



# CONCORDIA NEWS

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

June 2018

## Are you ready?

Fernhill Park comes alive with the strains of music Friday, July 6.

The music continues the following four weeks and culminates Friday, Aug. 3, with the movie “Isle of Dogs” in English with Spanish subtitles.

See Page 4 for details

### CNA Mission Statement

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

### Concordia News

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

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

## Join me: be a reading mentor

By Tricia Elder  
AARP Experience Corps

**V**olunteer! Help Children Read. “Hey, that sounds like fun. I bet I could do that,” I thought when I saw the ad in Concordia News.

But I’m no teacher. What could I really do? Would I be in a classroom? Choose my own books? Would the teacher guide me? How much time would it take?

The answers are: I’m in a classroom, I can choose my own books and word games or use those provided, I have guidance and input from the teacher, and I’m in class about eight hours every week but I could be there as few as four.

Volunteers who earn a stipend serve about 10 hours a week.

When I contacted Metropolitan Family Service (MFS), which administers the AARP Experience Corps program, I learned it’s nationwide and has been operating for many years.

Older adult volunteers are carefully screened, interviewed by MFS staff, and given 12 hours of training in literacy strategies and building relationships before being assigned to classrooms that have requested them. More training is conducted throughout the year.

Teachers identify four vulnerable students who would benefit from tutoring and match them to a volunteer with whom the children will work one-on-one or in small groups. Although volunteers work most intensely with their matches, they also provide literacy assistance to other children while in the classroom.



**Concordian Tricia Elder volunteers with AARP Experience Corps to help Prescott Elementary kindergarteners improve their reading skills. She enjoys it and so do the students. Photo courtesy of Metropolitan Family Service**

I’ve been at Prescott Elementary for the past four years, the past two years in kindergarten. What a dramatic difference it makes to work with young children! In just a few minutes at a time a few days a week, a child can learn not just letters and sounds, but words and sentences.

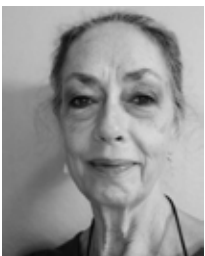
Today I worked with two of my matches playing a rhyming game they enjoy. We put letters in front of “at” to

make these words: cat, chat, bat, brat, fat, flat, sat, spat, splat, that. I did not read the words to them; they sounded out and read the words to me.

These kids are 5 and 6. I’m matched to them because they needed help in October and, after just a few months of reading and playing with words to augment regular classroom instruction, they’re flying!

Please consider volunteering for our Experience Corps team, and help children read. Hey, it’s fun and you really can do that.

Email [Volunteer@mfs.email](mailto:Volunteer@mfs.email) or call 503.290.9427 and I’ll see you next autumn.



*Tricia Elder volunteers for AARP Experience Corps and performs data input for the Sierra Club. She also maintains an online real estate database for surveyors and lenders working in the rural Texas county where she and husband Steve lived previously. Tricia is happy every day to wake up in her Concordia neighborhood.*

## Last Thursday returns to Concordia June 28

**L**ast Thursday comes of age this, its 21st year.

The 2018 summer season debuts Thursday, June 28, from 6 to 9 p.m. Pedestrians take over Alberta Street – between 15th and 30th avenues – to dine, be entertained, sample the creations of artisans in the street, visit retail shops, explore galleries and just stop to watch people.

Admission is free, and longtime attendees report it’s fun.

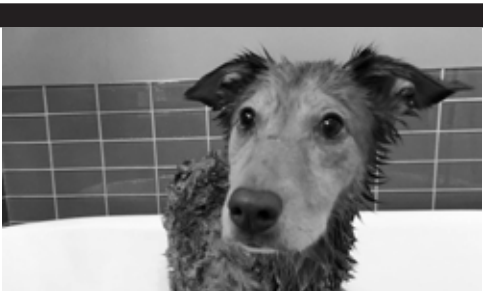
Vendors, the deadline for registering for the June 28 event is Wednesday, June 20. Visit [LastThursPDX.org/user](http://LastThursPDX.org/user).

Everyone, mark your calendar for Last Thursday’s repeat dates July 26 and Aug. 30. For details about Last Thursdays, visit [LastThursPDX.org](http://LastThursPDX.org) or contact Greg Raisman, [Greg.Raisman@portlandoregon.gov](mailto:Greg.Raisman@portlandoregon.gov), 503.823.1052.



**BISTRO CELEBRATES 20TH**  
Bernie’s celebrates silver with the community that supports it.

See Page 6



**DON’T LET FLEAS TAKE OVER**  
You can fight nature without deploying chemical warfare

See Page 9



**OLD CHURCH PERFORMS NEW ROLE**  
Structure serves faithful 101 years, now entertains audiences.

See Page 11



CNA VOICES

By Garlynn Woodsong  
CNA LUTC Committee Chair



It's time to join the CNA LUTC

It's an exciting time to be involved with the Concordia Neighborhood Association (CNA) Land Use and Transportation Committee (LUTC). That is fortuitous, because it also just so happens the committee has four current vacancies.

In May, the CNA Board approved sending another comment letter to the city of Portland concerning the Residential Infill Project (RIP). Once again, the board acted upon a recommendation from the LUTC to ask the city to make fourplexes legal within the zones covered by the project, among other recommended changes to staff's proposed plan.

The board has gone on record with letters recommended by the LUTC such as this multiple times during the past four years. The board's position on this issue comes from a deep-seated desire for more equitable outcomes from the local housing market.

Recently, the LUTC has worked with the board to apply for a pilot program for residential parking permits to help manage parking demand adjacent to the Alberta Street commercial district.

For many years, the LUTC and board have worked to try to improve bicycling in the neighborhood – and indeed around the city and region – recognizing that bicyclists often leave neighborhood boundaries

Efforts include:

- Working with the city on the 20s Bikeway Project

- Advocating for better bicycle access from downtown through Sullivan's Gulch to the Columbia River Gorge
- Advocating for more physical diversion to prevent automobile cut-through traffic from damaging the city's investment in bicycle greenways to provide safe bicycle infrastructure for Portlanders of all ages.

The LUTC is now recruiting new members to bring new energy and to help share the load of working on these exciting topics and more.

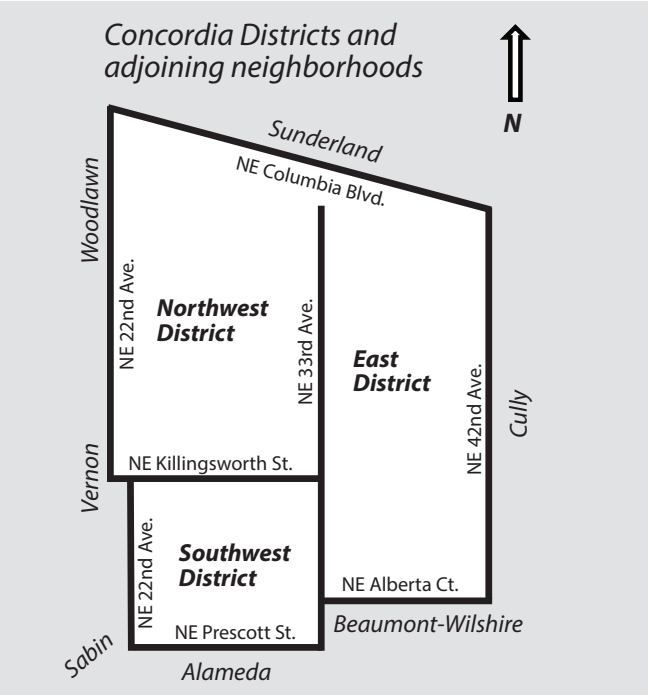
If you, or somebody you know who lives, works, or owns property in Concordia – and

who is interested in these or similar issues related to land use and transportation – please come to a meeting.

We meet the third Wednesday of each month from 7 to 9 p.m. in the Community Room in the southeast corner of McMenamins Kennedy School. Our next meeting is Wednesday, June 20.

*Garlynn Woodsong lives on 29th Avenue, serves on the CNA Board and is an avid bicyclist. He also is a dad who is passionate about the city his son will inherit. He is the planning + development partner with Cascadia Partners LLC, a local urban planning firm. Contact him at LandUse@ConcordiaPDX.org.*

*The LUTC is now recruiting new members to bring new energy and to help share the load of working on these exciting topics and more.*



CNA Board of Directors

Chair | Chair@ConcordiaPDX.org Chris Lopez  
East 1 | East1@ConcordiaPDX.org Jody Pollak  
East 2 | East2@ConcordiaPDX.org Steve Elder  
Northwest 1 | NW1@ConcordiaPDX.org Isham "Ike" Harris  
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At Large 4 | AL4@ConcordiaPDX.org Sonia Fornoni  
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

Concordia Neighborhood Association

Board Meeting

1st Wednesday of the month, Wednesday, June 6, 5:30 p.m., McMenamins Kennedy School Community Room

General Meeting

Wednesday, June 6, 7 p.m., McMenamins Kennedy School Community Room

Social Committee

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

Media Team

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

Land Use & Transportation Committee

3rd Wednesday of the month, Wednesday, June 20, 7 p.m., McMenamins Kennedy School Community Room, contact LandUse@ConcordiaPDX.org

Finance Committee

Last Wednesday of the month, Wednesday, June 27, 7 p.m., McMenamins Kennedy School Community Room, contact Jody Pollack, East1@ConcordiaPDX.org

CONTACTS

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CNA Treasurer

Heather Pashley, Treasurer@ConcordiaPDX.org

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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

MEDIA TEAM

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Have you checked out CNA's new Facebook page?



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

- CNA Board meeting invites & meeting minutes
- Neighborhood events
- CNews story highlights
- Community discussions

Visit Facebook.com/groups/ConcordiaPDX/ today.





Concordia murals

# 2-panel mural lives on in local memories

By Karen Wells  
CNA Media Team

The Alberta Art Hop of 2010 was the culmination of many coming together to celebrate the creative spirit. The weather was exceptional, and children of all ages joined in the excitement of the day.

Three murals were born that day destined to be on permanent display at three locations along Alberta Street. Esteban Camacho was one of two muralists creating murals for the Art Hop.

Esteban’s mural “Spirit of Community and Service” was located at 422 N.E. Alberta St. It was a two-panel mural wrapping around the north and west exterior walls of the 1928 building, both picturing construction work in progress

The north panel depicted wall framing with an outlet, ceiling framing, a circular



This two-panel mural, as it appeared in 2010, graced the building at 422 N.E. Alberta St. but it was lost recently to renovation. Photos by Karen Wells

saw at the ready, an open ladder and floor framing leading to a tranquil treed scene. Muted shades of brown, blue, and gray are in contrast to the vibrant greens and blues of the pastoral scene. Esteban skillfully used linear and aerial perspectives

to draw the elements together. The west panel was another masterful example of perspectives: a scene of gardens, an intersection of nature and community in balance, abundant plant life and birds in flight. Lush greens, bold browns and serene blues dominate the scene of people tending the earth. A cat watched the action while children played under billowy clouds.

The building was sold in 2014. Modern Domestic, which offers sewing products and lessons, moved to the site in winter 2016, but the mural is gone. Business owners hope to have a mural of their own one day.

Although the “Spirit” mural was lost during renovation of the building, the Portland State University (PSU) School of Social Work commissioned Esteban to create and install a multi-themed/multi-paneled mural depicting “Peoples

of the Columbia,” “Vanport Flood” and “Oregon’s History of Natural Resource Use.” This mural currently adorns the interior walls of the Academic and Student Recreation Center building at PSU.

*Editor’s note: Do you want to know more about Esteban Camacho’s work? About Art Hop? Other murals? Visit [ConcordiaPDX.org/murals/Camacho](http://ConcordiaPDX.org/murals/Camacho) for a look at the resources consulted for this story.*



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

## Sonia Fornoni joins board



Sonia Fornoni

Sonia Fornoni, Concordia resident for a year, was appointed in April to the Concordia Neighborhood Board of Directors. She fills the vacancy created late last year by the resignation of Daniel Greenstadt, longtime board member.

Her term ends Dec. 31, and it will be up for election or re-election at the Nov. 7 CNA Annual Meeting.

## Speak up in person or online to help TriMet set priorities

TriMet is asking your help – in person and via an online survey – to shape priorities for new funding for public transit under the Keep Oregon Moving law passed by the Oregon legislature last year.

It provides ongoing payroll-tax funding to improve and expand public transportation statewide. Locally, it could mean an additional \$55 million each year.

At a recent meeting in Concordia, TriMet officials reported that TriMet may invest in more electric buses and deploy new service in the next five years from the Parkrose Sumner Transit Center to

downtown Portland via Prescott and Alberta streets, and MLK Boulevard. A new bus yard is also in the works at 42nd Avenue and Columbia Boulevard in the next two years.

A series of workshops is planned to offer you information and ask for your input. The next one is Wednesday, June 6, 6-8:30 p.m. at Ride Connection, 9955 N.E. Glisan St. Your RSVP is requested, and a light dinner will be provided, along with child care and interpretive services.

RSVP at [TriMet.org/futureservice/](http://TriMet.org/futureservice/). At the same website, an online survey is available for you to register your opinions and/or learn more information.



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## Volunteer Help Children Read!

AARP Experience Corps  
For adults age 50 and over

- Tutor K-3rd students in Eastside Portland area schools.
- Full training provided. No previous experience required.
- Up to 10 hours per week. Stipends may be available

Apply now for school year 2018-19

Call 503-290-9427

or email

[volunteer@mfs.email](mailto:volunteer@mfs.email)





# Music (and a movie) Coming to the park near you

If you haven't already, mark your calendar for loads of summer fun July 6, 13, 20, 27 and Aug. 3.

Five bands from among the best the Pacific Northwest has to offer perform in Fernhill Park. Four play in July's Fernhill Concert Series, and the fifth during the Aug. 3 National Night Out festivities. Also, following the August concert, is an outdoor movie that includes free popcorn, children's activities and other tasty treats under the stars.

Each Friday, bring a blanket or chairs, a picnic dinner – or some cash to purchase your dinner at the park – and be ready to rock! Activities are on the west side of Fernhill Park, beginning at 6:30 p.m.

**Friday, July 6:** Portland Interfaith Gospel Choir, traditional and contemporary black gospel music



**Friday, July 13:** Sonny Hess and Lady Kat, modern blues and soulful rhythm and blues



**Friday, July 20:** Trujillo, Chicano/ Mexican American rock 'n' roll



**Friday, July 27:** The Slants, Chinatown dance rock



**Friday, Aug. 3: Concert:** Eric John Kaiser (Portland's French Troubadour), Parisian Americana

**Movie:** Isle of Dogs (2018) PG— English with Spanish subtitles



## You can help bring this entertainment to Concordia

Unfortunately, funding for the series is still \$7,000 short.

There are three ways you can help bring these shows to Concordia:

- Make a donation on behalf of yourself or your family online or by mailing a check. For instructions on both, visit [ConcordiaPDX.org/concerts](http://ConcordiaPDX.org/concerts).
- Join the concert series fundraisers. There are currently only a few people volunteering to solicit support from businesses and organizations. To join those volunteers, contact Katie Ugolini, [KTUgolini@gmail.com](mailto:KTUgolini@gmail.com).
- If you own or manage a business, become a sponsor. You'll not only make a big difference in your community, but your business will receive plenty of publicity and appreciation. For details, contact Kawana Bullock Clayton, event producer, [K.BullockClayton@portlandoregon.gov](mailto:K.BullockClayton@portlandoregon.gov), 971.235.8671 or go online to the Portland Parks and Recreation Sponsorship Opportunities page at [PortlandOregon.gov/parks/article/663668](http://PortlandOregon.gov/parks/article/663668). Make sure to pull down the menu to "Fernhill Park" in the "Sponsorship Designation" field.



Eight fathers of Vernon Elementary School students comprise the Vernon Dad Band. Their gigs – block parties and other events – raise funds for the school. Photo courtesy of Vernon Dad Band

# Vernon Dads rock on

By Marsha Sandman  
CNA Media Team

Concordia resident Luke Griffin is a teacher and self-described mountain climbing troubadour. He and seven other talented and dedicated fathers – and sometimes moms – make up the Vernon Dad Band.

Five years ago the Vernon school choir needed back up musicians for the winter show singers, and the band was born. Each band member has a student or students at Vernon Elementary School.

The band performs holiday favorites at the winter program with singalongs that include Spanish and Jewish music. They play rock and roll cover songs at the Vernon Annual Fundraising Dinner and Auction.

There have been other band members and there will be others in the future, according to Luke. "As folks age out new folks come in."

Luke is the group singer. Kevin Hendrickson, professional musician who has led a string of pirate-themed bands, is a well-known composer and multi-instrumentalist who has created songs and scores for cartoons. Nate Flansberg is a guitarist, wine distributor and occasional Jedi knight. Michael Rhode works at the airport and is a nimble-fingered guitar player.

Kyle Delamarter, who plays guitar and accordion, spends his days creating special effects for theatre performances. Luke describes him as a soundman

extraordinaire. Tim Acock, bassist, is a photographer and aspiring fifth member of U2, according to Luke.

Turner Odell is lovingly referred to as a big jungle beat mediator. David Coniglio, a talented musician, works at the Portland School of Rock.

Janet Strong heads the PTA and is an occasional singer with the band.

It's all for a good cause. The big event of the year is the Vernon Annual Fundraising Dinner and Auction, which occurred in March. The annual gathering is a joint fundraiser put on by the Vernon Foundation and the Vernon PTA.

It helps to fund about 27 different areas including the music program teacher, supplies and musical performances; art supplies; library books; teacher grants; computers for kids; a garden program; and field trips. The goal this year is \$85,000.

For more information about the Vernon Dad Band, Vernon Elementary School and annual fund raising, contact Janet at [VernonPTA.org](http://VernonPTA.org).

You might even be able to talk the Vernon Dad Band into playing at your next block party.



After living east, south, north and west, Marsha Sandman is home at last. And she wants to hear your story. Contact her at [MarshaJSandman@gmail.com](mailto:MarshaJSandman@gmail.com).

## Letter to the editor

# Restaurant puts natives of other cultures at risk

It is about your story on the new Taco Pedaler at 42nd and Killingsworth. You note it is not locally owned.

You do not mention it is located next door to Santa Domingo Taqueria and Ole Frijule. These stores are owned and operated by folks who are serving the native fare that they grew up on. By operating the business store in that location, Taco Pedaler is siphoning off their livelihood. It is trying to copy their heritage and then make them redundant and unemployed in America.

Your story about the shop up the street in the old Roses Ice Cream, that was selling hamburgers and fries, has been changed by Jose Verde to food of his culture.

So you are giving coverage to businesses serving food from afar, but by highlighting the Americanized version of that food, you put natives of other cultures at risk.

Please use the power of your pen wisely. Be a broad umbrella. Run stories about how Taco Pedaler is ruining its neighbors' lives by copying their culture.

— Leon Oswalt

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](mailto:CNewsEditor@ConcordiaPDX.org).



# Greenway diversion is a matter of policy

By Tyler Bullen  
LUTC Vice-chair

Every morning before I strap on my helmet for a half hour bike commute into the Pearl, I wonder, “Is today the day I get hit by a car?” Given the number of miles I bike weekly, there’s a decent statistical likelihood of a collision with an automobile at some point in my life.

Despite the risks, I commute via bike, largely because it’s much faster than driving. It’s also cheaper, better for our environment and, when not competing for road space with cars, far more enjoyable.

Many Portlanders recognize this, which helps drive our nation-leading bike commute rates. Yet Portland’s bike commuting culture could be so much stronger if bikers felt truly safe on our streets.

Don’t get me wrong. We’re better than most other American cities. In 2016, Portland adopted Vision Zero, the concept that every road injury is preventable. We’ve lowered speed limits,

*It’s time Portland adopted an approach that will make a difference. Physical diversion ought to be a matter of policy on all neighborhood greenways.*

increased enforcement and expanded road safety education.

However, the only way bikers will feel materially safer on our ever-more-crowded city streets is to reduce the potential for collision with cars.

Concordia features many bicycle greenways, roads designated to be low trafficked by cars and well-suited for bicycles. In theory, these roads provide easy through routes for bicycles, free of impediments like stop signs. But roads without stop signs attract cars.

To combat this, diverters – structures that prevent or dissuade cars – are occasionally placed on these roads. Well-situated, diversions can dramatically reduce car traffic.

Going Street, northeast’s most utilized greenway, performs well. It features diversions at MLK Boulevard, and 7th and 15th avenues, and speed bumps throughout. But too often our neighborhood greenways function as nothing more than normal neighborhood roads, like 37th Avenue.

Nothing in city code requires greenways to have diversions, often rendering the designation nearly pointless. Without material separation, these roads do nothing to dissuade cars or increase bicycle safety.

It’s time Portland adopted an approach that will make a difference. Physical diversion ought to be a matter of policy on all neighborhood greenways.

The concept is fairly simple. Any greenway crossing a road with yellow dotted or solid lines requires a diversion. There are at least five such intersections in Concordia, and hundreds across Portland.

Diversion takes many forms, and each intersection should be considered independently. But, when executed properly, bikers will appreciate the reduced stress that comes when not constantly thinking of cars ahead or behind. More

people will leave their cars home in favor of bikes. Residents on these roads also benefit from fewer pollutants, noise and stress of cars. Portlanders can enjoy a more livable city.

Maybe I’ll even wake up one day no longer wondering, “Is today the day?”



Tyler Bullen lives with his wife and two boys in the southeast corner of Concordia.

## News from the NET Help support your local NET

By Tom Phillips  
Concordia/Vernon/Woodlawn NET

Our local Neighborhood Emergency Team (NET) is comprised of volunteers who live in three neighborhoods. We have taken initial and supplemental training to provide local area aid and assistance in the event of emergencies or natural disasters.

Our training allows us to be deployed by the Portland Bureau of Emergency Management to assist police or fire crews at situations such as downed power lines during high wind incidents or at areas flooded due to heavy rain incidents.

We are sometimes deployed to staff cooling centers in the summer or homeless shelters in the winter. Oh, and if there is a really “big one,” we will be there too.

While not everyone is expected to take the training to become NET members, you can be part of our team by providing other essential support. Specifically, we need to beef up our current limited cache of supplies and equipment.

Here are two ways that you can help:

- Visit [PortlandPrepares.org/about/fred-meyer-rewards/](http://PortlandPrepares.org/about/fred-meyer-rewards/) to link your Fred Meyer Rewards card to allow your rewards to accrue to the Concordia NET.
- Your donations will help us be prepared with items such as medical supplies, communications devices, and incident command site supplies and equipment.
- We all have a part to play in ensuring that our community has the knowledge, skills and equipment needed to help us successfully cope with any emergency situations that may come our way – large or small.
- Thank you for your contributions!



Tom Phillips is a volunteer member of the neighborhood emergency team that serves Concordia, Vernon and Woodlawn neighborhoods.



### Heart in Hand Preschool

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rsvp; [heartinhandpreschool.com](http://heartinhandpreschool.com)

\*\*\*\*\*

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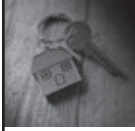
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### What’s Selling in Concordia?

187	Homes sold in RMLS in last 12 months as of May 15 <sup>th</sup>
5.05%	Increase in Average Sale Price since 2017
Avg. Sale Price in 2017: ..... \$503,593	
Avg. Sale Price currently: ..... \$529,022	
Avg. Days on market: ..... 24	

*This information provided by*  
Mark Charlesworth, Concordia resident & Broker  
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COMMUNITY & CREATIVITY  
CURIOSITY & CEREMONY

Located in the heart of the Alberta Arts District, Cerimon House is a humanities and cultural arts organization offering dynamic programming. This historic building was saved from the wrecking ball, and renovated with care. We are fully ADA compliant, and welcome your rentals.

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



**Sunday, June 17: 12noon - 4pm**  
Visit our website to schedule your 30-minute walk. Drop-ins are welcome.

*June Theme: "Emancipation"*  
*(in recognition of Juneteenth)*

JUNE EVENTS

**Textile Tuesdays**  
Each Tuesday 6:30pm-9pm  
Camaraderie and craftiness. Bring your textile project to work on and learn from others.

**The Cohort of Concordians**  
June 19 thru August 21  
Each Tuesday 4pm-6pm  
A youth summer summit with cohorts aged 11-17, working towards Peace.

**Resonance Ensemble**  
Sunday, June 24 at 4pm  
"Bodies" is a captivating vocal concert celebrating the LGBTQ community.

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

CERIMONHOUSE.ORG

Bernie's celebrates 20 years

Vanessa Miali  
CNA Media Team

Bernie's Southern Bistro owner and operator Kellie Courtney moved to the Pacific Northwest from Chicago in 1989. She tried Beaverton briefly and then landed in

*"I love this community and I've tried very hard to build a diverse clientele of regulars who all feel welcome and comfortable."*

— Kellie Courtney

Sellwood. But neither location felt right. "I found the northeast in 1992 and bought a house. It made me think of home because it was a diverse neighborhood, and everyone was so friendly and talkative," she said.

"I started Bernie's Southern Bistro



Southern style fare has earned the loyalty of customers and employees across the past 20 years. Kellie Courtney (second from the right) focuses on providing a place that connects to the neighborhood. Longtime employees are (left to right) Virgilio Panjoj-Velasquez, Ryan Gaskell and Angela Cavaleri. Photo by Chris Baker

because the neighborhood was screaming for a place to walk to, eat at and hang out." To this day, Kellie feels very connected to the Concordia neighborhood, and attributes Bernie's success to it.

"I love this community and I've tried very hard to build a diverse clientele of regulars who all feel welcome and comfortable."

Kellie also feels connected to her staff. Turnover is typical in the restaurant industry, but she has held onto her employees. Three of them have been at Bernie's upwards of 15 years.

"We're like a family and Kellie is a big part of it," said Angela Cavaleri, a longtime employee. "It's not unusual to know everyone sitting at the bar."

Colleague Ryan Gaskell agreed. "Sometimes we know everyone in the restaurant. I feel this is the best neighborhood to work in. The clientele is perfect."

The name Bernie's came from Kellie's grandfather, who was her guardian angel and a caregiver when she was growing up. Throughout her childhood, her grandmother's southern style cooking influenced her. Bernie's fried chicken and collard greens are perfect examples.

"Most of our family trips were culinary adventures in the South. My dad

was a chef who shared his passion and recipes for Creole and Cajun cooking with me."

Across the years, Bernie's has hosted recurring events like Bluegrass music on Wednesdays, Soulful Sundays for brunch and many Last Thursday celebrations. In 1999, Bernie's opened an outdoor patio and expanded the restaurant. It also has added a happy hour featuring small plates of house favorites.

Bernie's sponsors local events like the Fernhill Concert Series, a dining out initiative that helped build the playground at Fernhill Park and fundraisers for local elementary schools.

Bernie's is celebrating its 20-year anniversary with specials throughout June and a new spring menu. Check Facebook for details Facebook.com/berniessouthernbistro/.



Vanessa Miali has lived in Concordia for 18 years. She is a former public relations professional with two kids who cooks every day and gardens occasionally.

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.



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# Concordian directs county corrections group

By Christen McCurdy  
The Skanner News

Truls Neal worked at a juvenile detention center and at a mental health hospital before going on a ride-along with a juvenile probation officer and deciding to focus on helping people re-entering society. In April he was named Department of

oftentimes struggle to be involved in dominant culture programs,” Truls said. The DCJ is also adapting the program for African American women who, like their male counterparts, are overrepresented in Multnomah County’s criminal justice system. With a grant from the MacArthur Foundation, the county is also opening

*Truls created a re-entry coordination program for the county and, most recently, adopted a culturally-specific program for African Americans on parole and probation.*

Community Justice (DCJ) director. Since moving to Portland in 1992, he worked in Clackamas County as a probation officer for 15 years, and has worked for Multnomah County for the last 10. He’s worked in both juvenile and adult parole and probation services. Truls created a re-entry coordination program for the county and, most recently, adopted a culturally-specific program for African Americans on parole and probation. Habilitation Empowerment Accountability Therapy (HEAT) is a national curriculum used by 20 corrections departments nationwide, and the only one Truls could find that addressed African Americans specifically. “It’s a good program for males who

a 38-bed transitional housing development. “The population of people of color has moved east, and the services still tend to be downtown,” Truls said, which can make it difficult for people re-entering society after incarceration – who are likely to be transit-dependent – to access everything they need. Truls, with deputy director Erika Preuit, is also looking at shining a light on racial disparities in the system. One of the challenges with parole and probation, he said, is officers don’t have the power to arrest or prosecute, but probation officers do have the ability to “sanction” individuals they’re supervising, resulting in re-incarceration.




Twenty-five-year veteran of local county correction units, Truls Neal is now Multnomah County Department of Community Justice (DCJ) director.

Truls’ department will be monitoring trends in who is more likely to be sanctioned and for what offenses. The DCJ has also been beset with complaints of discrimination and low employee morale. Truls said the department is a microcosm of society, and many of the external debates around race are mirrored within the institution – but also said the department has adopted a strategic plan for improving communications and morale with staff. “There’s a unique stress to the work we do. That can be wearing on our staff. We’re trying to promote encouraging staff to take care of themselves,” Truls said. He also said the DCJ is committed to engaging with the whole community and addressing public concerns about striking a balance between keeping the community safe, and treating parolees appropriately. “We’re here to address their concerns around the safety of the community,” Truls said. Christen McCurdy is news editor of The Skanner News. This story is condensed and reprinted with permission from The Skanner News.

Want to get to know your neighbors?

Want to get involved locally?

Join us at the next Concordia Neighborhood Association General Meeting on Wednesday, June 6, 7-9 p.m. in the McMenamins Kennedy School Community Room.



For more information, visit [ConcordiaPDX.org/get-involved/](http://ConcordiaPDX.org/get-involved/)



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Art Corner



\$6 helmet sales on tap at Emanuel

Since its inception more than 25 years ago, Legacy Helmet Sales has distributed 130,000 low-cost helmets in the Portland area.

Last year Trauma Nurses Talk Tough (TNTT) – a Legacy Health service, aided by the Oregon Trial Lawyers Association – distributed 5,000 helmets.

This summer, three of the sales events are scheduled at nearby Legacy Emanuel Hospital, 2801 N. Gantenbein Ave. All will be in the Atrium from 4 to 8 pm. June 6, July 25 and Aug. 22. A June 23 event is scheduled at Good In the Hood King School Park, at 6th Avenue and Humboldt Street, from noon to 4 p.m.

The goal is put an end to preventable injuries and deaths, which the trauma nurses and trial lawyers report they see altogether too many each year.

State law mandates anyone younger than 16 must wear a safety helmet labeled “ANSI” and/or “Snell approved” while on bikes, scooters, skateboards and in-line skates while in public places.

Legacy Helmet Sales, however, sells bicycle and multi-sport helmets in toddler through adult sizes. The price for each is \$6. At sales events, professionals and volunteers fit and adjust the helmets for each recipient.

In fact, more volunteers are needed for this year’s events, and training is provided. To volunteer, contact Geri Bartz



Bicycle helmets – and protective helmets for multiple sports – don’t work well if they aren’t fitted well. Trauma Nurses Talk Tough offer reduced-price helmets and the expertise to fit and adjust them at events this summer. Photo courtesy of Legacy Health.

at GBartz@lhs.org or 503.413.1092. TNTT’s mission is to teach people of every age how to reduce risk of injury through properly fitted bicycle helmets, proper use of car seat and seat belts, safe driving, and a reduction in falls by senior citizens. For more information about the TNTT program, visit [bit.ly/2LqwTCY](http://bit.ly/2LqwTCY). For details about the helmet program and sales, call 503.413.4960.



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# You can treat fleas and ticks the natural way

By Laura Amiton  
CNews Guest Writer

Have you experienced fleas or ticks after taking your dog out this spring? Well, you’re not alone. In fact, many pet owners are talking about this after walking through the neighborhood or visiting local parks. Fernhill and Alberta parks are not immune to these little critters, and neither is your own yard. Fleas pose an issue all year long but become worse in spring and summer. Ticks are seasonal, showing up in spring and fall. If you have ever had fleas in your home or on your pet, you may understand the gamut of issues that may result. Itchy, bumpy skin; hot spots from your pet chewing; and tapeworms are not fun. How do you know if your pet has fleas? One way is to use a flea comb. The fine-toothed comb, when brushed through the body, will pick up any fleas as well as what is generally called “flea dirt.” Flea dirt is dried blood and, when added to a

drop of water, it turns red. If one or both are present, you have fleas. Without treatment, flea infestations happen quickly. In fact, every female flea lays on average 30 eggs per day. For every adult flea seen, 95 percent of the fleas are invisible to us, waiting to hatch. It’s known that to successfully treat them, we cannot ignore treating the environment. Traditionally, many of us have used “flea bombs” to fumigate our homes. Although somewhat effective, those are chemicals, so there are downsides. What do you do if you have fleas? I recommend natural flea control in the home and yard.

- Clean, wash and vacuum throughout your house daily.
- Bathe your pets. Completely lather the neck first to “trap” the fleas on the body. Use a flea comb to pluck off any fleas on the face and ears.
- Pick up beneficial nematodes from local stores such as Roots Garden Supply or Backyard Bird Shop. These microscopic organisms feed off insect



Willa may not enjoy her bath. But her best friend knows she enjoys the flea control it provides. Photo by Laura Amiton

## What does self care look like to you?

By Penny Hill  
Licensed massage therapist

Health nut. Remember that phrase? When health food stores, jogging and other healthy activities entered the mainstream consciousness, it seemed a bit crazy to try to improve your health with exercise and vitamins. I hear from clients all the time about their aches and pains. And, when I ask what they have done about them, far and away the answer is a sheepish “nothing.” Although the obvious remedies of ice and heat are readily available, we may feel we’re getting a bit nutty if we take care of our health. It’s not crazy – it’s smart. So, what would a self care routine look like? It’s paying attention to what doesn’t feel quite right, what feels a little off – paying attention and taking action. Every day. “Things are most easily resolved when they are small.” That’s wisdom from the Tao. Upon waking up, do some stretching in bed, and drawing the alphabet with your toes. Press your hips into the bed and undulate your spine. Roll your shoul-

ders. Stretch your neck.

- When you feel a twinge, go nutty and don’t ignore it. Ice it.
- When you’re putting on your lotion, dig in a little deeper around your joints. Find some sore spots? If so, go nutty – and put some liniment on them.
- While sitting and watching TV, put an ice pack or hot pack on something. Whether it hurts now or not.

You know your day took its toll on some part of your body. Don’t wait for the pain. Get ahead of the curve. Stretch while you’re waiting for the bus. Smile and indulge in uplifting feelings. Don’t let sad and hurt go unnoticed and unaddressed. Make choices. Take small regular steps in the direction of your health and wellbeing.



Penny Hill is owner at Rising Sun Massage and CalmHealthEase.com, EFT Tapping for Stress Relief. She is also a cofounder of Concordia Area Massage and Bodywork Professionals.

larvae. This only takes a few hours and your yard will be flea (and aphid) free in no time. Here are a couple of natural preventatives that won’t hurt your pet or the environment:

- Flea comb daily. Dunk fleas in a bowl of soapy water.
- Apply a natural, effective flea repellent to your pets. Flea Flicker! Tick Kicker! by Ark Naturals and Herbal

Insect Repellent Spray by Mad About Organics are safe to use on dogs and cats.




Laura Amiton is a Portland native and animal advocate who has dedicated her life to helping pets and their people. She owns The Filling Station Pet Supplies, formerly Healthy Pets Northwest, on both Alberta Street and in Tigard. You can reach her at [Laura@TFSpets.com](mailto:Laura@TFSpets.com).

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# Intentional community nears completion

By Tamara Anne Fowler  
CNA Media Team

Organic. Non-GMO. Humane pet food. And now intentional communities are the wave of a green future. One is in next door neighborhood Cully.

An intentional community is a cluster of private homes, with shared interior and exterior spaces, designed to benefit groups of people of all ages. This makes it easy to form clubs, organize child and elder care, and to carpool.

Cohousing facilitates interaction among neighbors and thereby provides

named after a favorite children's book.

Eli partnered with Mark Lakeman. Mark, the owner of Communitecture, has worked with Eli for more than a decade. He started with volunteer work at Dignity Village.

Cully Grove homes were presold to people looking for community living. Some of the residents, including Eli's family, had previously lived at other cohousing communities.

The development sits on nearly two acres right in the heart of Cully near 42nd Avenue. It is comprised of single-family residences with a large shared

*They work together to enhance and beautify the landscape.*

social, practical, economic, and environmental benefits.

Members share common amenities such as garden plots, open outdoor areas, tools, a common house for large gatherings, guest rooms and more. They work together to enhance and beautify the landscape. That also creates a sense of being part of something larger than themselves – while they also enjoy private homes to retreat to with family and friends.

Cully Grove is the most recent, full-scale intentional community built by Eli Spevak, the owner of development company Orange Splot LLC, a company

garden, bike parking, tool library, inter-connecting pathways, and a central grove of trees perfect for planned or spontaneous gatherings.

Eli assembled the Mason Street property in 2014 and 2015. After going through several design iterations with Communitecture, they submitted for permits in late summer 2016 and broke ground in spring 2017.

It offers opportunities for those looking to move either up, or down. "Orange Splot focuses on walkable neighborhoods, where it's possible to get to transit, groceries, restaurants, schools and parks without always having to jump




The Mason Street Townhomes development is a forerunner of the housing trend – an intentional community. Photo courtesy of Amber Turner

in a car," pointed out Amber Turner, principal real estate broker.

The development is within easy walking distance of an Albertson's grocery store, coffee shops Bison and Beeswing, the five-corner restaurants and food carts, and less than 100 feet from a bus stop. It's also within easy walking distance of Wellington Park and Rigler and Scott elementary schools.



Tamara Anne Fowler is a copy/content editor, fiction editor and accountability coach. Visit her at [EditKitten.com](http://EditKitten.com), email her at [Tamara@editkitten.com](mailto:Tamara@editkitten.com) or call 310.359.6038. She would love to hear from you.




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## Creative Concordia!

Featured art from the halls of Rigler School



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Ask the Historian

114-year-old church serves as theater

By Doug Decker  
Historian

The question:

What's the history of 602 N.E. Prescott St., and when did Portland Playhouse take it over and begin producing plays there?

– Karen Wells

The historian reports:

We love it when readers write with a question about a specific building that's had a long and interesting journey like this old church. We know it today as the Portland Playhouse – and it's recently undergone a major overhaul inside – but it started out life as the Highland Congregational

*The building was vacant for several years and, like many older area churches, was sinking under abandonment and deferred maintenance.*

Church Jan. 3, 1904.

A news story in The Oregonian from the next day reported on its construction: “The Rev. D.B. Gray reported the cost of the building was \$4,709.15 and the 100 x 100 lot had cost \$800. The community raised \$600 and the Oregon Missionary Society provided the rest.

“The Sunday school associated with the church had 150 children. Plans for the church were furnished by L.B. Volk of Los Angeles, California, and Peter Wiser was the builder. The building is modeled after the Mizpah Church at East Thirteenth and Powell streets.”

The story went on to say why the new church was so symbolic for the surrounding community:

“The dedication signalizes strikingly the wonderful growth of the city to the northeast as fully 500 homes have been built in the Highland District in the last two years, besides a schoolhouse now occupied by 500 students.”

From the mid-1920s until the early 1950s, the building was referred to as Grace and Truth Hall. Its most recent faith community was the Mt. Sinai Baptist Church, from the mid-1960s to 2005.

The building was vacant for several years and, like many older area churches, was sinking under abandonment and deferred maintenance. It was bought by a private owner who lived in the old church for several years prior to its current incarnation as Portland Playhouse, a theater company.



For 101 years, the building at 602 N.E. Prescott St. served faith communities. Now, for 10 years, Portland Playhouse has produced stage plays in it.

The first play in the church was in 2008 and, since then, Portland Playhouse has built a solid reputation for high quality and well-produced shows, and a loyal following.

Michael Weaver, playhouse managing director, explained the church has recently undergone a \$2.4 million interior upgrade to better function as a theater. It also expands the theater company's offices into the former fellowship hall in the basement and the former Shining Star Daycare, which was attached at the back of the church. While much has changed inside, the upgrade kept the bell tower, stained glass windows and much of the original flooring.

“We wanted to honor the history of

the building,” Weaver said.

The play “Fences” shows there through June 10 with rave reviews.



Doug Decker initiated his blog *AlamedaHistory.org* in 2007 to collect and share knowledge about the life of old houses, buildings and neighborhoods in northeast Portland. His basic notion is that insight to the past adds new meaning to the present. If you have a question for him to answer in CNews, send it to [CNewseditor@ConcordiaPDX.com](mailto:CNewseditor@ConcordiaPDX.com).

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Saturdays, June 2, 9, 16, 23, 30  
**Opera on Tap**  
Live opera singers in & around the Honors Bar.  
7 p.m. 'til 9 p.m.

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Thursday, June 7  
**MATT BROWN**  
**JD EICHER**  
Blue-eyed soul  
Gym • 7 p.m.

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Tuesday, June 12  
**RACE TALKS** : An Opportunity for Dialogue  
**OPENING THE GREAT OUTDOORS TO PEOPLE OF COLOR**  
Gym • 6 p.m. doors; 7 p.m. event

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Thursday, June 14  
**JOHN BUNZOW**  
Alt-country  
Gym • 7 p.m.

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Tuesday, June 19  
**CRAIG CAROTHERS**  
Nashville singer-songwriter  
Gym • 7 p.m.

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Thursday, June 21  
**TOW'RS**  
As part of Great Northwest Music Tour  
Folk  
Gym • 7 p.m.

---

Thursday through Sunday,  
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Thursday, June 21  
**EXTRA CREDIT**  
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Monday, June 25  
**HISTORY PUB:**  
The Dark History of Eugenics in Oregon  
Theater • 6 p.m. doors; 7 p.m. event

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Thursday, June 28  
**THE STRANGE TONES**  
Crime-a-billy  
Gym • 7 p.m.

---

**NEW!** Wednesday, July 18  
**Kennedy School Book Club**  
Discuss *The Keep* by Jennifer Egan.  
Doors will open early for mingling with fellow book lovers, and food and drinks will be available for purchase.  
Library • Doors at 6 p.m.; Discussion at 7 p.m.  
Free • All ages welcome



# Concordia community events calendar



Fridays, June 1, 8, 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

June 5, 9, 13  
**LEAD POISONING PREVENTION**  
**Locations:** Community Energy Project, 2900 SE Stark St A  
Participants learn how to prevent lead exposure in their homes, especially homes built before 1978 with children, pregnant women & others concerned about lead exposure.  
• Tuesday, June 5, 6-7:30pm  
• Saturday, June 9, 12:30-2pm  
• Wednesday, June 13, 6-7:30pm  
**Details/registration:** communityenergyproject.org, 503.284.6827, x109

Tuesdays, June 6, 13, 20, 27, 6:30-9pm  
**TEXTILE TUESDAYS**  
**Location:** Cerimon House, 5131 NE 23rd Ave  
Join other neighbors for camaraderie & craftiness. Bring a textile project you are working on & observe others – as the group stitches, knits, quilts & crafts. It's a simple gathering of artful citizens.  
**Details:** cerimonhouse.org



Wednesdays-Sundays, through Sept 16, 1-4pm  
**WING LUKE MUSEUM EXHIBIT OF ART OF JIMMY TSUTOMU MIRIKITANI**  
**Location:** Emerson Street House, 1006 NE Emerson St  
Jimmy Tsutomu Mirikitani was a fiercely independent Japanese American artist who lost his family & friends to the US internment camps during World War II & the Hiroshima bombing. This remarkable exhibition about his art & life is a poignant exploration of the lasting impacts of war & discrimination, & the healing power of creativity.  
**Details:** emersonstreethouse.com/currentexhibit/



Thursdays, June 7, 14, 21, 28, 4-7pm  
**CULLY FARMERS MARKET**  
**Location:** 5011 NE 42nd Ave  
Farmers market is back every Thursday through September. Meet continuing & new vendors, enjoy entertainment, grab dinner with friends, connect with your community,

buy fresh veggies, support local farms & artisans, trade/sell your homegrown/handmade items at the Community Table.  
**Details:** cullyfarmersmarket.org, facebook.com/cullyfarmersmarket/



Saturday, June 9, 8:45am-1:30pm  
**CYCLE THE WELL FIELD**  
**Location:** Aloft Portland Airport, Cascade Station, 9920 NE Cascades Pkwy  
Join the Portland Water Bureau & the Columbia Slough Watershed Council for a 16-mile bicycle tour through Portland's Columbia South Shore Well Field. Located deep below the Columbia Slough Watershed, the city's well field is capable of producing close to 100 million gallons of high-quality drinking water per day. The well field is used as an emergency backup for the Bull Run source & to augment the water supply during summers, when demand for water increases. Refreshments are provided. Space is limited.  
**Registration/details:** columbiaslough.org/index.php/events/event/107/, susanne.raymond@columbiaslough.org, 503.281.1132



Tuesday, June 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. This month's topic is "Opening the Great Outdoors to People of Color." Doors open: 6pm; discussion: 7pm  
**Details:** racetalkspdx.com



Sunday, June 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 June theme is "Emancipation," a nod to the Juneteenth freedom holiday. \$10 suggested donation  
**Appointments/details:** cerimonhouse.org

Thursday, June 28, 6-9pm  
**LAST THURSDAY**  
**Location:** Alberta Street, 15th-30th avenues  
The iconic monthly festival is back – complete with street closure – the final Thursdays in June, July and August. Musicians, other performers, artists, artisans and food vendors will line Alberta Street. The brick & mortar restaurants and, of course, the galleries will be open.  
**Details:** lastthursdpdx.org

Saturday, June 30, 11am-4pm  
**¡EXPLORANDO!**  
**Location:** Thomas Cully Park, Lombard & 72nd Ave  
Join Living Cully & the Columbia Slough Watershed Council for the opening of Thomas Cully park. Verde & the Let Us Build Cully Park coalition spent 10 years building the funding, logistics & community input to make Cully Park a reality. Event plans call for a scavenger hunt, nature & education activities, & plant giveaway.  
**Details:** columbiaslough.org/events/event/139, facebook.com/events/388102114998905/

## Yard sale dates set for July

If your spring cleaning efforts haven't reached those piles in your attic, basement and/or garage, now's the time. Your unwanted items may be treasures to others who attend the Concordia Neighborhood Association (CNA) Annual Yard Sale next month.

Concordians are invited to host individual sales in their own yards or garages, and take advantage of promotional materials and advertising by CNA.

Standby. Facebook and the July CNews will provide details for registering for the sale. Meantime, tackle those piles and mark your calendar for July 13-15.

Volunteers are needed to help coordinate and promote the event. If you can help, call Stephanie Sherman at 503.593.3642.



JUNE 2018	
1	LIVE WIRE RADIO WITH LUKE BURBANK
2	SIREN NATION PRESENTS THE 13TH ANNUAL DOLLY PARTON HOOT NIGHT
7	SCIENCE ON TAP CAUSE AND EFFECT: RACISM, POVERTY, AND PUBLIC HEALTH
8	Nellie McKay
9	THE MYSTERY BOX SHOW
13	AMY SISKIND & SARAH KENDZIOR in conversation
15	SYZYGY productions presents OBSCURA
16	
20	SCIENCE ON TAP UNNATURAL SELECTION: ANIMAL EVOLUTION AT THE HAND OF MAN
21	AN EVENING WITH TRASHCAN SINATRAS
22	EILEEN JEWELL
23	RISE UP THE HAMILTON TRIBUTE BAND
27	CHAMBER MUSIC NORTHWEST SUMMER FESTIVAL ADOLPHE SAX & THE CREATION OF THE SAXOPHONE
29	NORMAN SYLVESTER A PHENOMENAL CONCERT THE JOURNEY OF BLUES AND GOSPEL IN AMERICA
30	THE JIMMY DORE SHOW

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