



CONCORDIA NEWS

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

December 2018

Get festive for the holidays

Mark the date and don't be late. The Concordia Neighborhood Association holiday party is Wednesday, Dec. 12, from 6 to 8:30 p.m. Themed "Holidays Around the World," it features ethnic holiday foods and more.

See details on Pages 3 & 12.

CNA Mission Statement

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

Concordia News

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

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They're bringing joy to children

By Tamara Anne Fowler
CNA Media Team

Dean Johnston, retired Portland firefighter, once played a helicopter-delivered Santa. It was during the 2012 holiday season. The event, held in Washington County, was put on by Tualatin Fire & Rescue with Portland Fire & Rescue (PF&R).

"When you are dressed as Santa Claus, it's amazing how many people wave at you," Dean said.

Although less dramatic but more impactful than playing Santa is his work

The Toy & Joy Makers program is the largest of its kind in Oregon and has a long, respected history working with state and local agencies.

with PF&R's Toy & Joy Makers. Dean has been with the group headquartered next door in Cully Neighborhood since 1969, and he became director in 1984.

Toy & Joy helps low-income families in the Portland area give their children toys for Christmas. It also works year round to soften children's tragedies of losing their toys to fire, flood, earthquake and other disasters. Work is in partnership with the Portland Police Bureau and agencies that work with domestic violence.

During the holiday season, volunteers contact and work with state and local agencies that assist low-income families with children in need of a little holiday cheer.

The Toy & Joy Makers program is the largest of its kind in Oregon and has a long respected history working with state



Dean Johnston (left) and Roberta Robinson are no newcomers to bringing smiles to children's faces. He's been volunteering with Toy & Joy Makers for 49 years, and Roberta for 35. The Toy & Joy Makers request line is 503.231.8697. Photo by Lloyd Kimeldorf

and local agencies.

Toy & Joy started giving toys to needy children in 1914. That's when PF&R's role in the community began to involve working with schools and teachers to find and assist families in need, and working with schools to teach children about giving and helping their communities.

Cash donations are used to purchase toys at wholesale prices. Each child served by the nonprofit receives several age-appropriate toys. Many firms and groups donate money or toys to the effort, in lieu of sponsoring a holiday party for employees.

Toy & Joy board members also meet with businesses that can help with donations of money, supplies, inventory and public relations. They also work with businesses to show how they can get involved helping with toy collection or donation programs.

By December, there are 20 to 25 Toy

& Joy volunteers helping each day. There are no paid staff members.

And, as for Santa Dean, he enjoys his role.

"It's the warmth of giving and being with the family that makes this a favorite time of year."



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

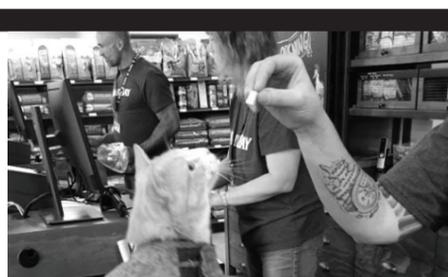
Armani, Max Factor and Spicey'D -- are also her cats. Visit her at EditKitten.com or contact her at Tamara@EditKitten.com.



18 WAYS TO MOVE PEOPLE

A new transportation plan would move people to, through central city.

See Page 5



'MUDDIES' COME TO CONCORDIA

Concordia is the 47th neighborhood to welcome Mud Bay.

See Page 6



THE DOCTORS ARE IN

Two friends – and fellow psychologists – opened shop on Alberta.

See Page 8

CNA VOICES

By Gina Levine
CNA Business Manager



Shop local, shop Concordia

The holiday season has begun. That means holiday shopping is gearing up. As you look through these pages of CNews, it's a sure thing you'll find a service, event venue or a retailer that offers the perfect gift for even the most particular person on your gift list.

CNews relies on advertisers to pay the printing and postage costs that help us fulfill our mission to help build community among Concordians. I work with those advertisers, and I can assure you they're a collection of nice and hard-working individuals and groups who are proud to serve you.

So please consider them in your holiday shopping. (And, when you visit them, please thank them for helping CNews pay its bills!)

Moreover, I encourage you to shop throughout the neighborhood this holiday season. It's become easy to shop online and watch the packages arrive on the doorstep.

It's more fun to shop Alberta, Dekum and Killingsworth streets and 42nd and 33rd avenues.

We have countless artists, artisans and other makers here. Their one-of-a-kind items will surely please the people on your gift list. And you'll have stories to tell your gift recipients about meeting those makers.

There are specialty shops that are mostly locally-owned, along with chain stores and franchises managed by your neighbors. We are lucky enough to have many treasured stores to be found within walking distance: bike stores, print shops, pet

supplies/boarding, specialty books, grocery stores, and even some of the non-browsing type businesses (e.g., high-end auto restoration, metal salvaging, business consulting, commercial bakeries, and health and wellness services).

Don't forget the purveyors of food and beverages.

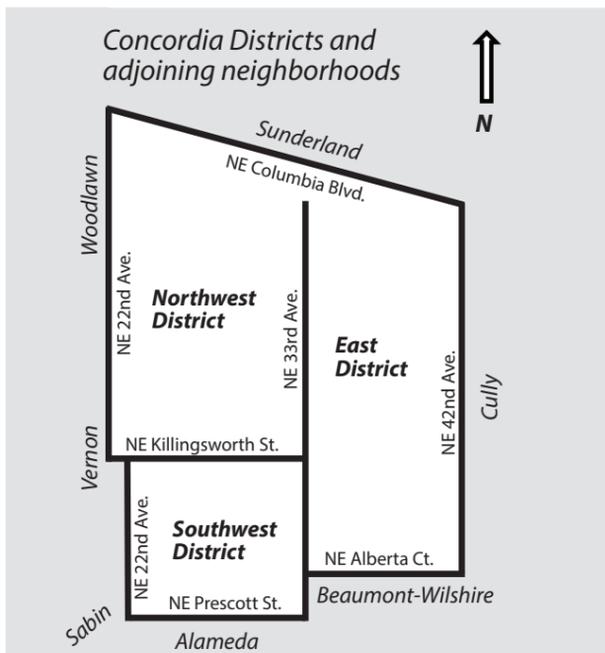
They'll restore you during your shopping. Most sell gift cards too – possibly the easiest means to check off a few entries on your gift list.

Then there's the economy. The American Independent Business Alliance offers these among the benefits of spending locally:

- Each dollar you spend at independent businesses returns three times more money to your local economy than one spent at a chain, and nearly 50 times more than at online mega-retailers.
- Small businesses donate more than twice as much per sales dollar to local nonprofits, events and teams compared to big businesses.
- Local management of business means residents with roots in the community are involved in key development decisions that shape our lives and local environment. Shop Concordia!

Gina Levine is an Idaho native who moved to Portland 12 years ago and lives in Concordia with her hubs and three kiddos. She spends her free time volunteering at local schools and the CNA Social Committee. If you'd like to advertise in CNews, give her a ring at 503.891.7178. You'll be happy you did.

Their one-of-a-kind items will surely please the people on your gift list.



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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: ConcordiaPDX.org/community-room-rental

Concordia Neighborhood Association

Board Meeting

Next meeting: Wednesday, Jan. 2, 7 p.m., McMenamins Kennedy School Community Room

General Membership Meeting

Wednesday, March 6, 7:30 p.m., McMenamins Kennedy School Community Room

Social Committee

If you'd like to volunteer to help plan fun, community building events, contact Sonia Fornoni at Social@ConcordiaPDX.org.

Media Team

Next meetings: Tuesdays, Dec. 4 & Jan. 8, 6 p.m., McMenamins Kennedy School Community Room, contact MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee

Next meeting: Wednesday, Jan. 16, 7 p.m., McMenamins Kennedy School Community Room, contact LandUse@ConcordiaPDX.org

Finance Committee

Next meeting: Wednesday, Jan. 23, 7 p.m., McMenamins Kennedy School Community Room, contact Heather Pashley, Treasurer@ConcordiaPDX.org

CONTACTS

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Neighborhood Response Team Officer

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

SUBMISSIONS & ADVERTISING

Submissions to Concordia News: Deadline is the 10th of the month preceding the upcoming monthly publication. Contact CNewsEditor@ConcordiaPDX.org

Submissions to CNA Website: Submit nonprofit news & events to MediaTeamLead@ConcordiaPDX.org

Advertising: Gina Levine, CNewsBusiness@ConcordiaPDX.org, 503.891.7178

MEDIA TEAM

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Association Seeks Recording Secretary

The association is seeking a person to take and transcribe minutes of directors and land use meetings and general meetings.

The contractor position requires literacy, document preparation skills and good hearing. The most important requirement is dependability. Concordia is fortunate enough to be able to afford to pay for a recording secretary.

Residence in Concordia is not mandatory.

Compensation is \$20/hour for meetings – no mileage – and for time spent preparing and publishing minutes on the website. The outgoing recording secretary worked an average of 6 to 7 hours per month.

Directors meetings are generally held at 7 p.m. on the first Wednesday of each month and land use meetings are generally at 7 p.m. the third

Wednesday. Meetings are held at the Kennedy School. Agendas are prepared and published by the committee chair. Particulars are in the association bylaws, available on the website.

This is a contract position. If the contractor is indisposed, he/she is expected to ensure the activities are covered.

Interest can be communicated to the CNA chair, copy the secretary.

References and a sample of work will aid decision-making.

Chair: Chair@ConcordiaPDX.org

Secretary: Secretary@ConcordiaPDX.org

Bylaws: ConcordiaPDX.org/about-cna/bylaws/



Concordia murals

Shamsud-Din's murals remain on display

By Karen Wells
CNA Media Team

Three six-pane doors capped with three seven-pane half moon windows signal the formal entrance to McMenamins Kennedy School. Late afternoon western sunlight illuminates the lobby.

These windows weren't always bright with sunlight. When the school closed in 1975, the windows were boarded up and fell into disrepair. The building became an eyesore.

Isaka Shamsud-Din, (pronounced E sa ka Shem sue Deen) a former Concordian – along with his wife, son and a team of artists – took charge. They created a beautification project for the school building windows prior to the building's renovation.

Led by Isaka, they created vibrant designs on the boards with bold colors and sweeping strokes. Each painted wood panel was unique and kept the windows safe from vandalism. This project launched a 15-year working relationship between Mike McMenamin and Isaka.

The Kennedy School project wasn't the first time Isaka used his skills for the greater good of his community. A story teller, historian, educator, muralist and activist, his work has chronicled the African-American experience in the Northwest for more than 50 years.

Each of his pieces highlights the importance of perseverance, hope, education, remembering African-American history and contributions to the fabric of the American experience.

His current projects include launching a Go Fund Me campaign: "Juneteeth Calendar – Celebrating the Black Experience," an 18-month engagement and history calendar.

Isaka is collaborating with Pacific Northwest College of Art and Don't Shoot Portland to host a night of social justice art and auction Dec. 1 from 6 to 9 p.m. at Pacific Northwest College of Art.

He is also actively gathering community support for the restoration and preservation of his 1989 mural, "Now is the Time, the Time is Now."



This Isaka Shamsud-Din 1998 self portrait with his wife is on permanent display at McMenamins Kennedy School as part of a prerenovation window covering beautification project. Photo by Chris Baker

Editors note: If you'd like to know more about this mural and/or artist, Karen shares her resources online. Visit ConcordiaPDX.org/KennedySchoolMurals.



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

Police set sights on crime reduction, engagement

By Steve Elder
CNA Media Team

Portland deputy police chief Bob Day told Concordia neighbors his boss, Chief Danielle Outlaw, has a new perspective for the Portland Police Bureau. Her three primary challenges for the bureau are:

- Crime prevention and reduction
- Community engagement and inclusion
- Organizational excellence.

When the deputy chief spoke at the Nov. 7 Concordia Neighborhood Association annual meeting, he listed several livability issues that face Portland police and the community.

Homelessness – or houselessness – are largely West Coast issues, he said. "On a recent visit I made with my wife to Washington, D.C., we were struck

Story continued on Page 4

HOLIDAYS AROUND THE WORLD Concordia Neighborhood Holiday Party YOU Are Invited!

**Wednesday, Dec. 12, 6 to 8:30 p.m. at
Cerimon House, 5131 N.E. 23rd Ave.**

- ✳ Light eats and nonalcoholic beverages
- ✳ Activities for kids
- ✳ Live music

Enjoy taste samples from around the world, featuring a variety of our local ethnic bites.

Featured!

- Vernon School Choir at 6:15 p.m.
- Vernon Band at 6:45 p.m.
- Faubion Choir at 7:15 p.m.
- Colectivo Son Jarocho Band and DANCING at 7:45 p.m.

Food drive and raffle to benefit Northeast Emergency Food Program

Suggested donations:

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

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

Great Raffle prizes graciously donated by Concordia neighborhood businesses. All businesses will be announced from the stage!

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News from the net

Exercise offers lessons

By Tom Phillips
Concordia/Vernon/Woodlawn NET

You might not have felt the earthquake Aug. 14. But the Concordia/Woodlawn/Vernon Neighborhood Emergency Team (NET) certainly acted like there was one.

The exercise was initiated by the Portland Bureau of Emergency Management (PBEM) to learn from the experience of simulating an emergency situation and responding as we might in an actual emergency.

NET members proceeded to our basic earthquake emergency communications node site in Alberta Park. We carried HAM radios and walkie-talkies; personal safety equipment; and backpacks filled with medical supplies, tools and supplies such as we might need for addressing search and rescue operations.

We established an operations area in the park and began to implement the incident command system, a Federal Emergency Management Administration process to guide emergency operations.

A team leader took charge and appointed section chiefs for operations, medical, logistics and planning.

NET HAM operators established a communications link with PBEM's emergency coordination center, which relayed vital information to the NET team in the park. Based on this information, the team leader dispatched team members to buildings in the area where a significant number of people were supposedly injured, and who required aid and assistance.

In addition to NET members, one spontaneous unaffiliated volunteer came to assist our operations. We call them SUVs, and they will be a vital part of the success of operations at any actual incident command center. Ours ran errands and even went out on a search and rescue operation. We could have used more SUVs!

Here's what we learned and/or had reinforced during this exercise:

- Don't panic or rush. Take the time needed to do the right thing at the right time.
- Communicate clearly and concisely, and listen carefully.
- Pay attention to what is happening around you and to the people who need help, including team members.

In February, I'll share information on two-way radios, walkie-talkies and HAM radio operations – and how your NET will use them.



Tom Phillips completed his volunteer NET certification training 2½ years ago. A retired federal employee, he lives in Woodlawn which – along with Concordia and Vernon – comprises the local NET.

Police set sights on crime reduction, engagement

Continued from Page 3

that there weren't people living on the streets like you see here.

"They're just swept up. I don't think you can just arrest your way out of a homeless situation. I see this as a community health issue, not strictly a police issue."

The deputy chief believes many homeless people are dealing with mental health and drug abuse issues.

"In Portland we have a Law Enforcement Assistance Diversion Program, or LEAD. If a person is caught with a small amount of drugs on him we immediately call an outreach worker. We're not going to charge you if you connect and are working with a social worker.

"Another area around the focus on crime reduction deals with what we term 'livability issues,'" he said. "The most high-profile conflicts we've had are between Patriot Prayer and Antifa. It has taken up a lot of time figuring out what's the best way to express first amendment rights and be safe."

One of the means used by police is separating potentially violent demonstrators. One group will be allowed to demonstrate in one block and another in another block. "In some communities, like Berkley, they have ordinances against wearing masks," he explained.

Reconnecting with the community for police involves racial issues. "About four years ago began a racial equity plan throughout the police bureau and throughout the city," he said. "We have classes taught by a community



Portland Deputy Police Chief Bob Day

member and a police officer."

Another issue police deal with frequently is extremism and nationalism. "It's been hard for us," the deputy chief explained.

"In general, police are reactive. I'd like to see us be more proactive. I'd like to see us get out in front of some of these things. We realize that in Portland we need to be more proactive and forward thinking."



Steve Elder, East2@ConcordiaPDX.org, is an inactive lawyer, a developer, activist and old grouch.

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Feast Community Choir

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Admission by cash donation for the NE Emergency Food Program.
FeastCommunityChoir.com

Singing for the pure joy of creating harmony in community

Like your neighborhood?

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

Ready to help? Email Chair@ConcordiaPDX.org



Council eyes multi-modal plan

By Garlynn Woodson
Chair, CNA LUTC

A new multi-modal transportation plan for downtown Portland, the Central City in Motion Implementation Plan, was scheduled for city council consideration Nov. 15. It includes 18 projects intended to increase the people-moving capacity of the central city's transportation network to accommodate the additional 40,000 households and 50,000 jobs expected there by 2035.

CNews deadline was prior to that meeting. If you missed news coverage of council's decision, check Facebook.com/groups/ConcordiaPDX/ after Dec. 1 for a brief report.

According to the Portland Bureau of Transportation, one lane can accommodate up to 850 people per hour if used for automobiles, 2,000 people per hour in buses or 2,500 people per hour as a protected bike lane.

Creating a complete, connected bicycle network is thus the most efficient way to allow the most additional people to move through the central city.

It is no surprise, then, that all 18 projects include bicycle elements to increase the number of people a street can accommodate – called throughput. Those projects and their throughput increases are:

- Burnside, from west 10th to east 12th: bus-and-turn (BAT) lane, series of crossing improvements and protected bikeways – 145 percent
- Northwest/southwest Broadway and 4th: signature north/south bike facility and upgraded, no-signal pedestrian crossings in south downtown – 65 percent
- Northeast/southeast Grand, Martin Luther King Jr. (MLK), 6th and 7th: bus/streetcar-and-turn lanes on MLK and Grand to also accommodate freight, new pedestrian crossings on MLK and Grand, protected bike lanes on 7th connecting it across the new Sullivan's Crossing bridge, and a future Green Loop with pedestrian crossings on 6th – 324 percent.
- Northeast/southeast 11th and 12th: wider travel lane to better accommodate buses and trucks, wide bike lane and a series of pedestrian crossing and bus stop improvements to increase throughput, plus the wider travel lane to enable this corridor to accommodate freight – 9 percent

- Southwest Jefferson, Columbia and Madison: BAT lane, bus stop improvements and traditional bike lanes – 74 percent
- Northwest/southwest 12th, 14th and 17th: Protected bike lane on 14th from Burnside to Hoyt, and a wide bike lane from Hoyt to Savier, two-way bikeway on 17th from Salmon to Alder, a neighborhood greenway from Madison to I-405, and a protected bikeway on 12th from College to Stark – 18 percent
- Northwest Everett to the Steel Bridge: BAT lane on Everett as it approaches the bridge and a new transit priority signal atop the ramp east of northwest 1st – 68 percent
- Southwest Salmon, Taylor and 1st: protected bike lanes to link the Hawthorne Bridge to Goose Hollow – 156 percent
- Southeast Salmon: extend greenway from 12th to Eastbank Esplanade
- Southwest Alder and Washington: improve pedestrian and bicycle access to the Morrison Bridge by adding a short segment of two-way protected bikeway – 294 percent
- Southeast Belmont and Morrison: improve transit access and speed with new transit islands, improved pedestrian crossings and protected bike lanes
- Southeast Hawthorne, Clay and Madison: transit priority signals at intersections on Hawthorne and Madison, protected bike lanes on Hawthorne and Clay, and pedestrian crossing improvements – 46 percent.
- Northeast Multnomah and 16th: neighborhood greenway on 16th connecting improved parking-protected bike lane on Multnomah with northeast neighborhoods – 4 percent
- Southeast Water, Stark and 3rd:

two-way bikeway on Water to provide a safe and convenient alternative to the often heavily-used Eastbank Esplanade to access bridges and nearby destinations – 81 percent

• Northeast Lloyd: two-way bikeway to provide a cycling connection from the Steel Bridge to 16th – 39 percent

• Northwest Park and 9th: protected bike lanes on 9th to transition to a protected bike lane on Park, and new signal crossings to remove barriers to walking and biking – 294 percent

• Southwest Naito: implement year-round version of "Better Naito" and add smart signals to smooth auto access to I-5 at the Morrison Bridge – 94 percent

• Northeast Broadway and Weidler: protected or buffered bike lanes to improve safety and circulation from the Broadway Bridge to 7th – 14 percent

These 18 projects have been prioritized, with the most critical investments recommended for implementation during the next five years.

Editor's note: The details of this story were difficult to fit in the space allowed. For Garlynn's full story and a map, visit ConcordiaPDX.org/CentralCity.



Garlynn Woodson 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.

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What's Selling in Concordia?

192 Homes sold in RMLS in last 12 months as of Nov. 1st

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Avg. Sale Price in 2017: \$503,593
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This information provided by Mark Charlesworth, Concordia resident & Broker Keller Williams, Portland Central. charlesworthhomes@gmail.com · 503.807.9911



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Sat. 12/22 12-5pm

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Mud Bay matches local neighborhood 'vibe'

By Nancy Varekamp
CNews Editor

A neighborhood pet supply store that opened 30 years ago on the outskirts of Olympia has now opened a shop in the Concordia neighborhood. It's the 47th store for the two-state chain of employee-owned stores, and the 12th in the Portland metro area since 2013.

items to feed their pets.

"Each neighborhood has its own vibe, which the local store takes on," she said. Nearby Grant Park and southeast Hawthorne Street stores fit their neighborhoods, just as the wood-fronted store at 33rd Avenue and Killingsworth Street does. "Each has its own really cool vibe."

Neighborhoods – as well as pets – benefit from the presence of the stores.



Mud Bay opened as a neighborhood pet supply store in Olympia in 1988. Now it's in 47 neighborhoods in two states, including the new one at 3275 N.E. Killingsworth St. Photos courtesy of Mud Bay

"In every one of our locations, we strive to be part of the neighborhood, where local residents shop for nutritious items to feed their pets."

– Lani Benavente

"Neighborhood cat and dog owners have been very welcoming," said Lani Benavente, who has worked for Mud Bay for 10 years. "In every one of our locations, we strive to be part of the neighborhood, where local residents shop for nutritious

Since Mud Bay opened its original location, it has valued community. "We look forward to participating in local events, and supporting local nonprofits," Lani added. "In the case of the Concordia store, we are excited to partner with Street Savvy Dog Rescue, Oregon Humane Society, Fences for Fido, Multnomah County Animal Services, and we will host giving trees.

With expansion in the number of stores, the company can offer everyday low prices to customers, according to Lani. "We specialize in understanding the physiology and nutritional needs of cats and dogs, and we research every

product we consider selling."

The company hires local residents to staff the stores. "And, of course, any employees who transfer from stores elsewhere move and become part of the local economy," she added.

"All our staff is knowledgeable, well trained and partners with every cat and dog owner to craft a nutrition plan customized for each of their animals," Lani said. The Portland area stores

employ 100 Muddies – the nickname for employees – and the entire company has more than 450.

Mud Bay attributes much of its success to those employees, who treat customers with the pride of being owners, and who have an affinity for animals, she noted. "We hire animal lovers who are passionate about helping someone find what each customer's animal likes and needs, as well as what is good for them."



Nancy Varekamp is semiretired from her career in journalism, public relations and – her favorite work engagement – writing and editing targeted newsletters.



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Nonprofits, neighbors need a hand

By Rachel Richards
CNA Media Team

Are you looking for a way to give back to the community this holiday season – or are you considering a New Year’s resolution to help your neighbors more? Worthy causes abound in and near Concordia, and they could use your tax-deductible dollars and/or your spare time.

At least two organizations in Concordia focus on the hungry. Northeast Emergency Food Program

(NEFP) meets urgent food and clothing needs. Clients include anyone in need, including those who are experiencing homelessness and those who are undocumented. NEFP is open from 1 to 4 p.m. Tuesdays, Thursdays and Saturdays at 4800 N.E. 72nd Ave.

Volunteers are needed for: liaison, inventory, assisting clients shop, greeting, intake, operating the mobile pantry, serving as couriers, and in the clothing center, garden and landscape operation, cleaning and maintenance. Donations of funds, food and clothing are welcome. Contact NEFP at 503. 284.5470 and/or NEFP@emoregon.org.

The Faubion Food Pantry is always in need of shelf-stable food, especially fruit and applesauce cups, alternative milks (soy, almond, hemp, coconut), and protein-rich items such as canned soup and veggies, with an emphasis on organic and healthy food.

There’s also a need for clean, gently used children’s coats during the clothing drive that ends Dec. 5. For details and/or to schedule a drop off or pick up, contact Jaclyn Sisto, 3 to PhD services coordinator, at 971.804.9125 or JSISTO@cu-portland.edu.

All of the local schools need more volunteers and dollars to support their academic programs. Internet searches

can offer you contact info for Faubion, Vernon, Rigler and Ivy School Prescott Campus elementary schools; Beaumont Middle School and/or Jefferson, Madison and Alliance high schools.

One of the human services organizations in Concordia is The HIV Day Center, 2941 N.E. Ainsworth. It provides services for low-income people living with HIV/AIDS. Hot breakfasts and lunches are available four days a week, as are counseling, information and referral, and help with problem solving. Clients have access to phones, a mail drop, computers with internet access, Wi-Fi, laundry facilities, clothing, showers and hygiene supplies.

The organization will benefit from the Dec. 5 World AIDS Day Fundraiser Luncheon. See Page 12 for details.



Rachel Richards 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.

Give!Guide promotes Concordia nonprofits

It’s Willamette Week Give!Guide time again. The newspaper selected 150 nonprofit organizations this year to benefit from its goal to raise \$4.4 million from 10,000 donors. Additionally, \$347,000 is available in matching donations.

Several of the selected organizations hail from in or very near Concordia. Visit GiveGuide.org to donate to these organizations and/or others:

Black United Fund of Oregon assists in the social and economic development of Oregon’s low-income communities and contributes to a broader understanding of ethnic- and culturally-diverse groups.

Columbia Slough Watershed Council protects and enhances the Columbia Slough and its watershed through community engagement, education and restoration.

Community Cycling Center broadens access to bicycling and its benefits by helping build a vibrant community in which people of all backgrounds use bicycles to stay healthy and connected.

Habitat for Humanity believes everyone deserves a decent, affordable place to live. People in the Portland area partner with Habitat to build or improve a place they can call home and pay an affordable mortgage.

Northeast Emergency Food Program, as described in the story above, provides food and clothing assistance to culturally- and racially-diverse neighbors while working to develop community solutions to food insecurity.

Schoolhouse Supplies, housed at Madison High School, provides free school supplies to students in need. Program organizers believe every child deserves school supplies and has the right to a quality education, regardless of economic circumstance.

Trillium Family Services, a partner in the Faubion 3 to PhD program, strives to help create safe communities where children are healthy and every family has the opportunity for success.

MAKE IT TO

Vernon IB World School’s 4th Annual



Maker Fair!

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

Saturday
DEC. 1
1 to 5 PM

Organic Jams And Pickles • Jewelry • Hand Knit/Crochet/Sewn Goods • Wood Crafts • Greeting Cards • Handmade Clothing • Ornaments • Original Art • Pottery • Plants • Home Decor • Baked Goods • And Much More!

Vernon IB World School
2044 NE Killingsworth St.
www.vernonpta.org

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

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Every Saturday
Opera on Tap
Live opera singers in & around the Honors Bar.
7 - 9 pm

Friday, December 7, 14, 21
GIFT SHOP HOLIDAY TASTINGS
Beer and whiskey tasting.
Get a raffle ticket for every \$20 spent.
4 - 7 pm • Gift Shop • 21 & over

Thursday, December 20
LIMITED-EDITION BEER TASTING
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Open Christmas Day
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Join us with your friends & family every night after Christmas for some rockin' music!

Wednesday, December 26
BOXING DAY W/ ANDREA WILD AND THE BAD WOLVES
Welsh folk revival • Gym • 7 pm

Thursday, December 27
MICHAEL OSBORN
W/ GUEST **KAREN LOVELY**
Blues • Gym • 7 pm

Friday, December 28
Thomas Mudrick
Psychedelic, world, rock n roll • Gym • 7 pm

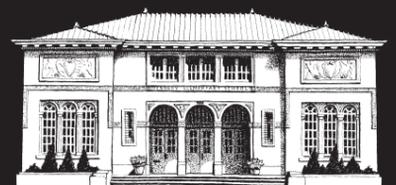
Saturday, December 29
GEEBSVILLE
Classic & contemporary tunes • Gym • 7 pm

Sunday, December 30
Opera on Tap
Opera • Gym • 7 pm

NEW YEAR'S EVE
The restaurant & bars will be in full swing before the big countdown to 2019 — have dinner, dessert or a drink!

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Two share friendship, psychology practice

By Nancy Varekamp
CNews Editor

Genevieve Pruneau and Christy Blevins met as psychology graduate students in Alabama in 2008. They formed a friendship that has continued, across as many as 2,500 miles.

Recently the two licensed clinical psychologists decided they should not only share the same town again, but also a therapy practice. They named it Juniper Psychological Services.

For Christy, Alberta Street was an obvious location. She's lived in northeast Portland for five years.

"So I'm biased in thinking it's the best quadrant of Portland. But even knowing the area, I delight in how welcoming and supportive the neighborhood is. And it doesn't hurt that we can walk to Salt & Straw."

Clients even comment on the shopping and dining opportunities they enjoy before or after sessions.

Genevieve and Christy both focused their psychology studies on trauma, and both worked for the Department of

Veterans Affairs treating clients with a variety of conditions and many with post-traumatic stress disorder (PTSD).

"We have a general practice for adults 18 years and older," Genevieve said. "Clients see us for a variety of concerns, including anxiety, depression and trauma."

According to the National Institute of Mental Health (NIMH), about one-half of all Americans will experience at least one traumatic event in their lifetimes, and a subset will develop PTSD. Many can benefit from therapy, especially if they are having impairment in functioning at home, work or in social environments.

Depression and anxiety also touch the lives of many – an estimated 40 million adults a year – but fewer than 40 percent of them seek treatment.

"There certainly has been stigma about being treated," Christy acknowledged. "But it seems that we're moving in the right direction."

The two women say Juniper Psychological Services has a mission to provide services from a scientific foundation with an approach of respect, warmth and collaboration to help clients make meaningful changes in their lives.

Although Christy and Genevieve do not prescribe medications, they can consult with their clients' primary care providers or psychiatrists.

Their services are already accepted by three insurance carriers and they work with other insurance companies as out-of-network providers.

"We know many of our clients lead



Genevieve Pruneau (left) and Christy Blevins shared their studies in psychology beginning 10 years ago. Now they share a practice on Alberta St. Photo by Alan Blevins

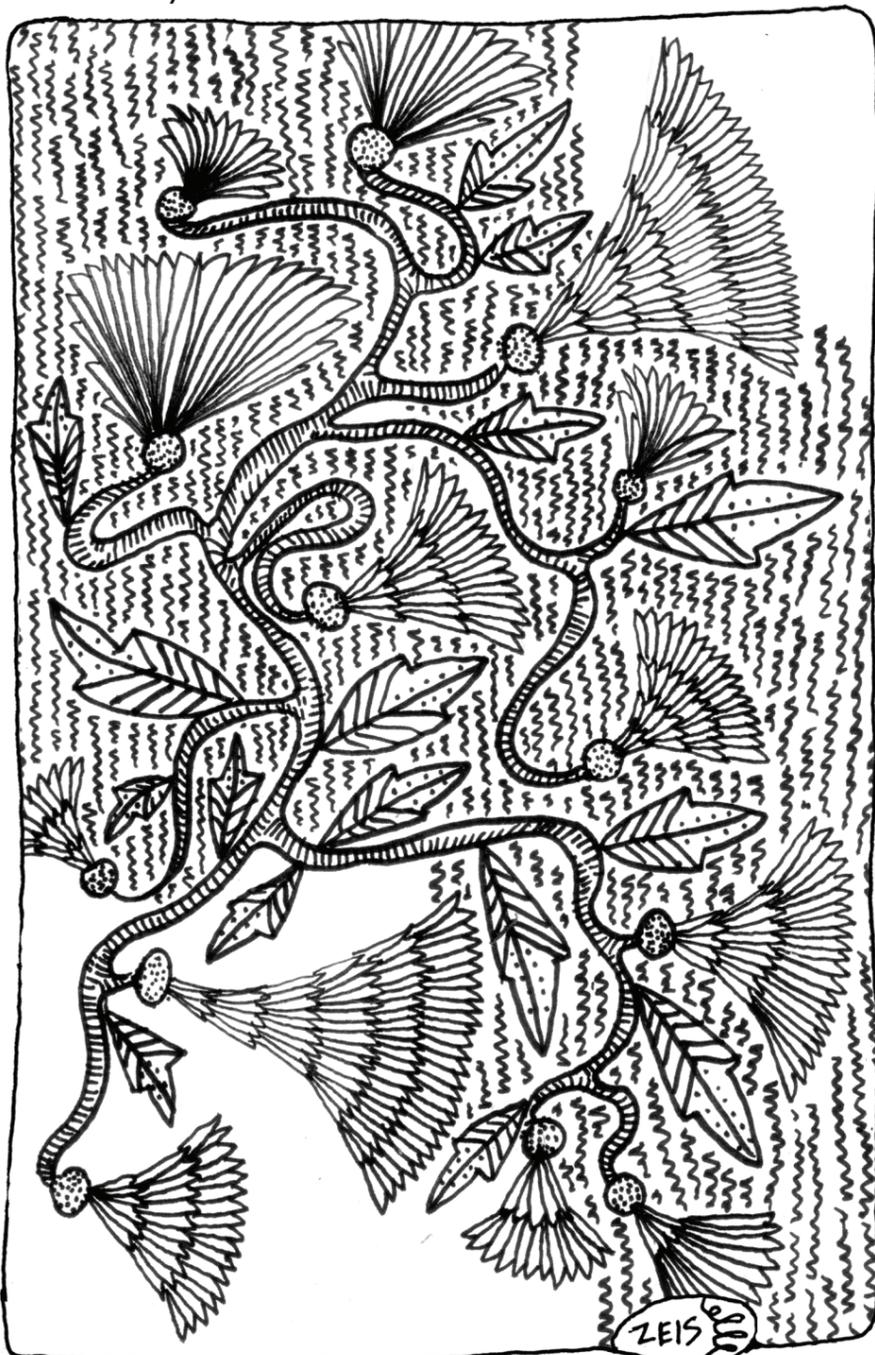
busy lives, so we take on that piece," Genevieve pointed out. "We also offer evening appointments. We want to remove the burden of starting therapy

as much as possible, knowing it can be hard enough to come in." Contact them at JuniperPsychologicalServices.com or 971.350.0900.



Nancy Varekamp is semiretired from her career in journalism, public relations and – her favorite work engagement – writing and editing targeted newsletters.

ART CORNER by Jeanette Zeis



It isn't too late to start showing some self love

By Penny Hill
Licensed massage therapist

Looking back over my columns this year, I see the dominant theme is self-care. And that starts with loving yourself enough to take the actions and change the thoughts that will support your best health and well-being.

To begin, establish your "big why," and cultivate self-care habits you can fold into your daily routine. Start with some stretches before you get out of bed: draw out the alphabet with your big toes, contract those pelvic floor muscles, rotate your shoulders, flex your neck and undulate your spine.

Most important, don't ignore what your body is telling you. These are data points you can use throughout your day.

Is your knee sore? Perhaps your gait needs attention.

Do you need some extra tension release in your shoulders? Use those ice packs and hot packs. They're not just for post-injury rehab, but for prevention as well. Don't wait for a pain or injury to overcome the inertia around self-care. Problems are more easily resolved when

small.

The most important tip of all may be to pay attention to your thoughts and feelings. The biggest drains on your physical resources are negative thoughts and emotions. Don't allow hate, anger, self loathing, fear, sadness and grief to take up permanent residency in your thoughts. If you do, those low energies will sap your physical vitality and negatively affect your health.

Life is an inner game, but positivity is not the natural state of the brain. You have to make that choice. And the more often you choose to forgive rather than condemn, love rather than hate, build up and reach out rather than push down the easier it gets to make that choice. Lead with love and life gets sweeter and easier.



Penny Hill is owner at Rising Sun Massage and CalmHealthEase.com, EFT Tapping for Stress Relief. Less stress leads to better health.



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Thanks for asking

Have an inquisitive cross-cultural question?

By Karen Wells
CNA Media Team

Our Concordia neighborhood racial demographic reflects the racial make-up of the state.

According to the 2010 census, the dominant racial group of our neighbors identify as European American and white, at 76 percent. This means that 24 percent are very visible to everybody else in the community.

This imbalance sets the stage for

Questions facilitate getting new information, quelling curiosity or moving a conversation along.

awkward cross-cultural social experiences, even with the best of intentions.

What can be done to avoid potentially awkward social encounters? Ask a question!

Questions facilitate getting new information, quelling curiosity or moving a conversation along. In a cross-cultural exchange, asking questions of curiosity can be awkward or worse, insulting to the recipient.

Who do you ask your “best intentioned, racial curiosity laden” question when your circle of trusted resources are a mirror reflection of yourself?

This new bi-annual column “Thank You for Asking” has the goal of guiding the cross-cultural curious toward cultur-

ally-sensitive and relevant ways on how to craft your question with integrity.

First person pronouns “I, me or we” will be used in answering questions. For example, “I appreciate you admiring my hair. Thank you for asking permission before you touch it.”

I have fielded many awkward, cross-cultural curious questions in a variety of social settings. I believe most of those questions were sincere.

Some were ridiculous, poorly thought out, rude or insulting. They all had the

common thread of curiosity.

I will draw on my experiences, historical references, online resources and others in our community to answer your question. The answer might appear here in CNews.

Just send it to CNewsEditor@ConcordiaPDX.com.



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



Students in the Faubion School class of 2018 created this mural that will appear with Karen Wells’ new column, Thanks for asking. Students included Trina Pham, Marlo McDonald, Rowan Dodero and Paloma Wykhuis.

Want to get involved locally?



Care about transportation or land use issues affecting our Concordia neighborhood?

It’s easy. The Concordia Land Use & Transportation Committee meets next on Wednesday, January 16 at 7 p.m. in the Kennedy School Community Room.

(Generally, meetings are held on the 3rd Wednesday of the month.)



Meetings are open to the public. Just show up or contact LandUse@ConcordiaPDX.org.

Info: ConcordiaPDX.org/lutc



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Amenities come down at local building site

By Steve Elder
CNA Media Team

Last month CNews featured an unfinished, unoccupied house at the corner of north-east Emerson Street and 38th Avenue. Construction started four years ago and stopped three years ago. The neighbors were fed up and frustrated.

Until early November, there was a temporary chain link fence around the property and a portable toilet. They're

link fence.

"They said the rent on the fence hadn't been paid. Same with the portable toilet. I don't know what's going to happen now. It's just out there."

Almost as bad to Curtis is a new building on Roselawn Street and 38th that is going up above adjoining homes. "The neighborhood is losing its charm."

According to him, the houses that made the area a great place to live are being torn down and replaced with

"The city government says we need infill to accommodate newcomers moving in but they're doing it on the backs of those of us who are already here."

— Curtis Phillips

both gone now.

Curtis Phillips, who lives in a house behind the bushes he planted to block the view, said he spoke to the people who were hauling off the temporary chain

larger, more expensive houses that don't blend with the neighborhood character.

"The city government says we need infill to accommodate newcomers moving in but they're doing it on the backs of those of us who are already here," he added. "People live in smallish houses they could afford and are being driven out, seeing their neighbors homes plowed under and find themselves towered over by monstrosities nobody here could afford."

Several neighbors said their complaints to the Portland Bureau of Developmental Services were met with sympathy, but not much encouragement.



Steve Elder, East2@ConcordiaPDX.org, is an inactive lawyer, a developer, activist and old grouch.



Curtis Phillips, with dog Charlie, and his neighbors are tired of the view of a residential development in Concordia (top right). They're also tired of hearing city employees say nothing can be done about it. Photo by Steve Elder

They report everyone they talk to at city hall believes there's not much they can do.

The web page of auditor Mary Hull Caballero reads, "The city of Portland has not foreclosed on a property with a delinquent city lien in over 30 years." Contrast this with the city's lone foreclosure manager, Marco Maciel, describing the steps he must take to get the city council to order a foreclosure. He works in the auditor's office.

A 2016 story in the Portland Tribune highlighted the lack of government policy

that might help the residents at Emerson and 38th.

"City officials say outdated Portland ordinances present obstacles to a coherent foreclosure process that could turn abandoned houses into productive housing and reduce blights in neighborhood that attract illegal squatters," the newspaper reported.

"But there may be no more significant road block than the turf wars and siloed agendas that have kept different city agencies from working together to solve the abandoned homes problem."

Are You Tired of Back Pain Taking Away From What Really Matters?

— By Leading Back Pain Expert, Dr. Carl Baird DC, MS



Are you tired of dealing with back pain? Tired of having to change sleep positions every few hours at night? Tired of having to adjust how you get in

and out of the car? Tired of always having to 'think' about back pain instead of enjoying the activity at hand?

If you're aged 35+ and answered 'YES' to any of these questions and you have suffered with low back pain on more than **3 separate occasions**, please read on. It could help save you time, money, stress and most importantly...your active lifestyle.

Reality is that most active adults don't have debilitating low back pain. They have daily, annoying low back pain that **distracts them from what really matters** – whether that be their friends, family, work, or favorite activity.

And worse – many are told to rest and mask their pain with pills, or that it's part of getting older and hope that it goes away on its own. After years of helping clients overcome back pain, I can confidently tell you one thing – **it won't go away on its own**. If you've experienced similar back pain on more than three occasions, it's a sign that there is a problem.

My name is Dr. Carl Baird, a Portland Chiropractor and Movement Specialist who works with individuals aged 35-60 on a daily basis creating plans to achieve SUSTAINABLE back pain

relief through better movement and increased functional strength.

Here's the truth about back pain as we age. Majority is caused by one of two things. Not moving enough. Or in the case of the active individual, moving too often with inadequate form or strength to support body. If back pain has been consistently distracting you from what matters in your life, we'd like to invite you to our one of a kind movement program that starts this January.

Our 'Movement 101: Life Without Limitations' is our signature, 8-week program that delivers safe, yet highly effective movement exercises that will improve mobility, strength and movement patterning **so you can live life with no limitations - regardless of age**.

Here Are a Few Things We Help You Achieve in Our Signature Workshop

- Improved movement and body awareness to protect your joints during your daily activities
- Feel more confident and empowered in how you move at the gym or in a yoga class
- A customized exercise program that will make you feel strong but won't stress your joints or put you at risk for injury.

This workshop is **by application only**. Only 15 spots available with Early Bird Pricing Through December.

- Apply by calling our clinic at (503) 954-2495. You can leave a message 24/7.

Paid for by the office of Dr. Carl Baird DC, MS, CCSP

Community Room Calendar

Concordia Neighborhood Association hosts these events in McMenamins Kennedy School Community Room. If you're interested in sponsoring community-building events in this 49-person-capacity venue, contact Sonia Fornoni at Social@ConcordiaPDX.org.

Sunday, Dec. 2, noon-7pm

TALLERES & FANDANGO WORKSHOP

Admission: free

"Fandango" is a family-friendly celebration of traditional music & folk dancing from Veracruz, Mexico.

Mondays, Dec. 3, 10, 17, 10-11am

EFT TAPPING

Admission: free

EFT combines cognitive elements with tapping certain acupuncture points. This allows for quick release of current stress & the release of old, stuck energy that may be affecting your health & well-being. **Details:** Penny Hill, pheft22@gmail.com, 503.493.5954, visit calmhealthease.com

Wednesday, Dec. 5, 10-11am

QIGONG

Admission: free

Qigong is an ancient Chinese practice using postures, breath & the mind to cultivate balance & harmonize qi, life energy. It is generally used for health & healing, spirituality & physical training. **Details:** Renee Carlson, sweetrubi@me.com, 503.415.9951

Thursdays, Dec. 6, 13, 20, 6:30-8pm

SPANISH CONVERSATION CLASSES

Admission: free

Brush up on your Spanish skills to reach out to the Hispanic community more effectively. All levels are welcome. **Details:** social@concordiapdx.org

For events scheduled after CNews press time, visit ConcordiaPDX.org/community-room-calendar

Friday, Dec. 7, 6-8:30pm

TWEEN MONTHLY POTLUCK/ GAME NIGHT

Admission: free

Throw your favorite card or board games – no electronics please – in a bag & bring a child age 8-12 & potluck finger food. Registration is required & a parent or guardian must accompany his or her children.

Registration: virtualjohanna@gmail.com with number of attendees, children's ages & type of potluck dish

Tuesdays, Dec. 11, 18 – 7-9pm

TALLERES

Admission: free

Beginners are welcome at these intergenerational workshops that feature music & dance from Veracruz, Mexico.

Sunday, Dec. 23, 3-6pm & Thursday, Dec. 27, 7-9pm

SACRED HARP SINGING

Admission: free

This is not a choir, & there are no auditions & no performances. Each session is composed of whomever attends, including every possible level of musical experience & ability – even those who were asked not to sing in their church choir. **Details:** portlandsacredharp.org

Ask the historian

A photo detective solves Alberta Street mystery



This photograph at 26th Avenue and Alberta Street looks north/northeast in 1909, three years before the Broadway Bridge was built. At that time, Portland had only 3,540 registered cars, so most everyone was on foot, horseback or streetcar. Photo reprinted with permission from the Gholston Collection

By Doug Decker
Historian

A friendly reader has shared an amazing photo with stories to tell.

I've walked all over Alberta with this picture of the horse drawn carriage in hand, consulted early maps of the neighborhood, and examined building permits and local buildings to figure out exactly where this is.

Here's the evidence:

- We know that in 1909 the Alberta Streetcar line – visible in the fore-

ground of the photo – was still just two rails in the dirt. And we know this part of Alberta was not paved until summer 1911.

- We also know that H.S. Reynolds, who may well be the man in the photo, was associated with the grocery until about 1910. The 1910 census shows him, at age 36, and his wife Carrie living in the residence associated with the shop, located at the southeast corner of 26th Avenue and Alberta Street.

- There are some distinctive houses in the background of this old photo, including a church steeple. That is the building on the southeast corner of 27th Avenue and Sumner Street, known today as St. Luke Memorial Community Church of God, but was then the newly constructed United Brethren in Christ Church built in 1910.

• Appearing directly in front of the carriage driver in the old photo is a light-colored home. This small hipped-roof house with chimney slightly off center and front dormer is today's

5028 N.E. 26th, currently painted red with the front porch enclosed. This house was built in 1906.

Check it out in the smaller, current day Google streetview. See it under all that?

Lester Park – the location painted on the side of the wagon – wasn't a park. It was the name of a plat or subdivision established in 1906 and now contained within today's Concordia neighborhood.

Lester Park Grocery was a dry goods and butcher store that stood in what is today an empty lot just west of the Waffle Window at 2624 N.E. Alberta St.

That would make the corner of the house you can see just above the horse's head about where the corner of where a new building contains Mae Ploy Thai Cuisine at 2531 N.E. Alberta St..

Old pictures are worth at least 1,000 words.



This current photo of the small house that appears just above the horse's rump in the 1909 photograph. Look carefully at the hipped roof, mini dormer on top, and the slightly off-center chimney. That's the same house, built in 1906 by Mary L. Coger. Photo courtesy of Google Streetview



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.



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Concordia community events calendar



Friday-Sunday, Nov. 30-Dec. 1, noon-6pm
CULLY FARMERS MARKET HOLIDAY TREE SALE
Location: 5012 NE 42nd Ave.
 Holiday trees are on sale this weekend and the same hours during following Fridays-Sundays while supplies last. Proceeds benefit the local farmers market.
Details: facebook.com/cullyfarmersmarket/

Saturday, Dec. 1, 1-6pm
4TH ANNUAL VERNON MAKER FAIR
Location: Vernon Elementary School, 2044 NE Killingsworth St
 Featuring 100-percent-handcrafted items made by Vernon community members, door prizes, music, kids activities, food & drink – something for everyone in the family. A percentage of all sales goes to support the Vernon PTA.
Details: vernonpta.org/2018/10/14/calling-all-makers-2/

Saturday, Dec. 1, 4:30pm
7TH ANNUAL TREE LIGHTING ON ALBERTA STREET
Location: Alberta Central, 18th Avenue & Alberta Street
 Family fun is promised at this Alberta Main Street event hosted by Mimosa Studios. Visit with Santa, enjoy holiday music, cookies & hot drinks – & witness “flipping the switch.” \$4 suggested donation for photo with Santa.
Details: albertamainst.org/whats-happening/lit-up-local/tree-lighting/

Monday, Dec. 3, 6-8pm
BEYOND INVITATION: HOW DO WE CREATE INCLUSIVE COMMUNITIES?
Location: Concordia University Library lobby, 2800 NE Liberty St
 This Oregon Humanities Conversation Project is hosted by Concordia University’s Library Multicultural Arts & Events Program.
Details: cu-portland.libcal.com/event/4628697



Tuesdays, Dec. 4, 11, 18, 4:30-8pm
TEXTILE TUESDAYS & OPEN ART GALLERY
Location: Cerimon House, 5131 NE 23rd Ave
 Stitch, knit & chat in a simple gathering of artful citizens, peruse gallery exhibits & or fold origami with the Soul Box Project to make 36,000 soul boxes.
Details: cerimonhouse.org

Tuesday, Dec. 4, 6-7pm
CONCORDIA UNIVERSITY COMMUNITY TREE LIGHTING
Location: Concordia University Library lobby & portico, 2800 NE Liberty St
 This event features the Concordia brass ensemble & concert choir.
Details: cu-portland.edu/about/events/campus-calendar

Wednesday, Dec. 5, noon-1pm
HIV SERVICES FUNDRAISER LUNCHEON
Location: Concordia University Hagen Center, 2811 NE Holman St
 Ecumenical Ministries of Oregon’s HIV Services holds its annual World AIDS Day Fundraiser Luncheon, an opportunity to

honor & celebrate people who live daily with HIV/AIDS, & those who support the work of EMO’s HIV Day Center & Daily Bread Express.

Details/tickets/table sales: event-brite.com/e/world-aids-day-luncheon-tickets-50497396071, ceves@emoregon.org, 503.460.3822

Thursdays, Dec. 6, 13, 20, 27, 7:40-8:40am
TOASTMASTERS
Location: Concordia University Library, 2800 NE Liberty St
 Advisors Toastmasters is a small, but active, group that gives members opportunities to try speaking & leadership in a safe, nurturing & supportive environment with feedback that is aimed at helping you improve your speaking, listening & leadership skills.
Details: advisors.toastmastersclubs.org



Fridays, Dec. 7, 14, 10:30am-noon
FEAST COMMUNITY CHOIR
Location: Subud Portland, 3185 NE Regents Dr
 Forget Everything & Sing Together (FEAST) is a community acapella choir with the goal to build community.
Details/fee: feastcommunitychoir.com

Friday-Sunday, Dec. 7-8, times varied
A CHRISTMAS CHORALE
Location: St. Michael’s Lutheran Church, 6700 NE 29th Ave
 This is a service of lessons & carols, featuring Concordia University’s music ensembles. Seating for all services is limited & on a first-come, first-seated basis. Times: Dec. 7 & 8 7pm, Dec. 9 3pm
Details: cu-portland.edu/about/events/campus-calendar

Sunday, Dec. 9, 3-5pm
COMMUNITY CONVERSATION: HOMEPLACE
Location: Cerimon House, 5131 NE 23rd Ave
 “Homeplace: Envisioning the Future of our Neighborhoods” is a community conversation that is forward-looking with an eye to embracing a sense-of-place” ethos, & revitalizing & adapting architectural legacy for use in the 21st century. That includes understanding what plans by the city are for urban development, & imagining how neighborhoods can evolve to serve their diverse communities. The event is sponsored by the Regional Arts & Culture Council & Cerimon House.

Tuesday, Dec. 11, 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



Wednesday, Dec. 12, 6-8:30 pm.
CNA HOLIDAY PARTY
Location: Cerimon House, NE 23rd Ave & Sumner St
 Join your neighbors for “Holidays Around the World,” this year’s Concordia Neighborhood Association party. Enjoy a variety of ethnic food samples, entertainment, crafts & drawings for prizes.
Details: See Page 3.



Thursday, Dec. 13, 5:30-8:30pm
BREW FOR THE SLOUGH
Location: Alberta Street Pub 1036 NE Alberta St
 East Multnomah County Soil & Water Conservation District is partnering with New Belgium Brewing & Alberta Street Pub for its Give!Guide party. Donate at the party &/or give online at giveguide.org/#columbiasloughwatershedcouncil/.
Details: 503.222.7645

Friday, Dec. 14, 7-9pm
OFF THE COUCH EVENTS ACTIVITY NIGHT
Location: St. Charles Catholic Church, 5310 NE 42nd Ave
 Differently-abled individuals, 18 & older are invited for games, crafts, dancing & snacks. Admission is \$7 per participant & first companion is free.
Details: offthecouchevents@gmail.com, 503.702.2394

Thursday, Dec. 15, 5pm
PARTNERS IN CONSERVATION GRANT APPS DEADLINE
 The East Multnomah Soil & Water Conservation District program provides funding to local organizations’ projects that support conservation projects & conservation. Deadline for 2019 funding is Dec. 15.
Details: EMSWCD.org/pic



Friday, Dec. 21 & Saturday Dec. 22, noon-5pm
CREATIVE PATH WALK
Location: Cerimon House, NE 23rd Ave & Sumner St
 Cerimon House hosts a monthly contemplative labyrinth walk with a new theme each time. The 30-minute immersive indoor experience of light, sound & a focused activity offers a place to unplug & restore on a unique replica of a historic pattern from Reims, France. Open to the public, donations & walk-ins welcome.
Details/reservations: creativepathwalk.org

CNews takes a holiday

Concordia News won’t publish in January. Instead, the volunteer writers will spend time with their families during the holidays. The next issue will arrive at your home a few days before the beginning of February.

However, the Concordia Community Events Calendar is too popular among readers for it to take a break. Submit your items to CNewsEditor@ConcordiaPDX.org by Dec. 10. And look for the events calendar at ConcordiaPDX.org/January2019Calendar by Jan. 1.

ALBERTA ROSE THEATRE

GREAT FOOD MUSIC BEER & WINE

DECEMBER 2018

1 **HOLIDAY CIRCUS SPECTACULAR & BEATLES TRIBUTE IITH ANNUAL WHITE ALBUM XMAS**
 FEATURING THE NOWHERE BAND & THE PORTLAND CIRCUS ALLSTARS

2

3

4 **SCIENCE ON TAP GODS & ROBOTS : MYTHS, MACHINES, & ANCIENT DREAMS OF TECHNOLOGY**

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9 **THE MYSTERY BOX SHOW**

10

11 **MEGAN DIANA + HALEY JOHNSEN**

12

13

14 **CELEBRATE THE SEASON WITH DO JUMP & 3 LEG TORSO**
 WITH PEPE RAPHAEL DIRECTED BY ROBIN LANE

15

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17

18 **FINEHOUSE TRIBUTE TO AMY WINEHOUSE & PROM QUEEN**

19

20 **LIVE WIRE RADIO WITH LUKE BURBANK**

21 **MAGICAL STRINGS CELTIC YULETIDE 40TH ANNIVERSARY CONCERT**

22 **AMERICAN MUSIC PROGRAM PRESENTS PROGRESSIONS : PLAY TO THE FUTURE A BENEFIT CONCERT**

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28 **TOO SLIM & THE TAILDRAGGERS**

29

30

31 **THE BLUE BALL NEW YEAR'S EVE PARTY**
 FEATURING SALOON ENSEMBLE SEPIATONIC + DJ MONTEL SPINOZZA

ALBERTAROSETHEATRE.COM
 503.764.4131
 3000 NE ALBERTA

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.