

CONCORDIA NEWS

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

Mix with your neighbors

Cinco de Mayo

(Sunday, May 5) 5-7 p.m.

Taqueria Los Pepitos Locos 2

5013 N.E. 42nd Ave.

Details: Page 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.

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





Randall Stuart was the driving force behind a group of people who 10 years ago founded Cerimon House. That was five years before they found the Concordia building to house their arts and humanities organization.

Cerimon celebrates 10th year

By Karen Lotts CNA Media Team

erimon House turns 10 this month and, to celebrate, the 'arts and humanities organization is hosting "The Ten Spoke Wheel" anniversary fundraising gala Saturday, May 11.

Festivities include a formal dinner, music and storytelling entertainment, art installations, a silent auction, and a surprise announcement, according to Randall Stuart, founder and artistic director.

He promised the building will be bedazzled with current and past art exhibits. The art gallery will transform into an auction hall that extends through the end of the month, along with a musicenhanced performance about Cerimon

The Creative Path Walk features a labyrinth that offers a variety of contemplative walking patterns and suggests a different theme for contemplation each month.

The building also offers rental space when available, and it's used by community groups and nonprofits whose missions align with its own.

The idea for the organization took root in 2009 when Randall, a professor and theater artist, envisioned a space where education, the humanities and arts could mingle and be showcased in a supportive community environment. He presented his vision to friends and peers who then joined him in creating the nonprofit.

Not wanting to wait for funding for a location, they spent the next five years hosting events in shops, book stores and rental spaces throughout Portland. In 2014 they found a home in a large building in the heart of the Alberta Arts District. The 95-year-old hall at 23rd Avenue and Sumner Street has a history as community space - first a Masonic lodge and then a Baptist church - that inspired Randall. He and the others involved in Cerimon House saved it from the

wrecking ball, restored it with a vivid terra cotta color scheme and reunited it with its original purpose.

Cerimon House's gala is an opportunity to celebrate with the community and thank the ensemble of artists, volunteers and social investors who have supported it along the way.

'We believe that, if our patrons and neighbors convene together for live events, performances and celebrations, they strengthen not only their immediate community, but really the world," Randall pointed out.

For event tickets and to learn more about the online auction, visit CerimonHouse.org. All proceeds benefit the nonprofit.

House's journey. The month's festivities also include a new art exhibit.

Cerimon House's mission is to foster the four Cs: community, curiosity, creativity and ceremony. It accomplishes this with events that spark conversation, togetherness and inspiration, such as art exhibits, talks, discussions, plays, music and crafting.





SHE WORKS FROM HOME NOW Jan Coleman continues the practices of art and design.

LOVEJOY'S OPENS IN PORTLAND The mood is calm and the atmosphere inviting.

See Page 6

SHE'S YOUR PSYCHIC SISTER Step into an eclectic assortment of all things metaphysical.

See Page 8

See Page 4

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CNA VOICES

By Ann Griffin Alberta Main Street Executive Director

Award winning Main Street relies on dedicated volunteers

lberta Main Street works with resident and business volunteers to advance programs to keep Alberta Street a vibrant, creative, equitable and sustainable commercial district.

As a longtime neighborhood development advocate, I was thrilled to take on the executive director role at Alberta Main Street last November. Our mission drives a tall order – equitable, sustainable, vibrant. But I know that the Alberta neighborhood

has the creative and dedicated people needed to put these words into on-theground actions.

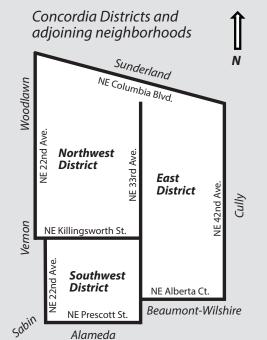
I encourage you to read on and get involved what's i n happening.

I'll start off with some big

news! The National Main Street Center honored Alberta Main Street with the Great American Main Street Award at its annual Main Street conference last month. Congratulations to our hard working volunteers who made this possible. For details, visit Vimeo.com/323850741/eed72d8817.

Our priority projects for 2019 include:

- Installation of five Alberta Street Black Heritage Markers
- Small business development assistance programs and partnerships to help local business people thrive - with support in particular for art-based and creative businesses
- Matching mini-grant program



- Connecting with former Alberta Street residents who have been displaced, and fostering connections and community
- Seasonal events, such as Earth Day and the
- Alberta Street Fair, which is Aug. 10 this year
- Alberta Street neighborhood calendar

Everything we do relies upon our volunteers!

Everything we do relies upon our volunteers! What would you like to see on Alberta Street? Help make it happen.

What would you like to see on Alberta Street? Help make it happen. invite Ι you to contact me at Ann@ AlbertaMainSt. org or visit AlbertaMainSt.

org and get

involved.

Keep it local and creative...Only on Alberta.

Ann Griffin is a neighborhood economic development junkie and dedicated believer in supporting local businesses. She previously ran a Main Street program in her birth city of Boston, and has managed programs for the Portland Development Commission, Earth Advantage and the Lloyd EcoDistrict. She likes hiking with her family and trying out new restaurants on Alberta Street.

Local Main Street one of Top 3

See Page 3 for details about the Great American Main Street Award.

CNA Board of Directors

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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)

Concordia News

Concordia Neighborhood Association

Board Meeting 1st Wednesday of the month, Wednesday, May 1, 6:30 p.m., McMenamins Kennedy School Community Room

General Membership Meeting

Wednesday, June 5, 7 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 SoniaGF419@ gmail.com.

Media Team

1st Tuesday of the month, Tuesday, May 7, 6 p.m., McMenamins Kennedy School Community Room, contact MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee

3rd Wednesday of the month, Wednesday, May 15, 7 p.m., McMenamins Kennedy School Community Room, contact LandUse@ConcordiaPDX.org

Finance Committee

Last Wednesday of the month, Wednesday, May 29, 7 p.m., McMenamins Kennedy School Community Room, contact Heather Pashley, Treasurer@ConcordiaPDX.org

Community Room Rental

For info and scheduling, visit ConcordiaPDX.org/ community-room-rental or contact Sonia Fornoni at CNARoomKennedy@gmail.com.

CONTACTS

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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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Three park concerts due this summer

April showers may - or may not - be fading. But sunshine and summer are on their way, along with the annual Concerts in the Park series in Fernhill Park.

Mark your calendar for: Friday, July 12, 6:30 - 8:30 p.m. The Sirens of Blues: female blues legends and rising stars

Friday, July 19, 6:30 - 8:30 p.m. Tony Starlight Showcase: music and laughter from Sinatra through the 1980s

Friday, July 26, 6:30 - 8:30 p.m. Bloco Alegria: high-energy Brazilian music and dance

As always, admission is free. But donations are appreciated, and they defray the costs for the entertainers, stage, sound system, etc. The three-member volunteer Fernhill Concerts Committee has begun the long, arduous task of raising funds for the concert series.



Please donate or become a sponsor. It's an investment in and from the community that makes Concordia richer, keeps the concerts coming and makes them free to the public. Your community spirit and generosity in helping raise the dollars needed will make this the most memorable season yet.

For details, contact Sonia at soniagf419@gmail.com or call 305.812.5280.

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Concordia murals There may be more 'free walls' in future

CNews Editor

ree wall. Legal wall. Rotating wall. You name it, but there are only two in Portland, and one is in an alley intersecting with the south side of Alberta Street between 27th and 28th avenues.

The Portland Street Art Alliance (PSAA) and a group of Portland State University students are collaborating to convince the city to allow more. They'd like your opinion in an online survey

The Portland Street Art Alliance and a group of Portland State University students are collaborating to convince the city to allow more.

posted in April at PDXStreetArt.org/ articles-all.

A proposal to the city this summer will seek permission for building owners to allow street and graffiti artists to express themselves any time on walls that are painted over completely on a regular basis. The wall off Alberta Street is covered once a year.

The PSAA website reported the objec-

By Nancy Varekamp tive is "for the collective empowerment of Portland's street artist community to achieve city-wide district revitalization goals and use art as a means to include the voices and perspectives of historically marginalized communities.

> "The proposal will combine research, original data collection and analysis to present policy alternatives allowing Port-

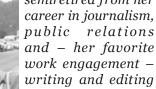
land to better leverage its thriving street arts culture and solidify the city's identity as a haven for creatives."

The effort includes an analysis of similar policies throughout the Northwest and around the world. Plans call for submitting

the proposal to the city this summer.

targeted newsletters.

Nancy Varekamp is semiretired from her





Street and graffiti artists are currently welcome to express themselves any time on two free walls in Portland. This one is in Concordia. Photo by Lloyd Kimeldorf

Main Street earns honor

lberta Main Street was one of three organizations selected by a national jury for the 2019 Great American Main Street Award. Comprising the jury were community development professionals and representatives of government agencies involved in economic development and historic preservation.

Each of the Main Street programs honored have turned around local economies by investing in locally-owned businesses, collaborating with public and private partners and rallying their community members' support. Across the country, 2,000 communities have revitalized through the Main Street program.

Announcing the local award, Main

of disinvestment, Alberta Main Street has become a bustling and inclusive arts district.

"Since the Alberta Main Street program formed in 2010, they have worked to create an equitable commercial district by offering programs that encourage small business development and property ownership among residents who have been historically marginalized from economic growth."

Today more than 50 percent of Alberta businesses are women-owned and 23 percent are minority-owned. Fortyfour new businesses have started since 2010, and job opportunities have nearly doubled - from 696 in 2010 to 1,375 in 2018. Last year events, programs, and activities drew 30,000 people to the district, with an estimated economic



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CNA SPRING CLEAN UP Saturday, June 1 8 a.m. – 12:30 p.m.



PCC Workforce Training Center at NE 42nd & Killingsworth

Spring cleaning comes to Concordia, and CNA will dump, recycle and/or find new homes for your household items.

ACCEPTED MATERIALS

- Household waste
- Metal
- Styrofoam (no peanuts)
- #6 Polystyrenes **NEW ITEM!**
- Furniture
- Electronics
- Lamps
- Mattresses
- Clothes
- Bicycles
- Other household items

SUGGESTED DONATIONS:

Car: \$10 Truck, van, SUV: \$15 Large truck: \$20 Oversized load: \$30 Electronics: \$5

- **PROHIBITED MATERIALS** HAZARDOUS WASTE,
- including batteries and chemicals
- Construction, demolition,
- roofing & remodeling debris Kitchen garbage
- Residential yard debris
- Commercial landscaping
 - materials
- Waste & recyclables collected curbside
- Light bulbs
- Refrigerators & freezers
- Large appliances/white goods
- Tires, rocks & concrete
- Paint & oil

METRO prohibits the disposal of construction, remodeling or demolition materials suspected of containing asbestos at all neighborhood clean ups. Examples of prohibited materials: Flooring: vinyl tiles, vinyl sheet, mastic Walls: plaster, decorative plaster

Siding: cement siding shingles "Transite"

Ceilings: acoustical tiles, "popcorn" and spray-on texture Insulation: spray-applied, blown-in, vermiculite, pipe, HVAC and lagging. Electrical: wire insulation, panel partitions Other: fire doors, fire brick, fire proofing

SPECIAL FEATURES IN 2019

Recycling #6 Polystyrenes: Remember to check your numbers! Look on this page for details.

"You Price It" Yard Sale: See something you like among the reusable household goods, say what it's worth and it's yours.

Professional tool & knife sharpening: We hope to provide this service again this year but it has yet to be confirmed. Please check ConcordiaPDX.org and our Facebook page over the next month for further info.

All proceeds support CNA's mission to organize human and physical resources, build



Residing in Jan Coleman's home are her business Red Caviar Planning and Design LLC, an array of her creations, supplies of colorful yarns, a painter's easel, slender lengths of exotic wood and a large loom. Photo by Marsha Sandman

Artist leaves her touch all across the continent

By Marsha Sandman CNA Media Team hen touring a museum, zoo, botanic garden, interpretive center or historic site, your visit is often enhanced by the physical manifestation of storytelling, exhibit design and interactive opportunities that intensify your experience.

Concordian Jan Coleman, sole member of Red Caviar Planning and Design LLC, has dedicated her career to planning and designing museums, zoos, botanic gardens, etc. with environmental, historical and cultural messages.

Her original ideas can be seen throughout North America. In Oregon, her efforts are at the "Great Northwest" exhibits at Oregon Zoo and at the National Oregon Trail Interpretive Center in Baker City.

Before semi-retirement a year ago, Jan was involved from the inception of many projects. She provided exhibit research, led planning workshops and developed goals, concepts and construction documents.

She is currently offering her services pro bono for the proposed McKenzie River Discovery Park.

architecture and architecture.

"Extraordinarily creative, Jan's vast experience and keen sense of how people learn are a terrific addition to any planning team," reported Scot Medbury, Brooklyn Botanic Garden director.

Since Jan is also an artist, she continues to pursue her interest in loom and non-loom woven structures. She seeks what she called, "engaging ways to connect environmental education and the role of fungi in the health of ecosystems."

Her home - filled with colorful yarns, a painter's easel, slender lengths of exotic wood and a large loom – is testament to her abundant creative energy.

Jan's impressive work combines geometric patterns of woven elements with coil-wrapped yarn and wood

"There is a long line of weavers stretching behind me to the horizon and beyond until, like a tail, the line traces a route to every locale on the globe," she said.

"This line of weavers exists across time, emerging from the most distant past and, moving through me, continues on."

community and enrich livability here.

THANKS TO THE CNA SPRING CLEAN UP'S **GENEROUS SPONSORS**



Jan started her journey in Eugene, where she was raised, attended the University of Oregon and taught interior architecture for six years.

Her expertise was noticed by various design firms throughout the country, she moved east to farther east, and then back again. She worked on large projects that often took two to three years.

For more than 35 years, she drew on her formal background of interior architecture, knowledge of the arts, anthropology, sociology, landscape

To learn more about Jan and some of her many projects visit RedCaviarStudio. com.



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

Recycle your #6 polystyrenes!

agilyx joins the CNA Spring Clean Up June 1. Visit ConcordiaPDX.org/cleanup for the many #6 polystyrenes the recycling company can accept.

Then check out the Tigard business' website at agilyx.com to learn about its recycling innovations that are receiving national attention.

LUTC update **Different plans could relieve I-5 congestion**

By Garlynn Woodsong **CNA Board Member** CNA LUTC Chair

utside Concordia borders, but of interest to many Concordians is the future of transportation in the Rose Quarter.

Comprising it are the I-5/I-405/I-84 interchange, the Broadway/Weidler and Williams/Vancouver one-way couplets, and the bicycle routes that thread their way through the area.

The Oregon Department of Transportation (ODOT) is tasked by the Legislature to deliver a \$500 million project to add auxiliary lanes to I-5 underneath the Broadway/Weidler overpasses.

Some point out that doing so will invoke the principle of induced demand - that any attempt to add capacity to a congested roadway will rapidly become futile – as additional people will then use

it and fill it up again in no time.

The project is also criticized for potentially increasing emissions next to the adjacent Tubman Middle School, for potentially worsening the situation for bicyclists, and for being a giant waste of money focused on cars in a time when scarce public resources should be invested in producing definite and near-term reductions in greenhouse gas emissions.

I'd like to reframe the discussion.

A decades-long a vision of eastside Portlanders is to remove the blight of I-5 from the Willamette River waterfront, decommission the Marquam Bridge, and remove the freeway from there to the junction with I-84.

This would free up perhaps 30 to 40 blocks of waterfront, with billions of dollars in real estate potential. This might not be a downtown-style waterfront district, but something new - something that happens when a more maker-focused area meets the river. It could be anything that citizens want it to be

The important fact is it no longer needs to be a freeway.

I-405 through downtown Portland could become rebranded as I-5. Sure, running all that traffic through that corridor might increase emissions downtown. This would need to be mitigated by capping the freeway, creating additional real estate for parks, buildings and new surface transportation facilities - perhaps including a new light rail line bypass of the congested inner downtown stations. The possibilities are many.

Congestion could be managed using congestion pricing, another measure that ODOT was tasked by the Legislature to study, indeed, in the same bill that authorized the Rose Quarter project. Curiously, ODOT didn't assume this pricing would be in effect in its traffic studies providing the rationale for the Rose Quarter project.

That's despite a Portland City Council resolution stating that pricing must be in place before the Rose Quarter project can begin.

All of this could support and enhance the Albina Vision project, as well as the North Portland Greenway waterfront path to St Johns. But, those are future topics for this space.



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 Make water and sewage your top priorities

By Amy Gard, team leader Concordia/Vernon/Woodlawn NET

ater and sewer will be among the services that fail in a severe earthquake.

You probably know there's a 37 percent chance of a big quake within the next 50 years. Did you know that, if earthquakes had followed the average of the 10,000-year geological record, we're already more than 70 years overdue?

But let's get back to water and sewer. We boast one of the best water resources around. However, in the aftermath of a major earthquake the conduit



Amy Gard is a mother, retired teacher/administrator, former Concordia business owner, saxophone player and active volunteer for the NET and Oregon

system that brings that life-giving juice to our homes will be catastrophically damaged.

Estimates for how long it will take for water and sewage systems to be up and running again in Portland vary from one month to one year. Compounding this, aid organizations will need to serve a 600-mile

stretch of

will

quake.

we

services

followed closely by emphasizing that our city of nearly 650,000 will all be meeting nature's call without indoor plumbing. And that could lead to a health crisis, so No. 2 emphasis is for every household have a plan for human waste management

What should you do to prepare? Store

to

14 gallons of water per person in your household. Beg, borrow or buy two five-gallon buckets - one to dedicate urine and one to line with a heavy-duty garbage bag for solid

odor. When full, these bags can be stockpiled for disposal once services are up and running.

For additional guidance visit RegionalHo.org/ and PortlandOregon.gov/ pbem/article/394125.

-	What's Selling in Concordia?
184	Homes sold in RMLS in last 12 months as of April 10
0.9%	Increase in Average Sale Price since 2018
Avg. Sale Price in 2018: \$523,453	
Avg. Sale Price currently:\$528,422Avg. Days on market:33	
Avg. Days (5 minarket.

This information provided by Mark Charlesworth, Concordia resident & Broker Keller Williams, Portland Central. amail.com · 503 807 9911 orthhomes@

the Pacific Estimates for how long coast that be it will take for water and affected by the same sewage systems to be massive up and running again in Luckily, in northeast Portland vary from one Portland, a r e month to one year. likely to have water and sewage

back on the lower end of the spectrum. Even so, one month may be 27 days too late for us if we have not stored water.

waste.

Shredded paper, dry leaves, sawdust, etc. can cover each "deposit"' to

So water storage is priority No. 1. It's encourage composting and discourage

SOJOURN KIDS CAMP

The camp will consist of a variety of activities for kids to have fun and interact with others in the community. There will be sports, group games, and crafts. All proceeds will be given back to our partner, Vernon School. Don't miss this great opportunity to help raise money for Vernon School!



Who: Kids Ages 5+

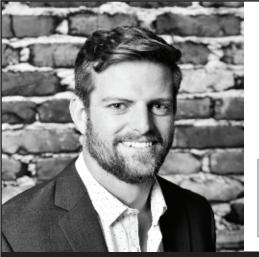
Where: TBD (One of the neighborhood schools)

When: July 22-26

Time: 9am-12pm

Cost: \$25, \$10 for each additional camper **Registration:** sojournpdx.org/kidscamp

sojournpdx.org Facebook.com/sojournpdx Instagram: @sojournpdx info@sojournpdx.org



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Brendon Constans credits the early success of Lovejoy's Tea Room to employees. Left to right are Kelsey Kroninger, kitchen assistant; Sienna Kroninger, server; Equis Kroninger, canine moral support; Brendon; Atlas Criswell Kuiper, server; and Laura Parks, kitchen manager/baker. Photo courtesy of Lovejoy's Tearoom

Lovejoy's offers high tea experience

A 111 .

worldly tea connoisseur is not someone you'd think of driving a TriMet bus, MAX



PROUD CONCORDIA RESIDENT SINCE 2009

By Vanessa Mialitrain or Portland Streetcar, but BrendonCNA Media TeamConstans, has done it all.

"I'm a transit nerd who realized that I like riding, but not driving."

After seven years of driving, he knows all Portland-area neighborhoods and chose Concordia to open his own Lovejoy's Tea Room at 3286 N.E. Killingsworth St.

It's an offshoot of the original Lovejoy's in San Francisco.

Stepping back in time with the charming decor, enjoying delicate tea sandwiches on unique, mismatched china while relaxing with a steaming pot of tea is what Lovejoy's is all about.

ranging from pear and Stilton to walnut chicken salad, plus the traditional fare of vegan shepherd's pie, sausage rolls, salads and quiche.

Brendon is already giving back to the community. During Lovejoy's March grand opening, he treated the full Queen's Tea experience to 15 residents of

Kenton Women's Village, a transitional housing project.

The Queen's Tea is the premier offering at Lovejoy's and comes with your choice of two tea sandwiches, two salads, a warm freshly-baked scone with preserves and Devon cream, a crumpet with Meyer lemon curd, fresh fruit. a petit four, and a shortbread tea

"The formal presentation attracts you and then you get distracted with the food."





Monday, May 27 HISTORY PUB Theater · 6 pm doors; 7 pm event







AMELIE MARIAN Broker Licensed in OR + WA 360-907-9513 amelie@hasson.com www.ameliemarian.hasson.com

The mood

is calm and the atmosphere inviting with its gallery of quirky keepsakes and vintage cabinets full of lacy table linens.

Brendon said he has always adored tea and spent his 18th birthday traveling in England and Ireland. He stayed at bed-and-breakfast establishments and dined in tea rooms.

"It's all about the experience of sitting and enjoying the tea. The formal presentation attracts you and then you get distracted with the food."

Lovejoy's tea list is deep with more than 40 varieties from around the world and a featured tea of the day. The majority of the black teas come from England's Taylors of Harrogate and some from Portland's The Jasmine Pearl Tea Company.

The menu offers several options that include a bottomless pot of tea and ala carte. Tempting the diner are more than a dozen house-made tea sandwiches,

biscuit.

Exceeding profit estimates for the first month is only the beginning of the tea room's good fortune. Brendon attributes much of the success of Lovejoy's to the employees.

"I have an amazing staff," he pointed out. "They've all been so flexible and willing to help."

Call 503.567.7888 or visit Love-JoysPortland.com/reservations to book a table for Wednesdays through Sundays between 11 a.m. and 6 p.m.



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.

Jaclyn adds to sense of community

By Rachel Richards CNA Media Team

xperiences and insights Jaclyn Sisto-Lopez gained in Mexico have helped her build the 3 to PhD program at Faubion/Concordia University into a model for schools to serve as the heartbeat of the community.

The many resources available to families connected to Faubion School on site are something schools across the country will try to replicate. Jaclyn started working for this new program as a part-time services coordinator in 2017. Within a year, her position expanded to full-time.

She grew up in Carlton, Oregon, and at the University of Portland majored in social work with minors in Spanish and social justice. She then volunteered for a children's home in Mexico for a year.

"Going to work in Mexico changed my world view by teaching me about my own bi-racial identity," Jaclyn reported. "I am half Chicana ancestry from Mexico.

"Returning to the U.S. was difficult, as I went from speaking Spanish every day in a small insulated community in Mexico to Portland.

"I recognized that, in the U.S. there is a culture of individualism," she added. "Worth is tied to labor and money which was different from the culture of community, family and resourcefulness I experienced in Mexico.

"Worth was tied not to money, but to what you can offer the community, like vour time."

Jaclyn's own time spent serving the Concordia community has put structures in place at the 3 to PhD program that value family success and diversity. But she takes no credit for the program's success.

"A vibrant, diverse culture of families willing to share their experiences, struggles and dreams helped inform the program," she explained. Jaclyn pointed to the first accomplishment of the program, a family resource room that offers space to connect.

"It's not just another meeting space," she said. Parents gather casually and the room is full of resources.

"Community is the focus of our work, people feel empowered to voice feedback, lead events and start new programs."

Aztec dancing classes are offered Fridays, in addition to monthly community cooking classes and parent meetings. Jaclyn invites neighbors to partici-



a 17-year resident of Concordia who enjoys helping her neighbors. Get in touch with her at RachelRichardspdx@ gmail.com.

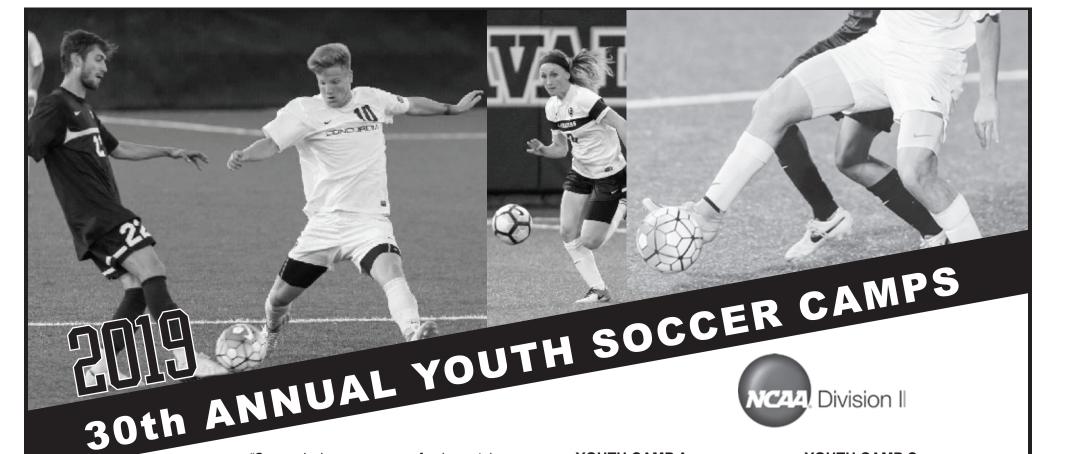
pate in all programming offered at 3 to PhD. And she welcomes volunteers and donations. Contact her at 971.804.9125 or JSisto@CU-Portland.edu.

3 to PhD? Jaclyn married Samuel Lopez in November and plans to complete her master's degree in social work from Boston College in 2020.

What does she do when she's not at



Jaclyn Sisto's time in Mexico taught her that personal worth is defined by what you give to your community.



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— D. Birkey, **Camp Director and Concordia Men's Soccer** Head Coach

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Boys & Girls, Ages 5 – 14



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She's the sister you never knew

By Carrie Wenninger CNA Media Team

Control of States and States and

However, if you wish to find this charming and eclectic shop at 1829 N.E. Alberta St. you'll either need to use your intuition, or know the entrance is actually around the corner on 19th Avenue. You can also ask for directions via 971.420.2962 or Portland@Psychic-Sister.com.

Look for the orca mural – if you don't know the plight of Lolita and the Southern Residents, search Google – and the black-painted double doors.

Feeling called? Accept the invitation and step into Psychic Sister's mirrored anteroom. If you've come this far, don't turn back now...

An alchemical mix of all things metaphysical – plus vintage clothing and a great hall of a community gathering space – await on the other side of the portal. Pardon, the beaded curtain, as do bewitching founding sister (aka owner) Dreamy Sea and her curiously calming, pint-sized pup Purple Rain.

Dreamy, who claims a natural affinity for the mystical since childhood, has run a clothing line, operated as a professional psychic, and founded her first-born sister shop in Olympia, Washington, in 2012. She felt called to expand the lineage and, while in Portland for an industry conference, was offered the opportunity to lease the space. Opening the smaller retail area in April 2018 and the larger community room behind it in November, Dreamy noted, "Offering an accessible and inclusive place to create community feels like a mandate for me and, perhaps, an energetic priority for the neighborhood."

Former occupants included the Wild Unknown and the Red Rose Ballroom. Further back, and far harder to envision, a meat packaging plant once called this lovely, high-ceilinged great room home.

Today, there's a curated, museum-like feel to the place, with calming and positive energy emanating forth from both the products and services for sale, as well as from Dreamy and her employees.

Psychic readings? Check. Rocks, gems, crystals, cards? Indeed. Metaphysical books, Tarot decks, clothing both new and old? That too.

Classes on strengthening your intuition, healing with sound, and a safe and welcoming community space with the potential to act as a gathering spot for your highest self? Yes, and so much more. Your spirit is truly welcome here.



Carrie is a Concordia resident and lives on 29th Avenue. As a freelance writer with a penchant for poetic prose, she tries to look for the humor in everyday life. She

also is a mom and world traveler who, with her partner, owns a company that restores and repurposes vintage homes. Contact her at WurdGurl@gmail.com.





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Dreamy Sea and her curiously calming, pint-sized pup Purple Rain await your visit at Psychic Sister. Photo by Carrie Wenninger

To your wellness **Everyone: just breathe**

By Penny Hill Licensed massage therapist

e don't think about it much, this vital life process that happens automatically. But we do have to be aware of how we're breathing – if not exactly making it happen.

O u r

Evolu-

tionary history created the mechanics of breathing, and our well being is supported or diminished by how well ventilated our lungs are.

Our breathing is even influenced by social pressures. Let's take a quick look at the basics.

The diaphragm is the primary breathing muscle, a dome-shaped muscle that attaches just under the ribs. Contracting, it moves down, drawing air into the lungs. Relaxing, it rises and pushes air out of the lungs. Pretty simple. But then all sorts of other factors can come into play. This vastly increases their work load, explaining in part why your shoulders are so sore.

Assess and correct your breathing pattern. Place one hand on your chest and the other on your abdomen, between your ribs and belly button. Breathing happens naturally. Just notice which hand rises first.

Is it the hand on your abdomen? If not, do this exercise: think of filling a

vase with water. The vessel fills from the bottom to the top and empties from the top to the bottom.

Allow the breath to initiate, focus on the lower hand and imagine you're breathing into that hand. The upper hand should not rise at all or very little.

Now follow the breath as it empties from the top to the bottom. Allowing the breath to breathe this way is also deeply meditative.

CALL TODAY 503.807.9911



A common breathing disorder is reversed breathing. Evolution has provided a secondary set of breathing muscles. If the diaphragm is immobilized, the shoulder muscles contract to lift the ribs up and bring air in.



Penny Hill provides stress relief to her neighbors through her businesses, Rising Sun Massage, and Tapping for Less Stress. Find other resources and contact information at

CalmHealthEase.com.



Goal: send right person at right time



Three months into her first term as a Portland city commissioner, Jo Ann Hardesty compared her performance to the planks in her campaign platform. Concordians packed the room for the CNA general meeting. Photo by Lloyd Kimeldorf

Gardening guidelines Here's what to do in May in your local edible garden

By Jolie Ann Donohue The Gardening Goddess

appy May Day! Spring officially began in mid-March and in May the weather shifts into what's consistently favorable for planting edibles.

This month our average high/low temperatures are 67/49 degrees. Warmer soil temperatures assist with speedier seed germination making this a great month for planting seeds of all root vegetables.

Through May continue planting coolseason edibles: Asian greens, beets, broccoli, Brussels sprouts, cabbage, cauliflower, carrots, collards, kale, kohlrabi, leeks, lettuce, mustard greens, parsnips, peas, radishes, rutabaga, scallions, salad greens, spinach, Swiss chard, turnips.

May typically ensures frost-free weather; however, keep in mind warmseason vegetable crops need night temperatures consistently above 55 degrees. On average this happens May 15-31. You do not get a jump-start by planting warm-season crops early; instead, it results in stressed and stunted plants that do not bounce back. After May 15 plant warm-season edibles: basil, beans, corn, cucumbers, eggplants, melons, peppers, pumpkins, summer squash/zucchini, tomatoes/ tomatillos, winter squash. Eggplants, peppers, tomatoes and tomatillos all require a long, hot summer not found in Portland. Ensure the most abundant harvest by planting these crops from transplants – not seeds – into the garden. Select varieties with less than 90 days to maturity. Tomatoes are sometimes prone to blossom end rot. To prevent that, add a spoonful each of bonemeal and dolomite lime into the planting hole. Tomatoes grow into tall plants around four feet, with a multitude of long arms laden with

fruit. At planting time place a sturdy tomato cage over your plant to grow into for support.

Throughout May:

- Continue to plant all varieties of annual and perennial herbs
- Attract beneficial bugs by plant alongside your vegetables annual flowers like alyssum, calendula, cosmos and sunflowers
- Apply organic fertilizer monthly To get all the dirt on edible gardening visit JolieAnnDonohue.com.



a garden educator, consultant and designer. She is the author of The Gardening Goddess's Guide to Edible Gardening in Port-

By Steve Elder CNA Media Team

s a candidate for Portland City Council, Jo Ann Hardesty campaigned on homelessness and rogue police. She was described by the Portland Tribune as "a long time rhetorical bomb thrower."

April 3 she reported at the Concordia Neighborhood Association general meeting on her campaign platform building a livable and sustainable city - and her first three months in office.

The mayor delegated to her four assignments: Portland Fire & Rescue, Bureau of Emergency Management, Bureau of Emergency Communications, and the Fire & Police Disability and Retirement Fund.

Although close, they did not coincide precisely with her platform. However, she said she's staying on track.

"My goal is to change who first responders are so we're sending the right people to the right incidents at the right time," she pointed out.

"Today sometimes we send the police, sometimes we send a fire truck or an ambulance because we don't know who to send. In 60 percent of the cases, none of those are the appropriate first responders. My goal is to send the right people at the right time. "

She said 911 operators should ask a series of questions on each call to determine whether to send a mental health professional, triage nurse, social worker,

police, fire truck or ambulance. Her goal is to have the improvements in place long before her term ends.

"Four years from now we will no longer be sending armed police to address people who have mental health issues."

According to Street Roots newspaper, funding for that Portland Street Response plan's pilot program has been committed to date by only Jo Ann, but not yet by her peers.

In addition to 911 response, the commissioner focused on three topics:

Housing: "We didn't have an emergency until white middle class people couldn't find a home they could afford. In Portland 10,000 African American families were displaced. They called it 'development."

Building: "We have 16,000 vacant expensive units. If we stopped issuing building permits today, we would have seven years of permits for developers to build whatever they want."

Public Transportation: In a world class city public transportation should be free.



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



her website, JolieAnnDonohue.com.

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Thanks to all for egg hunt contributions this year

The 2019 CNA Spring Egg Hunt was the usual success with hordes of children claiming toy- and treat-filled plastic eggs in Fernhill Park.

As always, thanks go to egg hunt cosponsor American Legion Post 134, to volunteers Friday night and Saturday morning, and to Mark Charlesworth Real

Estate Team for providing refreshments at the hunt.

New this year was the opportunity to pet bunnies, thanks to Mark Charlesworth Real Estate Team. Thanks also go to Sojourn Church for face painting and children's games.



Chair



Matt Boyd At Large 6



Donn Dennis At Large 2

Steve Elder East 2

Mark your calendar now... for the 2020 CNA Spring Egg Hunt Saturday, April 11, 10 a.m. (sharp!)

From Daily Knee Pain to Getting Back in the Gym and Running 5K's – A Success Story

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



you a story. A story that we unfortunately hear far too patient dismissed 'traditional' by medicine and who had given up hope that she would

ever live without knee pain again.

Kristen came into our clinic with pain in both knees for the last three years. Her pain had come on gradually with no major trauma or injury. Her X-rays and MRIs showed two normal knees. No signs or arthritis or soft tissue damage. But she still couldn't lunge, squat or run without knee pain - a major concern for someone who loves to get outside and run and stay active in the gym.

She had seen multiple providers and sacrificed a lot of time and money only to find temporary relief that would come back when she stopped care. With no obvious signs on an injury her doctors had convinced her that she iust had 'bad knees' and there is nothing else she could do. She felt stuck.

Her exam showed nothing remarkable. Nothing that suggested any sort of knee sprain, strain, or injury to her knees. Just pain. What did stand out were some mistakes in her movement patterning and deficiencies in her lower body and core strength. Instead of continual hammering away at her

We want to tell knees with manual therapy, we decided to focus on building better movement and strength.

After only three months and a comoften. A story of a mitment to her movement and strength program she reports being back in the gym and feeling stronger and more confident than any time before her pain had started. She is also back to her running routine (just in time for spring) and even signed up for her first 5K in over three years.

> My name is Dr. Carl Baird, a chiropractor, sports therapist, movement specialist and fitness enthusiast and this is a story we hear far too often. We help active individuals aged 40 - 70 stay moving and strong so they can 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 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 goal is to help you make the best decision for your health. Our Discovery Visits give you a chance to talk to a specialist about your specific issue and answer any concerning questions you may have.

> Request your 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







Southwest 2

Board members elected

Concordia Neighborhood Association Board of Directors elections were held in April, in a packed McMenamins Kennedy School Community Room.

Chair Chris Lopez was re-elected unanimously for a third term through

November.

Sitting board members ran unopposed and were elected unanimously to hold these seats through 2020. They are pictured above.

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 SoniaGF419@gmail.com. Unless noted otherwise, events are admission free.

Thursdays, May 2, 9, 16, 23, 6-7:30pm SPANISH CONVERSATION

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: soniagf419@gmail.com

Friday, May 3, 7-9pm SPIRITUAL ABUSE FORUM

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

Saturday, May 4, 3:30-6:30pm **OREGON HUMANITIES CONVERSATION PROJECT**

"Won't You Be My Neighbor? How Relationships Affect the Places We Live." Alberta Coop Grocery & Northeast Coalition of Neighborhoods are cohosting this discussion, facilitated by Oregon

Humanities.

Wednesday, May 8, 6-8pm THE INTENTIONALS

The Intentionals is a semi-regular gathering created with the goal of strengthening intergenerational community. Everyone has the opportunity to live intentionally & create traditions. Meetings are open to all ages & genders & allow us participants to share stories, craft & create meaning together.

Details/RSVP: Caitlin Quinn, reframenw@gmail.com

Saturday, May 11, 3:30-5:30pm PANEL DISCUSSION FOR ADHD

This is a Pathways 4 Success panel discussion for middle & high school students & parents, ADHD support & peer-to-peer coaches

Details: julie@jhidesign.com, 703.608.3490

Friday, May 24, 6-8:30pm TWEEN MONTHLY GAME

Syrian Home Cooking



Leila Piazza 503-467-6232 syrianhomecooking@gmail.com Featuring fresh, healthy, homemade Syrian savories and pastries, made-to-order and available for pick-up right here in the Concordia neighborhood.

Check out our website for more information: syrianhomecooking.com

Details/RSVP: piera@albertagrocery. coop

Mondays, May 6, 20, 10-11 am **EFT TAPPING STRESS RELIEF** 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

Tuesday, May 7,10-11:30am **FINDING CALM**

Mindfulness for family caregivers is a four-week workshop for unpaid family caregivers caring for older adults or for grandparents raising grandchildren. The class teaches basic mindfulness techniques as it relates to self-care for the family caregiver.

Details: loriann.mcneill@multco.us

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

NIGHT

A Concordia family organizes this game night for children ages 8-12. Throw your favorite card or board games (no electronics please!) in a bag & join in the fun. Registration is required, due to room capacity limit, & a parent or guardian must accompany his or her children. Details/RSVP: virtualjohanna@gmail. com & specify the number of attendees, children's ages & indicate if you are able to help with room set up &/or break down

Thursday, May 30, 7-9pm & Sunday, May 26, 3-6pm

SACRED HARP SINGING

This is not a choir, & there are no auditions & no performances. Each session is composed of whoever 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

Who knew there were 'orchard houses' here?

By Doug Decker

Historian 've been fortunate recently to spend some time with Jeanne Allen, a 98-year-old neighbor whose sharp and clear memory reaches well back into her childhood days here in northeast Portland.

As we chatted about change during a recent drive through the neighborhood, Jeanne talked about how different things were around here in the early years. Pointing out a small home toward the back of one lot, she said something that Ask the historian is a CNews standing feature that encourages readers to ask questions about the history of the neighborhood and its buildings. Is there something you've wondered about? Drop a line to CNewsEditor@ ConcordiaPDX.org and ask Doug Decker to do some digging.

Jeanne remembers simple small buildings scattered out among the orchards that served as temporary quarters for those tending the orchards during the year and harvesting during the fall.

required some follow-up:

"I sure hate to see the orchard houses going away."

Wait. What's an orchard house? We've never heard that term. We want to know more.

When Jeanne and her husband Bob built their home in Concordia back in 1950, they were surrounded by orchards of cherries, apricots, pears and apples that were planted in the early 1900s.

Most of the streets in the surrounding



Doug Decker initiated his blog Alameda-History. 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. area between Prescott and Killingsworth streets and 42nd and 33rd avenues weren't paved. Some hadn't even been constructed.

Jeanne remembers simple small buildings scattered out among the orchards that served as temporary quarters for those tending the orchards during the year and harvesting during the fall. She didn't call them shacks, but that's a term that comes to mind.

She and her family always called these little places "orchard houses," which was a commonly known term and function during those years.

They took a simple form:

- Shed-roofed front and back porch
- Entry door in the middle and a backdoor lined up out the back
- Bedroom and window on one side
- Open living space on the other
- Maybe a counter for food preparation
- Often oriented in an unusual way on the lot, either toward the back or sitting at an angle
 - Pictured is one Jeanne knows for



This is an orchard house, seen on a walk through the neighborhood. The rear addition was added in later years. This home has been thoughtfully updated and maintained through the years.

certain was an orchard house. In fact, she remembers the actual nearby orchard. Plumbing was added to the house in 1924, when it was described as an old one-story frame residence. There are likely just a small handful left and we'd like to document them and explore their stories. If you have one in mind – or think you know a candidate – send along a photo or address c/o CNewsEditor@ConcordiaPDX.org.

Do you know of any orchard houses?



When it comes to kitchens, bathrooms, additions and more...



Cerimon House

is an arts & humanities organization at the heart of the Alberta Arts District, offering dynamic programming for the community. The history-filled building is ADA compliant, climate controlled, and welcomes rentals including classes, activities, and life celebrations.



creativepathwalk.org

Ongoing events include: - Art Exhibits - Textile Tuesdays: a weekly evening of crafting & camaraderie - Creative Path Walk: a restorative indoor labyrinth every month

Find us at the corner of NE 23rd Ave. & Sumner St.

Mac-Bo makes the difference. mac-bo.com

ccb 166263

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Concordia community events calendar

Thursdays, May 2, 9, 16, 23, 30, 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 improve speaking, listening & leadership skills.

Details: advisors.toastmastersclubs.org

Fridays, May 3, 10, 17, 24, 31, 10:30amnoon

FEAST COMMUNITY CHOIR Location: Subud Portland, 3185 NE Re-

gents Dr Forget Everything & Sing Together (FEAST)

is a community acapella choir with the goal to build community. New singers welcome. **Details/fee:** feastcommunitychoir.com

Fridays, May 3, 10, 17, 24, 31, 6:30-8:30pm DANZA AZTECA

Location: Faubion cafeteria

Learn about Mexican culture & participate in ceremony. All levels are welcome. **Details:** Jaclyn, 971.804.9125

Sunday, May 5, 5-7pm

CINCO DE MAYO CNA MIXER Location: Taqueria Los Pepitos Locos 2,

5013 N.E. 42nd Ave The whole family is invited to this community mixer to celebrate Cinco de Mayo. Awaiting you are free appetizers and one free nonalcoholic beverage per person. The fully-stocked bar is open for adults who want to purchase other drinks. **Details:** soniagf419@gmail.com

Tuesdays, May 7, 14, 21, 28, 4:30-8pm TEXTILE TUESDAYS & OPEN ART GALLERY

Location: Cerimon House, 5131 NE 23rd Ave

Stitch, knit, crochet & chat in a simple gathering of artful citizens. Peruse the art gallery exhibits. Fold origami with the Soul Box Project to help with the goal of 200,000 small boxes for a national display. **Details:** cerimonhouse.org

Tuesday, May 7, 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

Saturday, May 11, 6-8:30pm CERIMON HOUSE TURNS 10 Location: 5131 NE 23rd Ave

Location: 5131 NE 23rd Ave The Concordia arts & humanities nonprofit invites you to a community gala with dinner, music, storytelling, art installations, an auction & a "surprise announcement." **Details:** Page 1

Tickets:

cerimonhouse.org/calendar/2019/5/11/theten-spoke-wheel-gala

Thursday, May 16, 6-8pm



Saturday & Sunday, May 18 & 19, noon-4:30pm

CREATIVE PATH WALK

Location: Cerimon House, 5131 NE 23rd Ave

Cerimon House hosts a monthly indoor labyrinth walk installation, each featuring a new theme. The 30-minute immersive & contemplative experience offers a place to unplug, focus & restore. Enjoy the unique replicas of historic patterns from Reims, Chartres & guest patterns. This quiet activity is recommended for walkers 9 years & older, & walk ins are welcome. Donations are accepted. **Details/reservations:** creativepathwalk.org

Tuesday, May 21-Sunday, June 2 VANPORT MOSAIC FESTIVAL 2019

Locations: various

Cerimon House, 5131 NE 23rd Ave is one of several venues for the 2019 Vanport Mosaic Festival. Two weeks of events offers memory activism to explore & confront the community's past & recent history of "othering," & the tragic consequences. Exhibits, documentary screenings, tours, performances & dialogues celebrate the lessons of resilience & resistance as defined & told by historically oppressed communities. Details: vanportmosaic.org

Tuesday, May 21, 6:30-8pm

LEAD POISONING PREVENTION

Location: Community Energy Project, 2900A SE Stark St. Participants learn how to prevent lead exposure in their homes, especially homes built before 1978 with children, pregnant women & others concerned about lead exposure Details/registration:

communityenergyproject.org, 503.284.6827 x109

Wednesday, May 22, 6-8pm LEAD-SAFE HOME PROJECTS

Location: Community Energy Project, 2900A SE Stark St.

This class is for anyone who is planning to complete a small project that may involve exposure to lead paint, such as sanding down an old window frame, repurposing an older door or any other small construction project in an older home. Each qualified participant receives a free kit of supplies. **Details/registration:**

communityenergyproject.org, 503.284.6827 x109



Saturday, May 25, 9am-3pm CULLY ASSOCIATION OF NEIGHBORS CLEAN UP

Location: Trinity Lutheran Church & School. 5520 NE Killingsworth St

Got time to volunteer &/or unload your unwanted household goods? A full list of volunteer duties, sign-up form & details about what can be dropped off at the clean up are online. Construction materials, hazardous waste & large amounts of yard debris cannot be accepted.

Details: cullyneighbors.org, cullycleanup@gmail.com, 503.912.4283

Saturday, May 25, 9am-2pm WOODLAWN COMMUNITY COLLECTION EVENT

Location: Henry V parking lot, 6360 NE Martin Luther King Jr Blvd All donations support the Woodlawn Neighborhood Association. Suggested donations are based on sizes of loads: \$15 -\$35 for carloads, \$20-\$40 for additional trailers. Details: facebook.com/events/henryv/woodlawn-annual-clean-up-gotjunk/634572610030175

Saturday, May 25, 6pm **REDEFINING ALBERTA** Location: Alberta Rose Theatre, 3000 NE

Alberta St This immersive storytelling experience by local African American actors & afterwards journey into augmented reality offers eight true stories of power, strength, promise & resilience. It's hosted by Portland's legendary Rukiayah Adams & story wizard Chris Williams, & is produced by Diversa in partnership with World Stage Theatre. Minors

are welcome if accompanied by parents/ guardians. Details/tickets: portlandmercury.com/

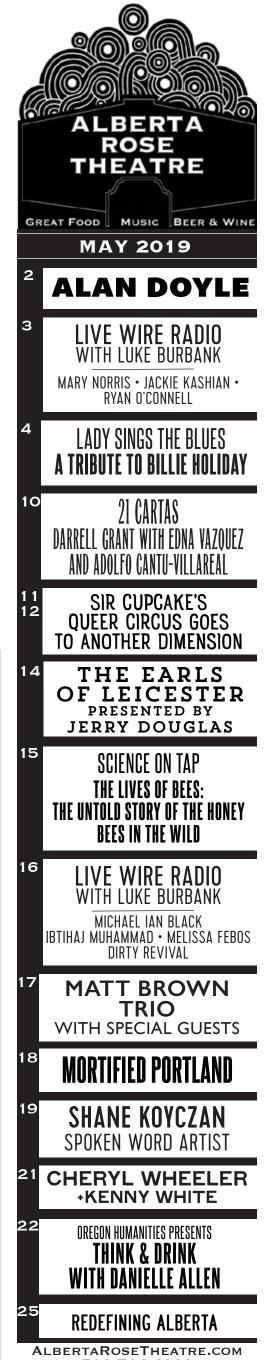
events/26304887/redefining-alberta

Letter to the editor

G et your calendars out folks and circle the date of Saturday, June 1. "Why?" you ask. That's the day of the Jarrett Grove intersection painting and party! The event is part of City Repair's 19th annual Village Building Convergence (VBC).

Jarrett Grove began in 2015 when a group of neighbors came together to build community through art. The dynamic and engaging street mural is at the intersection of 28th Avenue and Jarrett Street.

This painting party begins at 10 a.m. and will likely wrap up around 2 p.m. There will be coffee, water, snacks, and we will pool some money together for a big pizza feast for lunch. During the event there will be face painting, nail painting, kid's activities and a whole lot of good, wholesome fun. Then, in the late afternoon/early evening there will be a multi-block potluck and dance party you can join us at as well! To stay up to date and learn more details, please join the Jarrett Grove Facebook group, or you can also find out more at the VBC's website as well. We welcome everyone to be a part of Jarrett Grove, so let's celebrate community together, shall we?



Concordia News

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

Friday, May 17, 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

JHFK -----

Thursday May 23, 5-7:30pm **EVENING CANOE THE SLOUGH Location:** Whitaker Ponds Nature Park, 7040 NE 47th Ave

This trip is safe for infants, adults & grandparents alike. Columbia Slough Watershed Council provides a variety of single kayaks, tandem kayaks & bimarans to choose from; lifejackets; paddles; & bimaran captains to steer. You provide the paddling muscle. You are also welcome to BYOB (bring your own boat).

Registration (required)/suggested donation: columbiaslough.org/events/event/102/

Joe Culhane

The opinions expressed by this writer do not necessarily reflect the views of the Concordia Neighborhood Association.

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.