learn successful planting tips that will help them thrive & more. A slideshow highlights characteristics & desired growing conditions of many local favorite native groundcovers, shrubs & trees.
Details/registration: emswcd.org/workshops-and-events/upcoming-workshops/

Friday, March 30, 5-8pm
STUFF PLASTIC EGGS FOR CNA SPRING EGG HUNT
Location: American Legion Post 234, 2104 NE Alberta St
How many volunteers does it take to stuff several thousand plastic eggs with prizes & treats? Find out during this party atmosphere volunteer event.
Registration: none required



Saturday, March 31, 10am SHARP
CNA SPRING EGG HUNT
Location: Fernhill Park
How long does it take hundreds of children to find several thousand treat- or prize-filled plastic eggs? Ten minutes. So don’t be late.
Registration: none required

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.

GREAT FOOD | MUSIC | BEER & WINE

MARCH 2018

1

ALTAN + LÚNASÁ + KEVIN BURKE

2

KATE DICAMILLO
“AN EVENING OF HOPE”

3

AN EVENING WITH
JOHN MCCUTCHEON

4

MASTERS OF
HAWAIIAN MUSIC
GEORGE KAHUMOKU, JR.,
LED KAAPANA,
& JEFF PETERSON

7

CHRIS SMITHER

8

SHARP EDGES
THE TONYA HARDING
FILM FESTIVAL

9

CHAMBER MUSIC NORTHWEST
CURTIS ON TOUR:
BERNSTEIN’S 100TH
BIRTHDAY CELEBRATION

15

SIERRA HULL
+ PHOEBE HUNT

17

1 PM

HAWAIIAN SLACK KEY
GUITAR FESTIVAL

17

KEVIN BURKE
PRESENTS
AN IRISHMAN’S JOURNEY
ST. PATRICK’S DAY CONCERT

19

SCIENCE ON TAP
THE NATURE FIX: WHY NATURE
MAKES US HAPPIER, HEALTHIER,
& MORE CREATIVE

20

JORDAN RUDESS
BACH TO ROCK: A
MUSICIAN’S JOURNEY

23

JOHN GORKA
+ AMILIA K SPICER

24

25

SOMETHING TO TALK ABOUT
A PORTLAND BONNIE RAITT TRIBUTE

28

KALANI PE’A

30

HENRY ROLLINS

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