



CONCORDIA NEWS

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

February 2019

Share your creativity

CNews will introduce a new feature in upcoming issues. "Concordia creates" will display the creative side of people who live and/or work here.

Send your creative work to CNewsEditor@ConcordiaPDX.org at any time. Your piece may be selected to appear in CNews. If not, look for it on Facebook.com/groups/ConcordiaPDX.

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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Rehab project is a labor of love

By Rachel Richards
CNA Media Team

The 1910 Queen Anne Victorian house at 2624 N.E. Going St. has an eccentric aesthetic and history that continues. In 2017 Robert and Jennifer Guinn purchased what they call "The Going Queen."

Robert's research revealed the home's history. It was built by William McMillan,

It was built by William McMillan, an undertaker who first used the home briefly to operate a funeral parlor.

an undertaker who first used the home briefly to operate a funeral parlor. "He was an interesting guy," Robert said, showing evidence of a body elevator from the main floor into the basement.

The house sold to a family in 1913 and has since housed the living. Previous owner Jim Scheirbeck built the unusual rock wall surrounding the property.

"It's definitely a homeowner remodel," Robert said as he points to the red beams that he believes were likely taken from a dismembered 1950s KFC drive-in.

"This house has been an eyesore for a couple of decades, so I am sure a lot of people thought it was going to be torn down."

The 4,200-square-foot house sits on a double, 8,000-square-foot corner lot near Alberta Street, valuable property for a developer. Given Portland's current growth, the house was likely to be replaced with much more dense housing.

Instead, the house was purchased by the Guinns with financing, no property disclosures and no ability to get a home inspection or even see important interior details due to a hoarding situation.

He also is willing to share what he calls a dirty secret.

"It will look more like a Victorian



It took two years for Robert and Jennifer Guinn to identify contractors who are willing to rehab this 109-year-old house, and then to secure financing. They did, and work began in December. House photo by Chris Baker, inset photo courtesy of the Guinns

than ever," Robert said, admiring the old, ornate exterior.

"The interior will be a more modern and open concept as none of the original trim or details remained," Robert explained, touring the gutted interior. "We hope to use local artists and makers for the home's finishing work — eclectic inside, Victorian outside."

"When we began our housing search, we were looking for an interesting home in the neighborhood we love," he said. They already rent a house in Concordia, just a few blocks away.

The couple never thought restoring the Going Queen would become such a massive project. Construction began in

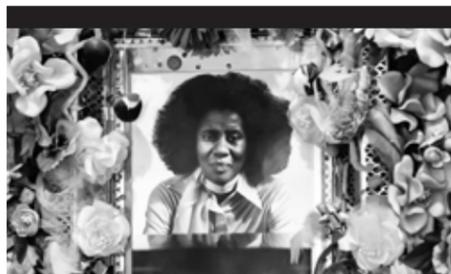
December, starting with structural work to rebuild the foundation, and they hope for all work to be completed in August.

The blog Robert writes detailing this labor of love is at TheGoingQueen.com.



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.



ALICE COLTRANE INSPIRES
Building in Concordia is filled with music and performance art.

See Page 4



DELPHINA'S GETS NEW PURPOSE
Bakery takes new tactic to serve the community's interests.

See Page 6



FOOD, FUN ARE ON THE MENU
Jinx offers spooky, family-friendly bar and restaurant venue.

See Page 8

CNA VOICES

By Chris Lopez
CNA Chair



Got 90 minutes you can spare? CNA needs you April 3

Have you ever thrown a party and worried that no one would come? Well, that's exactly what happened at Concordia Neighborhood Association's (CNA's) annual meeting in November.

Our big membership event drew only a handful of Concordians. In accordance with our bylaws, there weren't enough neighbors to conduct our usual election of board members!

There's still a steady hand on the tiller. The board members whose terms expired last year continue to tend to CNA's business until Wednesday, April 3, when elections are rescheduled.

We realize November was the beginning of a two-month holiday season, with plenty of activities to tempt anyone away from attending a neighborhood meeting. Heck, sometimes the hustle and bustle of daily living can even affect our board attendance year round.

In fact, at our Wednesday, Feb. 6, CNA board meeting, we'll begin exploring how we can deploy technology – video conferencing and more – to augment neighborhood association engagement and participation. Join us at 7 p.m. in McMenamans Kennedy School's CNA Community Room if you'd like to join that conversation.

And please mark your calendar for Wednesday, April 3 – at the same place from 7:30 to 9 p.m. – for our next CNA general meeting and election. I promise we'll have a compelling speaker in, new Portland city commissioner Joann Hardesty.

Preceding her presentation and Q&A, we'll hold elections. Seven incumbents are running for re-election (see zone map and board list on this page): East 2, Northwest 2, Southwest 2, At Large 2, At Large 4,

At Large 6 and chair.

Except for Sonia Fornoni and Matt Boyd – our two newest board members appointed by the board to fill vacant positions – these people have been elected by you. Although everyone agreed to run for re-election, we welcome any and all comers to run in opposition April 3.

Seriously. Among the tenets of a strong neighborhood association is a passion for building community, improving neighborhood livability and providing a diversity of perspectives. CNA is always looking for folks willing to take leadership roles.

What are the qualifications for candidates? If you're a Concordia resident, property owner or business owner you may nominate yourself – or others – with those qualifications.

The candidate's residence or business must be within the zone of the geographical position for which he or she runs. At large candidates may live or own anywhere inside CNA boundaries.

You're eligible to vote if you meet those same qualifications. All CNA residents may vote, although minors will need parental permission. Additionally, one representative from a business, or a property owner may vote in CNA elections.

Even if you'd rather not commit to becoming a board member, please do commit to attending the April 3 general meeting to vote. Please make your voice heard.

Please, do participate in the conversation with our newest city commissioner and, by all means, come mingle with and meet your neighbors. You'll be serving an all-important civic function, and it's a pretty pleasant way to pass an evening.

See you April 3!

Concordia Neighborhood Association

Board Meeting

1st Wednesday of the month, Wednesday, Feb. 6, 7 p.m., McMenamans Kennedy School Community Room

General Membership Meeting

Wednesday, April 3, 7:30 p.m., McMenamans 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

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

Land Use & Transportation Committee

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

Finance Committee

Last Wednesday of the month, Wednesday, Jan. 23, 7 p.m., McMenamans Kennedy School Community Room, contact Heather Pashley, Treasurer@ConcordiaPDX.org

CONTACTS

CNA Chair

Chris Lopez, Chair@ConcordiaPDX.org, 503.290.6871

CNA Vice Chair

Truls Neal, TrulsRobin@hotmail.com

CNA Secretary

Steve Elder, Secretary@ConcordiaPDX.org

CNA Treasurer

Heather Pashley, Treasurer@ConcordiaPDX.org

Crime Prevention Coordinator

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

Neighborhood Response Team Officer

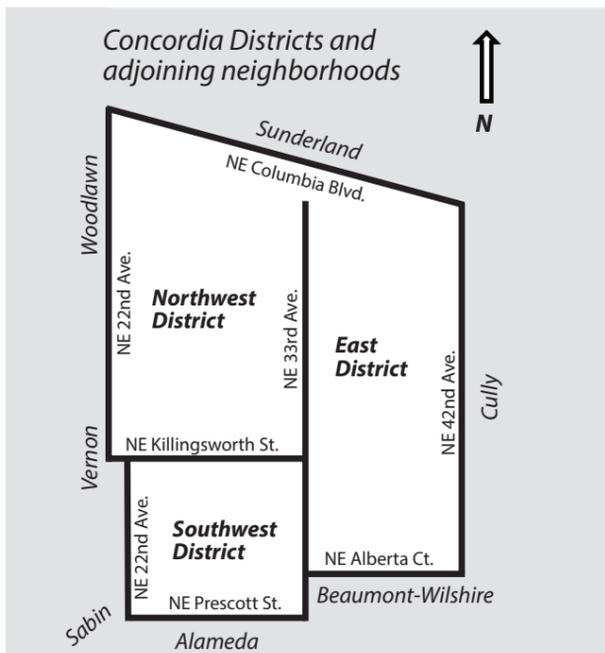
Anthony Zoeller, Anthony.Zoeller@PortlandOregon.gov, 503.823.0743

SUBMISSIONS & ADVERTISING

Submissions to Concordia News: Deadline is the 10th of the month preceding the upcoming monthly publication. Contact CNewsEditor@ConcordiaPDX.org
Submissions to CNA Website: Submit nonprofit news & events to MediaTeamLead@ConcordiaPDX.org
Advertising: Gina Levine, CNewsBusiness@ConcordiaPDX.org, 503.891.7178

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CNA Board of Directors

- Chair | Chair@ConcordiaPDX.org Chris Lopez
- East 1 | East1@ConcordiaPDX.org Heather Pashley
- East 2 | East2@ConcordiaPDX.org Steve Elder
- Northwest 1 | NW1@ConcordiaPDX.org Isham "Ike" Harris
- Northwest 2 | NW2@ConcordiaPDX.org Amelie Marian
- Southwest 1 | SW1@ConcordiaPDX.org Garlynn Woodsong
- Southwest 2 | SW2@ConcordiaPDX.org Ali Novak
- At Large 1 | AL1@ConcordiaPDX.org Robert Bowles
- At Large 2 | AL2@ConcordiaPDX.org Donn Dennis
- At Large 3 | AL3@ConcordiaPDX.org John McSherry
- At Large 4 | AL4@ConcordiaPDX.org Sonia Fornoni
- At Large 5 | AL5@ConcordiaPDX.org Truls Neal
- At Large 6 | AL6@ConcordiaPDX.org Matt Boyd

Need a place for your event?

The Community Room at McMenamans 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

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

Empowerment flows in 'Six Strong' panels

By Rob Rogers
CNA Media Team

From the sidewalk, the mural Six Strong invites the viewer into the Alberta Co-op parking lot to take a closer look at the six diverse vibrant panels installed by local artists in 2016.

Michelle McCausey led the Alberta Art Works project. She and five other artists were given 4x8-foot panels to paint their vivid stories reflecting female empowerment.

The result is an impressive, rich, eclectic tapestry with each artist's own unique style.

"I was an art student at Portland State University at the time," Michelle explained. "I was becoming increasingly fascinated with street art and starting to work with spray paint as a medium to combine with the acrylic painting I was accustomed to."

She studied the history of street art



Photo by Rob Rogers

internationally and specifically in relationship to female participation.

"Consistent with all art history, the patriarchy has a strong hold on street

art and, for many reasons, the medium is traditionally a boys club both locally and internationally," Michelle pointed out. "Of course I was able to find several female street artists who have been able to blast through the glass ceiling, cans a 'blazin.'"

"I think the piece as a whole – along with my original intention of creating opportunity for and supporting female artists – is a message of talent, strength, encouragement and presence," Michelle reported.

"I hope the mural inspires our community to support their female artists. I also hope young women and girls see these paintings and realize they,

too, have opportunity and support," she pointed out.

"Murals and street art produced by men can be seen on almost any block in town. How else will girls know Portland values their creative expression just as much?"



Rob is an Oregonian who worked in web marketing for years. Now he's involved in drone aerial photography – when he's not on his bike.

Matt Boyd fills vacancy



Matt Boyd

Matt Boyd, Concordia resident for a 1½ years, was appointed in January to the Concordia Neighborhood Board of Directors to fill a vacancy. His position will be up for election at the April 3 CNA General Meeting. He moved here to be the planting pastor for Sojourn Church, which is in the heart of neighborhood and focuses on the community.

Party attracts 300, needs you to help out this year

Nearly 300 Concordians made merry Dec.12 at the Concordia Neighborhood Association Holiday Party at Cerimon House. Thanks go to several businesses, volunteers and a small but mighty CNA Social Committee.

Food offered the international flavors of Aladdin Café, Jack's Chicken, Los Pepitos Locos, Nash's Chili and Guacamole, New Seasons Market, Pam Harris, Seastar Bakery, Teote Mezcaleria, Vita Café, Hot Lips PIZZA and RED SAUCE Pizza.

Sharing their talents onstage were choirs from Vernon and Faubion schools, plus Colectivo Son Jarocho de Portland.

Nearly \$400 was raised – plus plenty of food and clothing – for The Northeast Emergency Food Program. Raffle prizes were donated by Alberta Cooperative

Grocery, Frock, Hat Yai, Hi-Wheel Fizzy Wine Co., Kargi Gogo, Mathnasium, Miss Zumstein Bakery and Coffee Shop, Mud Bay, Tamale Boy and Verum Ultimium Art Gallery.

Additional donations and participation came from collage, Fred Meyer, Mathnasium, Mud Bay, Natural Grocers, QFC, Safeway and Whole Foods.

Sound like fun? It takes plenty of effort to pull off the annual party, and more hands can lighten the load for everyone.

Contact CNA Social Committee chair Sonia Fornoni at Social@ConcordiaPDX.org now to pledge your help for next December.



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Correction

December CNews' Concordia murals feature offered a mispronunciation for the last name of Isaka Shamsud-Din. It should have appeared as Sh'am-sue Deen. Apologies for any confusion this might have caused. If you missed the coverage of his creative efforts at McMenamins Kennedy School, visit ConcordiaPDX.org/2018/12/shamsud-dins-murals-remain-on-display.



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Creativity springs from Coltrane 'coliseum'

By Dan Werle
CNA Media Team

Portland has long been a destination for creative people looking to make and share their work. The city landscape is dotted with gathering spaces where artists live, work and/or perform.

One such space in Concordia has withstood shifting demographics and rising housing costs. The Alice Coltrane Memorial Coliseum functions as a practice spot and gathering center for musicians and other artists.

The building sits on the eastern-most edge of Concordia, at the southwest intersection of 42nd Avenue and Sumner Street. Like many neighboring houses, it was built in the late 1920s. Since then, it has seen a number of different occupants, owners and purposes.

A former resident of the building informally named it for Alice Coltrane. Also known as Turiyasangitananda or Turiya Alice Coltrane, she was a jazz pianist, harpist, composer, bandleader and, later in her life, a swamini. Her husband, John Coltrane, was another prominent jazz musician until his death in 1967. She died in 2007.

The building's name honors her musical and spiritual legacy. So does her photograph, surrounded by flowers, displayed prominently inside one of the rooms.

Throughout the years, former Apple CEO Steve Jobs is rumored to have visited there while studying at Reed College. For a few years, it reportedly served as a gathering center for Hare



Ralph Barton credits the spirit of the informally-named Alice Coltrane Memorial Coliseum for inspiring his creativity. It's where he bases his portfolio career of improvisational comedian, electronic dance music DJ and modular synthesizer builder. Photo by Chris Baker

Krishna worshippers.

Chris Radcliffe owned it from 2006 until last August. He's a member of the Cacophony Society, a counter-culture network of people based in San Francisco

with "lodges" throughout the world.

In 2008, a container home he built on the lot was featured in Portland's Build It Green Home Tour.

The 1920s structure has also housed performances by:

- Joey Casio, an electronic artist known for his ahead-of-the-curve mixes and infectious friendliness – who died in the 2016 Oakland Ghost Ship Fire
- The long-running Portland-based creative music group Million Brazilians
- Rainbow in the Dark, a queer and transgender group that traveled across the United States in a school bus

That building is now occupied by Heterodox Records and also used for rehearsing and recording by such artists

as Soup Purse, Grease Envelope, Production Unit Xero and Ralph Barton. The latter is an electronic dance music DJ, improvisational comedian and modular synthesizer builder.

Ralph, credits much of the spirit of the building to its previous owner.

"It wouldn't be this kind of building without Chris. This was his lab. This was his project."



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

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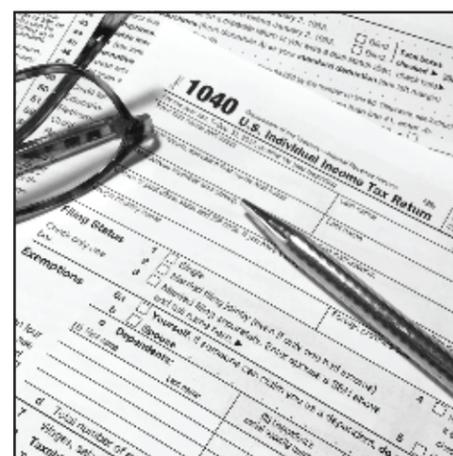
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LUTC reports

What's up with the city's residential infill?

By Garlynn Woodsong
Chair, CNA LUTC

If it seems like the Portland Residential Infill Project has been dragging on for years, that's because it's true. The project began in autumn 2015. It will be four years later – autumn 2019 – before the project is likely to be adopted, at the very soonest.

So, what's going on with it? Ever since last summer, the Portland Planning and Sustainability Commission (PSC) has been reviewing the staff proposal from April. Public comment was taken until mid-summer. Since then, PSC members have been voting on changes to recommend.

The most recent action was Dec. 11, when the PSC received a staff briefing on an updated economic analysis of the project. It reflects the PSC's tentative amendments to the proposed draft

These reduced housing costs help to provide housing choices for people across a broader range of the income spectrum in more areas of the city.

from September, when it directed staff to revise the proposal to incrementally increase floor area limits for additional units.

This change would allow more housing options and expand the area within which those options would be allowed to all R2.5, R5 and R7 zones, with some exceptions for natural resources and hazards.

Key findings from the economic analysis include:

- The PSC's revisions would significantly increase housing production in the R2.5, R5 and R7 zones across the next 20 years. An additional 24,000 housing units would be produced, accompanied by only a modest increase in demolitions – 117, which is fewer than six a year citywide.
- The incremental increase in floor area ratio (FAR) allowances for additional units provides a bigger incentive to build housing types other than single-family residences. FAR is the ratio between the floor area of the building and the area of the parcel that it sits on.

- The new missing middle housing types – duplexes, triplexes, fourplexes and additional auxiliary dwelling units (ADUs) – have smaller unit sizes, which are an average of 56 percent less expensive than new single-family houses.

These reduced housing costs help to provide housing choices for people across a broader range of the income spectrum in more areas of the city.

The PSC is scheduled to receive a briefing on staff's revised proposal, which

should reflect the changes requested to date by the PSC. The PSC is scheduled to vote on recommendations to the city council in March.

City council is anticipated to begin public hearings on the project this summer. No council vote on the project is yet scheduled, but my guess is such a vote will not occur until the school year begins in the autumn, at the very earliest.

From the perspective of the Concordia Neighborhood Association – which has requested that the Portland Residential Infill Project include allowing fourplexes to maximize the potential for reduced housing costs in our neighborhood – the positive news is that the PSC agrees and has requested that fourplexes be added.

The additional good news is the economic analysis confirms that adding fourplexes – and scaling the allowable FAR with the number of units – will result in more, lower-priced units than either the status quo or staff's original proposal.



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.

News from the NET

NETs will rely upon two-way radios in emergencies

By Tom Phillips
Concordia/Vernon/Woodlawn NET

Perhaps nothing will be more important for neighborhood emergency teams (NETs) during an emergency than the ability to communicate across distance when cell phones, landlines or computer messaging

the higher-powered GMRS radios. The higher power allows licensed users the capability to transmit and receive at greater distances and are not as hindered by physical obstructions, such as buildings or hills.

Individuals who wish to purchase FRS or GMRS two-way radios for use

It is illegal to operate a radio greater than two watts without a FCC license.

systems will likely not be operable.

NETs will rely on members having two-way radios to help them manage disaster responses. Two-way radios – commonly referred to as “walkie-talkies” – will not be able to duplicate the range of those other communications devices.

However, they will be able to greatly assist communications activities among NETs as we work to aid our communities in disaster recovery efforts.

Two-way radios allow users to both transmit and receive messages. Most of these handheld radios operate as either family radio service (FRS) or general mobile radio service (GMRS). FRS radios have a power rating of two watts or less and may be purchased and used by consumers without a Federal Communications Commission (FCC) license.

GMRS radios have power levels greater than two watts. These require licenses from the FCC which, in turn, requires that an individual take a written test and pay a fee. It is illegal to operate a radio greater than two watts without a FCC license.

Many individual NET members who have obtained FCC licenses to operate

in emergencies or at other times – such as on camping trips – should consider looking for the following features:

- Supports both low and high power
- Is weather resistant or waterproof
- Has a desktop charger but also supports other battery options, particularly AAs
- Includes an earbud/mic
- Has both FM and National Oceanic and Atmospheric Administration reception capabilities
- Offers repeater capability on GMRS radios

What's Selling in Concordia?

191	Homes sold in RMLS in last 12 months as of Jan. 10
0.8%	Increase in Average Sale Price since 2018
Avg. Sale Price in 2018: \$523,453	
Avg. Sale Price currently: \$527,672	
Avg. Days on market: 32	

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



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.



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Community interests take front and center

By Karen Lotts
CNA Media Team

Development in Portland these days leaves many residents nervous about the future of their neighborhoods. But at the former site of Delphina's Bakery on 42nd Avenue, the community's interests stand at the

"I think it's so important to have a connection with the community when you have a business, so this is close to my heart."

— Carolyn Mistell

forefront of development.

Delphina's shut its doors in 2017. Carolyn Mistell, the former owner of the bakery and CEO of Jane Dough Properties, decided it was a good opportunity to support the community by adding much-needed retail space to the street.

So, instead of selling to the highest bidder, she divided the former bakery into three retail spaces with an additional four maker/warehouse spaces in back.

Two local retail tenants are on track to open in early 2019: Gina Cadenasso's



Gina Cadenasso (left) and Maya Lovelace are moving their retail businesses into the former Delphina's Bakery. A third retail spot and four maker/warehouse spaces are due soon. Photo by Lloyd Kimeldorf

Bolt Fabric Boutique, previously located on Alberta Street, and Maya Lovelace of the famed local pop-up restaurant. Maya's space will house both her supper club-style dining concept, Mae, as well as her more casual eatery, Yonder. The third space is still awaiting tenancy.

To help fund the project, Carolyn sold the parking lot to a developer who builds affordable housing in underserved areas. The plan is to develop the site for mixed-use commercial retail and affordable housing.

Owning and operating the bakery for over a decade allowed Carolyn to develop a strong bond with her neighborhood and become an advocate for its growth and success.

"I think it's so important to have a connection with the community when you have a business, so this is close to my heart," she said about the project that's become a labor of love.

Carolyn served as president of the now inactive 42nd Avenue Business Association. She is currently a board

member of Our 42nd Avenue, a nonprofit that works to boost the neighborhood's economic health and livability.

She shares its vision for positive change within the community that celebrates inclusiveness. And she appreciates the teamwork with the organization to achieve her goal.

One of Our 42nd Avenue's goals is to help find tenants that match its vision for a prosperous 42nd Avenue, which it's accomplished for a few other retail spaces on the street. She credits Michael DeMarco, Our 42nd Avenue executive director – who acts as an informal liaison between business and property owners –

for helping connect her with her current and potential tenants.

Her excitement for the changes to her property matches that of her neighbors. The project's been a lot of work but, she said, "I've had a pretty supportive team."



Karen Lotts is a local freelance writer who helps local small businesses and nonprofits connect with their audiences through copywriting. She can be reached at KarenLotts.com.



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Letter to the editor

To the Vernon community: Vernon School has an ongoing problem with unleashed dogs leaving poo on the playground, in the bark dust around the children's play structures and even on the asphalt. Very often it's brought into the school where it poses a health and environmental problem to many more people in many more areas.

The rule is: no dogs are allowed on the playground during school hours. At other times, dogs must be on a leash and the poo picked up by the owner. There's a great off-leash area available to dog owners in Alberta Park, right across Killingsworth Street from the school.

Please help us keep our school grounds clean and safe.

Connie Schwendemann, Vernon School

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.



Heart in Hand Preschool

Waldorf in the neighborhood since 2002

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Parent- Child Classes Starting Monthly



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Baby it's cold outside: prevent house fires

By Theresa McSherry
Oregon Burn Center

Oregon's wet, cold winters bring Concordians inside our homes craving the crackling warmth of our fireplaces and woodstoves.

Data from the U.S. Fire Administration show the threat of winter fires is real. I am a burn specialist who cares for survivors of burn injuries.

I am also a person who experienced the humbling reality of my own home

Nationwide in 2017, one person died every three hours and 20 minutes in a house fire.

catching fire. Thank you to Portland Fire & Rescue Station 14 in Concordia for saving my life and home.

Nationwide in 2017, one person died every three hours and 20 minutes in a house fire. Other fires caused a death every two hours. According to the National Fire Incident Reporting System, heating equipment is the culprit of one in four Oregon winter house fires and a leading cause of winter house fire deaths.

Another leading cause of house fires is cooking appliances. Evening – 5 to 8 p.m. – is the most common time for these fires.

So how can we protect our homes and loved ones?

- Use nonflammable screens in front of the fireplace opening to prevent sparks from jumping out, unwanted material from going in, and help prevent the



Theresa McSherry appreciates the firefighters at Station 14 for two reasons. She's a nurse practitioner at the Legacy Emanuel Oregon Burn Center, where she treats victims they and other emergency personnel rescue from of all kinds of fires. Second, they saved her Concordia home – and her life – from a fire several years ago. Photo by John McSherry

possibility of burns from touching the hot metal or glass. My office is full of new walkers who toddle over and land palm first on a hot metal or glass door. Establish "no" zones.

- Wood stoves need at least 36 inches of adequate clearance from flammable surfaces – plus kindling, paper and décor – and proper floor support and protection.
- Wood stoves should be good quality and should be lab tested for safety. It should be placed on an approved, non-combustible stove board or hearth to protect the floor from heat and hot coals.
- Chimneys should be inspected yearly, and cleaned if needed, especially if they have not been used for some time.

Fire safety resources

- Portlandoregon.gov/fire/58348
- [YouTube.com/PDXFireRescue](https://www.youtube.com/PDXFireRescue)
- 503.823.3752 (Portland Fire & Rescue Smoke Alarm Program)
- NFPA.org/education
- Oregon.gov/OSP/SFM/Pages/Data_Unit.aspx
- USFA.FEMA.gov/contact.html

- Never, ever, use flammable liquids to start or accelerate any fire. Ever.
- Never burn charcoal indoors. It can give off deadly amounts of carbon monoxide.
- Place space heaters at least three feet away from anything that can burn: furniture, blankets, curtains, paper products, etc.
- Choose space heaters that turn off

automatically if they tip over. Buy and use only space heaters that have the label of a recognized testing laboratory.

- Install smoke and carbon monoxide alarms on every floor – even the basement – ideally outside every sleeping area. Replace them every 10 years. Most victims of fires die from smoke inhalation, not from burns.
- Make and practice a fire escape plan.

Back Pain: Why the Traditional Approach Doesn't Work for Active Adults

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



Is back pain keeping you from enjoying the activities you love? Have you already invested a lot of money in chiropractic, massage and physical therapy and only feel marginally better (if at all)? Do you feel stuck and worry that there's not much else you can do?

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.

As we get older, the traditional approach to treating back pain becomes less and less effective. The short-term benefits of a chiropractic adjustment, a good massage, or isolated physical therapy fail to provide the long-term results that keep us moving and strong so we can keep up with our active lifestyle.

To maintain our active lifestyles, it's important to heal the injured tissues, but we also have to protect our bodies through improved functional strength and better movement patterns. This means that as we get older – **movement and strength training is a re-**

quired part of the treatment plan.

Remember, pain isn't a natural part of getting older. Repeated, small irritations when repeated over time are the cause of pain we associate with getting older. So, while time is a contributor, movement is the cause. Which is important. **We can't control our age. We can control our movement.**

My name is Dr. Carl Baird, a Portland Chiropractor and Movement Specialist who works with individuals aged 35-60 on a daily basis creating custom manual therapy and fitness plans to help active adults stay moving a strong to keep up with their active lifestyle, do what they love, without relying on pain meds, endless visits, or costly surgeries.

If you've been suffering from low back pain for longer than you should we'd like to invite you to take advantage of FREE Discovery Visits. We're opening up 15 of these valuable Discovery Visits to our Portland Community. Our Discovery Visits are designed to give you a chance to talk to a specialist about your specific issue and see if adding a movement/strength program to your treatment plan can help get you out of pain and get you back to your active lifestyle

Request you 100% FREE 30-minute Discovery Visit 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

Syrian Home Cooking Pop-Up Event



Hi-Wheel Fizzy Wine Co.
Saturday, February 16, 2019, 3 - 9 p.m.
6719 Northeast 18th Avenue
Portland, Oregon 97211

Free event. Hand pies, dip, and dessert samplers available for purchase. Live music - 7pm- 9pm. 21+. Find more information and RSVP on eventbrite.com or go to our website for details.

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Leila Piazza
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syrianhomcooking@gmail.com
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FEB 18-24: **DRIVE BY TRUCKER
BURGER**
FEB 25-28: **HIGHLY
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Live opera singers in & around the Honors Bar.
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Thursday, February 7
BOTTLENECK BLUES BAND
Gym • 7 pm

Monday, February 11
NEW MONTHLY EVENT
PARANORMAL PUB:
What I've Learned About
Consciousness: An Exploration of
Hypnotism & Lucid Dreaming
Theater • 6 pm doors; 7 pm event

Tuesday, February 12
RACE TALKS An Opportunity
for Dialogue
"ENGAGING DEMOCRACY"
Gym • 6 pm doors; 7 pm event

Thursday, February 14
BILL WADHAMS & FRIENDS
Rock
Gym • 7 pm

Saturday, February 16
Zwickelmania
Brewery tours and tastes.
Brewery • 11 - 4 pm
\$9* growler fills all day
*certain beers may be additional charge

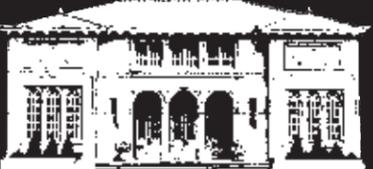
Thursday, February 21
**LIMITED-EDITION
BEER TASTING**
W/ BRIAN RILEY & RYAN LUND
5 - 7 pm • Brewery • 21 & over

Thursday, February 21
NEVER COME DOWN
Soulgrass
Gym • 7 pm

Monday, February 25
McMenamins, Oregon Historical Society
and Holy Names Heritage Center present...
HISTORY PUB
Theater • 6 pm doors; 7 pm event

Thursday, February 28
MEXICAN GUNFIGHT
Soulful songcraft
Gym • 7 pm

Wednesday, March 13
**Hall Pass to
Whiskey**
Includes 10 tokens and
passed hors d'oeuvres
\$35 per person • 5:30 pm
Tickets at cascadetickets.com



Say the magic word – it's Jinx

By Vanessa Miali
CNA Media Team

Whether you've got good or bad luck, you're bound to find a tasty bite, unique beverage or mystic pinball game to play at Jinx. It's the spooky, new, family-friendly neighborhood bar and restaurant at the southeast corner of 30th Avenue and Killingsworth Street.

This Cajun-inspired bistro is owned by a trio of Portland restaurant vets. They are Patty Early, former owner of the Florida Room, and brother sister team Colin Hulbert and Courtney Hulbert-Lords, both Caro Amico Italian Café alums.

They bring to the neighborhood a combined 55 years of experience in the business and a friendly, energetic vibe.

The well-balanced menu offers fish, steak, salad, soup, burgers and a rice-and-shellfish dish called etouffee.

"A priority is to keep Jinx affordable so that folks could come in frequently," Colin said. All of the dishes are less than \$20 and appetizers cost no more than \$10.

"We wanted it to be financially accessible to everyone," he said. Another focus was appealing to families because, the trio believes, there's not a lot of casual dining in the area.

Hours are 4 p.m. to 1:30 a.m., with minors welcome until 8 p.m.

Formerly at Petite Provence, Jeff Olson-Cook is making his debut as head chef at Jinx.

"He did extensive research on vegan food and, if it tastes good, that's what's on



Courtney Hulbert-Lords, Patty Early and Colin Hulbert have brought 55 years of restaurant experience and plenty of fun to Jinx, at the former Cup & Saucer space. Photo by Chris Baker

To keep a diverse crowd of customers coming in, Jinx owners plan to offer all kinds of experiences, such as brunch, trivia/bingo night, karaoke, LGBT dances, pinball leagues and more.

the menu," Patty explained. The popular new Impossible Burger is one example of vegan offerings, but there will be tasty, healthy options for vegans and omni-

vores alike.

To keep a diverse crowd of customers coming in, Jinx owners plan to offer all kinds of experiences, such as brunch, trivia/bingo night, karaoke, LGBT dances, pinball leagues and more.

"Getting the community involved is part of making Jinx a popular neighborhood eatery," Patty said. "We're planning outreach with neighborhood schools and garnering vendor donations so event proceeds can go toward our community."

Visit Jinx.com or JinxPortland on Instagram for special events.

"Opening our own restaurant has been a life goal of ours since we were kids," Courtney pointed out. "It's brought us closer and we're getting to know each other in different ways because we are solving problems together."

The trio is establishing its Concordia roots by hiring employees from the neighborhood and recycling items from restaurants that have closed.

"Many of our employees live within walking distance," Patty said. "The benefit is that Jinx can stay open, even in a snowstorm."

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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.

Need a place for your book club to meet?

The Community Room at McMenamins Kennedy School is available for your next book club or special occasion.

Learn more at: ConcordiaPDX.org/community-room-rental

Thanks for asking

'Cross cultural' might be just about skin

By Karen Wells
CNA Media Team

*That's right,
people with dark
skin do sunburn.*

February's not a time for thinking of sunscreen or how to avoid sunburn. Scattered sunny days are celebrated with bare arms and legs. No need to cover up, scout for shade or sunscreen.

Unfortunately, the makers and advertising teams of major brands of sunscreen project the illusion that sunscreen is primarily used to protect pale skin from the sun's damaging omnipresent rays.

Sunscreen protects everybody's skin. All shades of skin – from pale to dark – need a healthy layer of sunscreen when summer's hot sun shines. That's right, people with dark skin do sunburn.

How do you ask your dark-skinned neighbor, nice person, African American, which sunscreen product do they use? Or how do you respond if your child asks you if a dark-skinned friend needs to put on sunscreen before they race off to the swings?

You might feel awkward about asking. You might feel embarrassed by the question.

These examples, on the surface, might appear to fall in the category of cross-

cultural differences. Closer examination reveals that the questions are actually about skin care and avoiding sunburn and skin cancer.

We all ask questions to show concern or interest. Showing concern or interest in the well-being of others builds friendships and community.

Asking a friend, who happens to be of darker skin than yours which sunscreen they use, for example, might be received well or not. You and your friend might launch into a lively discussion on the pros or cons of sunscreen use.

At the end of your lively conversation, you both might admit your awkwardness with the topic, followed by laughter.

Before asking a potentially awkward question of a friend or anyone, have a mindset of patience – patience with yourself and with the awkwardness.

We're all under one sun.
Thanks for asking.



Editor's note: Do you have an inquisitive cross-cultural question? Send it to CNewsEditor@ConcordiaPDX.org.



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

All shades of skin requires sunscreen

Karen's resources:

- Sally Wadyka, Sunscreen for Dark Skin Is a Must, Consumer Reports, ConsumerReports.org/sunscreens/dark-skin-sunscreen-need/
- ShareCare, Do African Americans and people with dark skin need to use sunscreen? ShareCare.com/health/sun-care/sunscreen-african-americans
- Kate M. Cronan, MD, How to Choose & Use Sunscreen. KidsHealth, KidsHealth.org/en/parents/sunscreen.html
- Environmental Working Group, Melanoma Rates Dropping Among Children and Teens, EWG.org/enviroblog/2016/04/melanoma-rates-dropping-among-children-and-teens
- American Cancer Society. Skin Cancer, Cancer.org/cancer/skin-cancer.html
- Community Tool Box, Building Relationships with People from Different Cultures, CTB.KU.edu/en/table-of-contents/culture/cultural-competence/building-relationships/main
- Odyssey online. 60 Ways to Improve Your Cultural Awareness. TheOdysseyOnline.com/60-ways-to-improve-your-cultural-awareness
- WikiHow. How to Communicate Well With People from Other Cultures. WikiHow.com/communicate-well-with-people-from-other-cultures
- Multnomah County Library, At a loss for words: talking with kids about racism, MultCoLib.org/blog/20170817/loss-words-talking-kids-about-racism
- Paulo Coelho, Culture makes People Understand, BrainyQuote.com/quotes/paulo_coelho_620592?src=t_culture

To your wellness

Self-worth is tenuous for some

By Kim Magraw
Licensed massage therapist

In my massage practice, of the many ailments that my clients carry, anxiety and depression are among the most common. It has almost gotten to the point that – if someone doesn't check the "acute anxiety/depression" box – I wonder, "What's right with you?"

I doubt I could add anything new to the extensive public discussion on this subject. It may be helpful though to be reminded of some basic factors related to anxiety, which can contribute to depression.

At our core, we each want to know we have value – that we belong and that we are lovable – in other words, we have self-worth.

Anxiety is triggered by anything that we perceive as threatening. For so many of us, our self-worth is tenuous and delicate, meaning just about anything can be viewed as threatening and send us into a

*Anxiety is
triggered by
anything that
we perceive as
threatening.*

tailspin.

While our self-worth is ultimately up to us, the people and conditions around us make a huge difference. Some factors in society that have outsized effects on this sense of self-worth are the preoccupation with being perfect – never appearing to make a mistake – and the drive to be independent and not to need anyone else.

So, you might answer these questions:

- "What can I do to accept and embrace imperfection in myself and others?"

- "In what ways can I rely on others while avoiding unhealthy dependence?"

Also be aware of the fight/flight/freeze trap. Pay attention when that anxious feeling arises.

You might ask this simple question, "Am I unsafe, or am I uncomfortable?" If you truly are unsafe, by all means fight, fly or play dead.

However, as often as not, you'll realize you're uncomfortable. Then you can take a breath and engage your discomfort with curiosity, care and even humor.

It turns out that anxiety and enthusiasm are two sides of the same coin.



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

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



Want to get involved?

It's easy. The Concordia Land Use & Transportation Committee meets next on Wednesday, February 20 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



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



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From the pens of kids

Below are the poetry efforts of three Faubion School fourth graders in Mr McGee's class.

Clouds By, Genevieve

By Genevieve

Clouds have emotions like we do. They rain on people and they don't care who. Clouds have rainbows, hair clips and ties. Sometimes clouds are nice and make shapes in the sky. They also make storms while our hearts flutter high above the clouds. No storms, no rainbows, no rain or grey skies. Sometimes no clouds to be seen. No rainbows or storms, no emotions or feelings, just calm and clear... but something is near. Clouds just come again.

Portland is a home of clouds, they come and go, it's quite the show. When clouds are excited, BOOM! Thunder or lightening all pour through the sky. Clouds love emotions just like you and me. Sometimes it's better to leave them in peace.

Untitled By, Clover

Clover, Mykhuis

When I shiver in fear at night, I think what will happen to our world. Then I think of Faubion school. The way I feel cool, they way my school is unique. Unique as in feminism. Amazing people who stand up and girls that run the playground and then I don't feel that bad.

Feminist By, Grace

- GRACE CAIDWELL

I can do this. I can show this to people who do not believe in women's rights. People who do not believe in feminism. I grab my sign and go out to the road chanting, screaming, while the rain pours down on my cold, wet body. Thank you Earth, Thank you for all of the people who are feminists. Thank you.

Gardening goddess

Here's what to do now in your Concordia garden

By Jolie Ann Donohue

During the rainy month of February, the gardening theme is dream, plan and prepare. February average high/low temperatures are 57/39 degrees with an average 12 inches of rainfall.

Proper timing of planting will nurture the healthiest plants in your successful 2019 garden.

Typically in Concordia, we wait to plant vegetables and herbs until after our average last frost, around March 15. Frost is 32 degrees and too cold for vegetable seeds to germinate and for transplants to survive. Proper timing of planting will nurture the healthiest plants in your successful 2019 garden.



Jolie Ann Donohue is a garden educator, consultant and designer joyfully living in Concordia since 2011. She is the author of *The Gardening Goddess's Guide to Edible Gardening in Portland* releasing this spring. Reach her at info@JolieAnnDonohue.com

Review a vegetable planting calendar specific to our climate to get acquainted with cool season crops. One is available at PortlandNursery.com/veggies.

Use the cooler temperature opportunity this month to prepare for your best edible garden ever by thoughtful planning.

February is an excellent month to take a gardening class. Portland Community College community education offers organic vegetable gardening classes nearby at the Cascade Campus. Visit ppc.edu/community.

When purchasing seeds, plants, tools and gardening supplies, support our local independent plant nurseries and garden centers.

On a dry day prepare for March planting by pulling weeds, raking leaves, removing plant debris and adding compost to your raised beds or in-ground garden.

Covering your garden with cardboard boxes or a tarp will prevent new weeds, keep out marauding squirrels and dry out the soil for planting time.

Working in or walking on wet soil causes compaction that hinders a healthy garden.

February garden task list:

- Read seed catalogs, consult a planting calendar, make a plant list and draft a garden plan.
- Assess garden tools, clean and sharpen. Purchase new tools if needed.
- Purchase seeds.
- Purchase supplies like twine, bamboo stakes, tomato cages and organic fertilizer.
- Apply organic slug bait around the garden.

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.

Friday, Feb 1, 7-9pm

SPIRITUAL ABUSE FORUM

Admission: free

This informal, open group meets quarterly to explore issues of abuse that occur in churches & other religious organizations. Each meeting offers a topic.

Details: betsyfreeman16@gmail.com.

Mondays, Feb. 4, 11, 18, 25, 10-11am

EFT TAPPING STRESS RELIEF

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, calmhealthease.com

Thursdays, Feb. 7, 14, 21, 6:00-7:30pm

SPANISH CONVERSATION

Admission: free

CNA sponsors these free classes. Brush up on your Spanish skills to reach out to the Hispanic community more effectively. All levels are welcome.

Details: social@concordiapdx.org.

Tuesday, Feb 12, 19, 26, 7-9pm

INTUITIVE EATING: DONE WITH DIETING

Admission: \$200 for the series

This is a five-week course designed to free you from the restriction, guilt & shame of dieting. Achieve health & well-being by making peace with food, & learn to trust your intuition to inform when, what & how much to eat.

Details: soniagf419@gmail.com

Wednesday, Feb 13, 7-9pm

TALLERES & FANDANGO

Admission: free

"Fandango" is a family-friendly celebration of traditional music & folk dancing from Veracruz, Mexico. Beginners welcome at these intergenerational workshops.

Details: Chariti Montez 360-280-3868

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

jueves, feb. 14, 6-9pm

DIA DEL AMOR Y LA FAMILIA (FRIENDSHIP DAY)

Admisión: gratis

Noche de guitarra acústica y poesía para toda la familia en el Día del Amor y la Amistad! Habrá música en vivo, recitación de poesía y dulces. Es un evento gratuito. (A night of friendship with Spanish music, poetry readings & sweet treats.)

Detalles: Si gustas presentar poesía o música contáctanos en gala@educateya.org

Friday, Feb 15, 6-8:30pm

TWEEN MONTHLY POTLUCK/ GAME NIGHT

Admission: free

A Concordia family is organizing this game night for children ages 8-12. Throw your favorite card or board games (no electronics please!) in a bag & bring a potluck finger food in any category. Registration is required, due to room capacity limit, & a parent or guardian must accompany his or her children.

Details: virtualjohanna@gmail.com and specify the number of attendees, children's ages, type of potluck dish, & indicate if you are able to help with room set up &/or break down

Feb 22, 6-9pm

UNITY IN THE COMMUNITY

Admission: free

Practice Chicago stepping & ballroom, a fun partner dance.

Details: Ilana Mitchell 503.789.0975

Thursday, Feb. 28, 7-9pm & Sunday, Feb. 24, 3-6pm

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. Songs selected come most often from "The Sacred Harp," the most enduring of a series of books that employ the shape note system.

Details: portlandsacredharp.org

Ask the historian

Cows don't make the best of neighbors

By Doug Decker
Historian

Portland is known for its urban livestock. Today our chickens and goats provide food items that help many residents round out weekly nutritional needs. The sight and sound of traditional barnyard residents can also remind us of our not-so-distant agricultural past.

Less than 100 years ago, small dairy operations with five to 10 cows in a barn out back dotted the Concordia neighborhood and other close-in northeast Portland neighborhoods.

At the beginning of the 20th century, when our neighborhoods were farms, fields and forests – and there wasn't yet

a grid of streets – the landscape we live on today was alive with orchards, larger dairies and cultivated farming.

As population pressures and real

estate development began to create the Concordia neighborhood between 1905 and 1920, tensions between the city way of life and the country way of life began

to escalate. hood dairies and the city began to adopt ordinances related to licensing, the presence of barn buildings and the number of animals that could be kept in residential settings.

A combination of health concerns and water supply impacts, the annoyance factor from the late night and early morning mooing of cows, and the increasing value of vacant lots used for pasture being turned into homesites eventually conspired to sink small dairy operations in Concordia.

Next time you're out walking through the neighborhood – particularly near any of these noted intersections – chances are you're following in the steps of a small dairy herd that once called Concordia home.

As population pressures and real estate development began to create the Concordia neighborhood between 1905 and 1920, tensions between the city way of life and the country way of life began to escalate.

to escalate.

One local dairy at 20th Avenue and Going Street – owned and operated by Lizzie and Morris Goldstein – held out until 1923 and produced some of the finest milk in the state.

In fact, despite the complaints of the Goldstein's immediate next-door neighbors, more than 80 neighbors in the immediate vicinity signed a petition asking the city to allow the dairy to continue to operate. It must have been good milk.

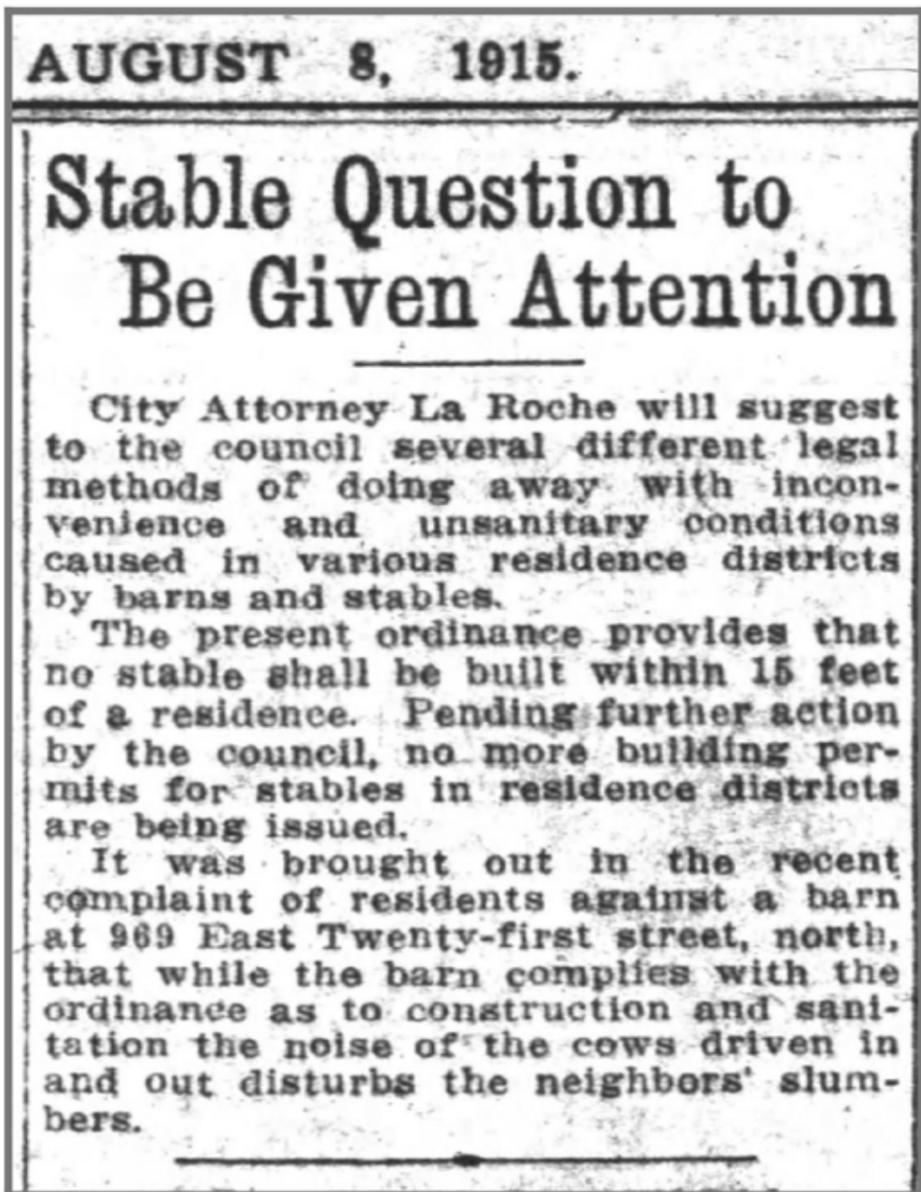
Other dairies near 32nd Avenue and Emerson Street, 32nd and Holman Street and multiple dairies on 14th, 17th and 18th avenues were protested by neighbors moving in. They didn't like the smell, the mess or the sound of cows.

By the mid 19-teens, city council was under pressure to regulate neighbor-

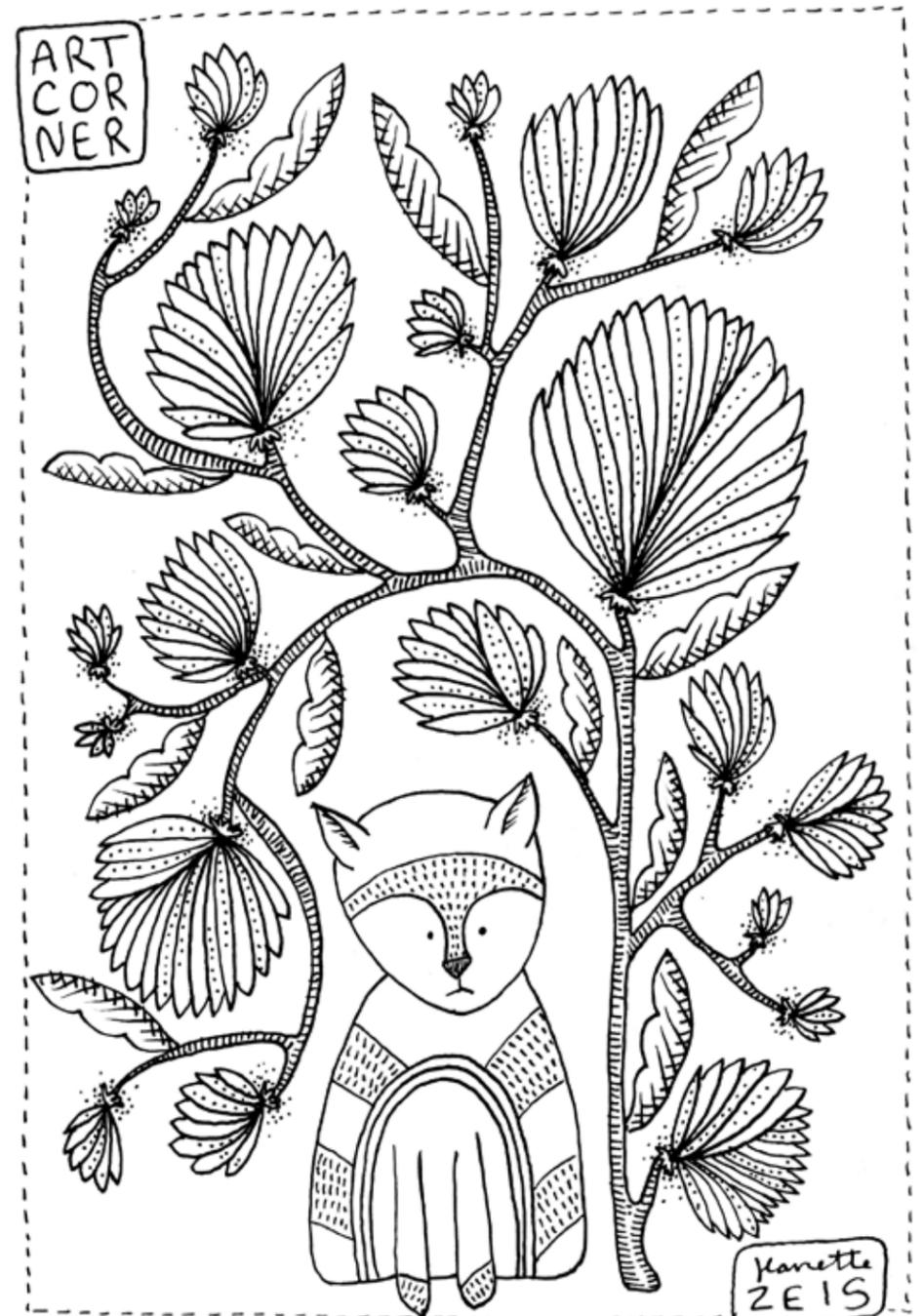
hood dairies and the city began to adopt ordinances related to licensing, the presence of barn buildings and the number of animals that could be kept in residential settings.



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.org.



This clipping from the Oregon Journal offers a glimpse of why you no longer find dairy farms in Concordia. Residents considered them to be nuisances and convinced the city to ban them.



Want to get involved locally?



Want to get to know your neighbors?

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

All are welcome!

Concordia community events calendar



Saturday, Feb. 2, 9am-noon
STEWARDSHIP SATURDAY
Location: Hydro, 2210 NE Riverside Wy
 Hydro, a local business that deals in aluminum – education, design, manufacturing, fabrication, surface treatment and finishing – needs help caring for its land along the Columbia Slough. With assistance from the Columbia Slough Watershed Council volunteers, it plans to plant hundreds of native plants & spread mulch.
Details/registration:
columbiaslough.org/events/event/450/

Saturday, Feb. 2, 10:30am-12:30pm
DIY INSULATION WORKSHOP
Location: Proud Ground, 5288 N Interstate Ave
 This workshop covers insulation installation in attic spaces not used for storage or living space. Class covers: safety, energy audit/project planning, air sealing, exhaust/ventilation, blown-in insulation, tax incentives/credits.
Details/registration:
communityenergyproject.org



Tuesday, Feb. 5, 6 p.m.
LEADERSHIP IN EDUCATION AWARDS
 Portland Art Museum, 1219 SW Park Ave
 Hosted by Concordia University is the annual Governor Victor Atiyeh Leadership in Education Awards. Honoree is Marilyn Cover, founder and newly-retired executive director of nonprofit Classroom Law Project. Keynote is Justin Driver, University of Chicago Law School. Event proceeds benefit Concordia student scholarships and 3 to PhD.
Details/cost/registration:
cu-portland.edu/atiyeh



Tuesdays, Feb. 5, 12, 19, 26, 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

Feb. 6, 16, 27
HOME ENERGY SCORE WORKSHOPS
Location: Community Energy Project, 2900 SE Stark St A
 Portland homes now require home energy scores to be listed for sale. This class is for home sellers/buyers & real estate brokers. Class covers interpreting home energy score reports & effective energy efficiency upgrades.
 • Wednesday, Feb.6, 6-8pm
 • Saturday, Feb. 16, 2-4pm
 • Wednesday, Feb. 27, 6-8pm
Details/registration:
communityenergyproject.org

Thursdays, Feb. 7, 14, 21, 28, 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, Feb. 8, 15, 22 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



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



OFF THE COUCH EVENTS

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



Saturday, Feb. 16, & Sunday, Feb. 17
CREATIVE PATH WALK
Location: Cerimon House, 5131 NE 23rd Ave
 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

Thursday, Feb. 21, 6-8pm
FREE CRAFT NIGHT
Location: Atlas Pizza, 710 N Killingsworth St
 collage & Atlas Pizza collaborate the third Thursday of each month to sponsor this event. Supplies & instructors are provided, no registration necessary.
Details: collagepdx.com



Saturday, Feb. 23, 9am-noon
STEWARDSHIP SATURDAY
Location: Boat launch, 16650 NE Airport Wy
 Columbia Slough Watershed Council volunteers completed work removing invasive blackberry last summer from the groundwater pump station. Now it's time to plant native species along the slough banks & walking trail.
Details/registration:
columbiaslough.org/events/event/543/
 Sunday, Feb. 24, 8:30-9:30am
CONCORDIA UNIVERSITY CHRISTI CRUX ENSEMBLE
Location: Trinity Lutheran Church, 5520 NE Killingsworth St.
 The group performs during CU Sunday at the church
Details: cu-portland.edu/about/events/campus-calendar

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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.