

# **CONCORDIA NEWS**

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

## September 2019

## **Upcoming CNA Events**

# **CNA General Meeting**

Wednesday, Sept. 4, 7 p.m. McMenamins Kennedy School **Community Room** 

Hot topic: Redeveloping PCC **Metro Workforce Center** 

See Pages 1 & 12

CNA Mixer Saturday, Sept. 21, 6-8 p.m. **KISS Coffee &** Verum Ultimum Art Gallery 3014 & 3016 NE Ainsworth St. Music by THE LARKS pdx See Pages 6 & 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.

# PCC seeks ideas for local project

By Nancy Varekamp **CNews** Editor

n 2017 Portland Community College (PCC) asked voters to approve a bond measure that includes rebuilding the Metropolitan Workforce Training Center at Killingsworth Street and 42nd Avenue.

Now it's asking what services there

"The time has come to make this a full-service workforce center."

– Rebecca Ocken

could serve the community as well as students. Concordia Neighborhood Association (CNA) hosts a forum on the topic Wednesday, Sept. 4.

PCC and Oregon Department of Human Services serve 185 students and clients weekly at the site.

"We expect that number to grow significantly if we provide wrap-around services, like day care, health care and more," said Rebecca Ocken, PCC metro center project manager.

Prior to being purchased by PCC and opening under its banner in 1998, the facility had served as both a grocery store and a Veterans of Foreign Wars hall.

"It wasn't constructed as an educational center," Rebecca said. "So, while we've made it work over the years, it doesn't really fit PCC's needs.

"The time has come to make this a full-service workforce center. You'll work toward your career goals here, and have other needs – like health care and child care - taken care of, too."

A food pantry and food carts are among current suggestions for the facility,



Rebecca Ocken and Cameron Herrington will be at the CNA general meeting Wednesday, Sept. 4. They're involved in planning the redevelopment of the PCC Metropolitan Workforce Training Center, and they want to hear your ideas. Photo by Nancy Varekamp

and Rebecca encourages attendees to bring additional ideas to the September meeting.

As part of the project, PCC is partnering with Living Cully, a collaboration of four local nonprofits, to help with community engagement.

"We're asking people for their vision for the neighborhood in general," explained Cameron Herrington, Living Cully program manager. "Then we'll distill those things down to what works here. But we'll hang onto other good ideas for potential implementation nearby.

"Living Cully's experience is in community engagement," he said. "We're pleased to partner with PCC on involving community members in a project that's catalytic."

promoted to demolish the two outdated buildings and build one multi-story facility on the three-acre site.

PCC intends to have affordable housing with as many as 100 units built on one acre of the property. The school won't build or operate the housing, but will encourage the operator to rent to students.

Otherwise, plans are fluid and await community input.

A design team was formed in August and will participate in community meetings in September and October.

According to Rebecca, a Nov. 14 open house is already scheduled to share the results of those meetings with community members.

"We'll talk about the top themes and The workforce center \$32.5 million ideas we've heard, and ask citizens to

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



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

portion of the \$185 million bond was weigh in on those.

Mark your calendar for the first community engagement session about the PCC redevelopment. It's at the CNA general membership meeting, Wednesday, Sept. 4, at 7 p.m. in McMenamins Kennedy School Community Room.



YOU CAN GET READY, SET, GO Is your family growing? This business has plenty of help.

**PRIMROSE HAS FLOWER POWER** Clients' healing begins at this cozy Alberta Street suite.

See Page 6





MILAGROS CELEBRATES 15TH It's not just merchandise at this retail spot anymore.

See Page 8

See Page 4

# **CNA VOICES**

By John McSherry CNA Board, AL3 | CNA Media Team

# Dog treats create community

**E** ach day, neighbors walking their dogs down 29th Avenue between Ainsworth and Holman streets stop in the middle of the block, open a little glass door, take dog treats from a jar and make happy dogs.

We stock this Little Free Library box in the front of our house. Instead of books, it's full of dog treats, poop bags and a little guest book.

Since my wife Theresa and I love dogs and the dog culture in Concordia, we thought giving cookies to our furry friends would be a fun way to interact with our neighbors and add to our community.

I made the box from a small cabinet drawer I found on the side of the road. I added a slanted roof, some siding from my house and a glass door on the front. I painted the whole thing to match our house and set it on a post in our sidewalk garden.



It's named after our own dog, Scotty.

Inside there is a shelf separating the cookie jar and guest book on top from the poop bags below. The cookies are Costco chicken and rice premium dog biscuits, broken into smaller pieces. The jar holds about 130 cookies and lasts about a week, which results in about 18 happy dogs a day.

Sometimes the dogs will do tricks for cookies. Some people leave dog-related trinkets, prepaid coffee cards, and several times boxes of cookies have been left on our porch.

The poop bag supply is a collective effort, with neighbors adding bags as they can.

People write in the guest book, leaving their names, names of their pups and anecdotes about the garden. When I'm outside, people stop to thank me for the cookies, and I put faces and tails to the names in the guest book.

Here are some of my favorite quotes from the guest book:

- "Thank you for bringing a smile and a tail wag to our day!"
- "Burt now thinks every Little Lending Library has treats!"
- "Kodi knows this house from down the street."
- "Edan and Otis are delighted by the unexpected treat! Woof!"
- "I ate so many of your treats (they are delicious!) I refilled your treat box. Love Huey"

Occasionally, haikus are attached to the front of the box or added to the guest book and signed by Haiku Scotty. More photos and stories are on his Instagram account, @HaikuScotty

What fun it is! We're so grateful to meet so many of our wonderful neighbors, human and canine alike.

John McSherry lives on 29th Avenue and serves on the CNA board and Media Team. When not spending time with his family, John loves playing music, recreating on the water and volunteering. He can be reached at AL3@Concordiapdx.org.

Editor's note: CNA respects the views and beliefs of all cultures and faiths. The views expressed by this writer do not necessarily reflect the views of CNA.

## **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

# **Concordia** News

# Concordia Neighborhood Association

### Board Meeting

1st Wednesday of the month, Wednesday, Sept. 4, 6:30 p.m., McMenamins Kennedy School Community Room

#### General Membership Meeting

Wednesday, Sept. 4, 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, Sept. 3, 6 p.m., McMenamins Kennedy School Community Room, contact MediaTeamLead@ConcordiaPDX.org

### Land Use & Transportation Committee

3rd Wednesday of the month, Wednesday, Sept. 18, 7 p.m., McMenamins Kennedy School Community Room, contact LandUse@ConcordiaPDX.org

### **Finance Committee**

Last Wednesday of the month, Wednesday, Sept. 25, 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

**CNA Chair** Chris Lopez, Chair@ConcordiaPDX.org, 503.290.6871

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Truls Neal, TrulsRobin@hotmail.com

**CNA Secretary** Steve Elder, Secretary@ConcordiaPDX.org

CNA Treasurer

Heather Pashley, Treasurer@ConcordiaPDX.org

### North Crime Prevention Team

North.PDXTeam@PortlandOregon.gov, 503.823.3432

Neighborhood Response Team Officer Anthony Zoeller, Anthony.Zoeller@PortlandOregon.gov, 503.823.0743

### **SUBMISSIONS & ADVERTISING**

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

### **MEDIA TEAM**

**CNA Board Liaisons:** Heather Pashley, John McSherry **Media Team Lead:** Gordon Riggs, MediaTeamLead@ ConcordiaPDX.org, 503.515.8209

**CNews Editor:** Nancy Varekamp, CNewsEditor@ ConcordiaPDX.org, 503.740.5245

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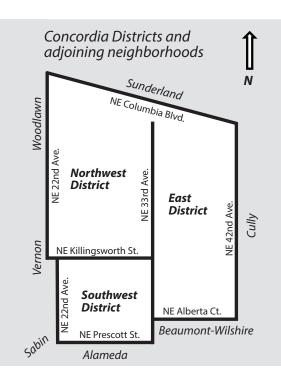
# **Need a place for your PARTY?**

The Community Room at McMenamins Kennedy School is available for your next gathering, book club, birthday, baby shower or special occasion. CNA manages the rental space & benefits from the proceeds.

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

Email: CNARoomKennedy@gmail.com





## Concordia murals

# **Kinetic structures adorn Alberta lamp posts**



here's so much to see and do on Alberta Street. But do you ever look up at the light posts, especially those at 30th and 13th avenues? If you do, there's a treat in store: kinetic embellishments created by Jason Seale in 2000.

They were commissioned from the artist – inventor and CEO of Flat Function – by the city as part of the Alberta Streetscape Project.

Community members initiated that project to plan and build transporta-



These kinetic embellishments decorate light posts at 13th and 30th avenues. Designed by local artist Jason Seale, they were commissioned by the city through the Alberta Streetscape Project.

tion improvements that would improve the safety and visual quality of the roadway to support commercial and residential revitalization on and near Alberta Street.

"The seeds for the Alberta Streetscape Project

were sown in 1991 when local entrepreneur Sam Brooks invited a class of architecture students from the University of Oregon to analyze the street and generate proposals for improving Alberta Street," reported the city's 2000 project plan.

"The students' ideas, presented at a community open house, were met by a variety of responses from enthusiasm to skepticism. While many people wanted to see changes on the street, the momentum was not yet strong enough to move the project forward."

Eight years later, the city appointed an advisory committee and held several public forums to invite input about the street and its sidewalks. The committee included representatives of Concordia, Vernon and King neighborhood associations; churches; schools; galleries; Sabin Community Development Corporation; and Alberta Business Association.

Open houses engaged local residents and business owners in the planning.

The final plan resulted in the lamp post embellishments, street trees, sidewalk furniture, street entries and safety

concordiahomeprices.com



features like street lights, signals at intersections, crosswalks, transit stops and curb extensions.

Funding for the project came through grants from the state departments of transportation and land conservation and development, plus the city transportation department and Portland Development Commission.

For project details, visit ScholarsBank. UOregon.edu/xmlui/bitstream/ handle/1794/5182/Portland\_Alberta\_ Streetscape\_Plan. For updates on the artist's career and successes, visit FlatFunction.com.



**CNews** update

### Featured teacher dies

Kate Drew, featured in the July CNews Page 11 Ask the Historian, passed away shortly after publication. The CNews piece was condensed from a McMenamins Kennedy School blog. For the full blog – and to read comments by two of her former students – visit Blog.McMenamins.com/wonderful-things-happen.

# Spanish Conversation classes



CNA sponsors these free classes, held at the Kennedy School Community Room.

Brush up on your Spanish skills. All levels are welcome.

Meets Thursdays (except last Thursday of the month) at 6:00 p.m.

For more info, contact Sonia at soniagf419@gmail.com.

# **Computer help**

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# Ready, Set, Grow offers services to families

By Tamara Anne Fowler CNA Media Team

Ready Set Grow (RSG) is a new movement, art, education and wellness studio dedicated to families.

Classes are offered for new parents, ones well past postpartum, for parents who didn't give birth to their children and for kids, including those with sensory and learning differences.

Opened in February, RSG is the creative brainchild of Daniele Strawmyre, a professional dancer, choreographer, yoga instructor and installation artist.

After growing up in Philadelphia, she moved to Portland with partner Mike four years ago. The family – including children Colin and Donavyn, 6 and 3 respectively – purchased a home in north Portland.

Daniele created RSG as a program before she rented space for clients to come to her. After giving birth, she was shocked at how long it took to recover and feel strong again. She wanted to help other mothers recuperate in healthy, nurturing ways.

Those ways include yoga, dance and Pilates-based classes, including some fun ones for parents like "Ballet & Babies," "Ma-ma Modern Dance," and "Core Baby Bounce."

Not only are there movement classes, there are educational series for parents as well as childbirth education, baby sign language and baby sleep classes. For class lists, schedules and events, visit AndReadySetGrow.com or call Danielle at 503.505.6989.

ReThink. ReDesign. ReBuild.

Often, in other schools' classes, once the child reaches a certain age or ability, it's difficult to find anything for the parents with kids still present or allowed. RSG's offerings include classes that are for parents of kids of all ages.

As for children's classes, they range from "Kids Contemporary" to "Story-Time Ballet" and "Wild Force Kids Yoga" in this cozy space at 5433 N.E. 30th Ave. That's next door to Milagros, one of RSG's several collaborators in serving local young families. See the CNews story about Milagros' 15th anniversary on Page 8.

Art events are also hosted at RSG. One is the art gathering from 6 to 8 p.m. the last Thursday of every month. That's when the art on the walls is changed out.

"It's really important for me to support artists as well as parents and families," Daniele said.

In fact, she's looking forward to the opportunity to host dance, theater and music events, and she would like to rent the space to dancers in need of rehearsal space.



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

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



Movement classes for new moms, along with educational series for parents top the offerings of new 30th Avenue business Ready, Set, Grow. Photo courtesy of Kimmi Burk Photography



Like to sing? Join us. Fridays 10:30 – noon Sept. 20 – Dec. 13 SUBUD Center, 3185 NE Regents Drive All voices welcome. FeastCommunityChoir.com

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





Singing for the pure joy of creating harmony in community



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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.

### cerimonhouse.org



creativepathwalk.org

Ongoing events include: \*Art Exhibits \* "Time Together" Tuesdays: a weekly open house \* Creative Path Walk: a restorative & unique indoor labyrinth

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

# LUTC update

# **PBOT tackles traffic death risks**

By Garlynn Woodsong CNA Board Member, SW1 CNA LUTC Chair

"On Tuesday, June 25, just before 6 p.m., police officers responded to a rollover crash near northeast Lombard Street and northeast 42nd Avenue," reported the Willamette Week last June. "The unidentified driver was pronounced dead at the scene. The death is the 28th traffic-related fatality so far this year."

"Smith was driving a blue 2000 Ford Crown Victoria eastbound on northeast Lombard Street, just west of 42nd Avenue, when it appears he struck the rear tire and wheel of a bicyclist, the affidavit said," reported The Oregonian in December 2015. "Smith said he had veered to the right to avoid another vehicle that had swerved toward him, the affidavit said."

"A busy road in northeast Portland has reopened now after a man was hit and killed by a taxi cab this morning," KXL *Radio reported in April. "Police got the* call just before 1 a.m. to the intersection of northeast 64th and Columbia Boulevard, saying a pedestrian was hit. Crews tried to save him, but he died at the scene. Police say the victim was a *delivery driver, who just pulled his truck*  out into the road, hopped out to close a gate and was hit by the taxi cab."

etween 2008 and 2017, there were 23 fatalities and 85 severe injuries on Columbia Boulevard and Lombard Street between I-5 and I-205.

We're tired of hearing of deaths on North Portland Highway / Lombard Street, and on Columbia Boulevard.

People are dying needlessly on Lombard, both on bicycles and within automobiles, because the Oregon Department of Transportation does not maintain the bicycle facilities there to any acceptable standard of safety. And both high-speed streets have localstreet and driveway intersections that offer many opportunities for car-on-car crashes as well.

The Concordia Neighborhood Association has been concerned with the Columbia / Lombard Corridor for many years now. We are unable to safely walk from our neighborhood to the Columbia River, even though we can see it from some of our houses, and its distance would certainly be within a pleasant walking distance of our neighborhood if only safe facilities existing to connect us with it.

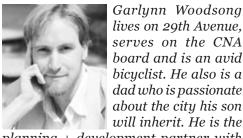
Emissions - not only from the roadway facilities themselves, but also

from the industrial land uses nearby – drift into our neighborhood and foul our air when the wind blows from a generally northerly direction, as well as when it doesn't blow much at all.

It is in this context that the Portland Bureau of Transportation has kicked off the Columbia / Lombard Mobility Corridor planning process, which focuses on the corridor between I-5 to I-205, with a buffer area to include parallel routes.

The process is expected to last through next July, resulting in a plan to guide a strategy for making implementation investments.

Stay tuned to this page in CNews. Better yet, attend the LUTC meetings the third Wednesday each month at 7 p.m. in the McMenamins Kennedy School Community room.



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 Who'll get the kids in an earthquake?

By Amy Gard, Team Leader Concordia/Vernon/Woodlawn NET

can't believe it myself, but we are almost at the end of summer! And back-to-school time is perfect to remind families to update their children's emergency contacts at school.

But don't do it by rote. In the event of a regional disaster, you may not be able to get to your child's school in a timely manner – perhaps days later if a bridge separates you.

Who will go to get them if you're not able? Don't wait to figure it out.

Plan now with neighbors or school families and make sure they're on your contact list. Schools will not release your child to anyone not designated in advance. Before an emergency is the best

Recently two bills to strengthen the emergency preparedness of our schools were voted down in Salem, and they were just touching the tip of the iceberg of what needs to happen in our state.

It is of utmost importance that parents and communities advocate for our children's safety and use their voices to influence policy.

One way to raise awareness is to help your school participate in the Great ShakeOut coming next month. Each year, millions of people worldwide practice how to drop, cover and hold at 10:17 a.m. Oct. 17 during these earthquake drills.

Any Oregonian can join them by registering their family, school or business for the 2019 Great Oregon ShakeOut.

Participating is a great way for your

prepared to survive and recover quickly from big earthquakes - wherever you live, work or travel.

The Concordia/Vernon/Woodlawn Neighborhood Emergency Team is planning to assist with events at several schools in the neighborhood but, if yours is not one of them, try creating a ShakeOut event at your school.

Find out how at ShakeOut.org/oregon.



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



time to think these things through.

family, school or organization to be and Oregon Food Bank.



What's Selling in Concordia? Homes sold in RMLS in last 176 12 months as of August 12 **1.6**<sup>%</sup> Decrease in Average Sale Price since 2018 Avg. Sale Price in 2018: ..... \$523,453 Avg. Sale Price currently: .....\$514,835 Avg. Days on market: ......29 This information provided by Mark Charlesworth, Concordia resident & Broker Keller Williams, Portland Central. charlesworthhomes@gmail.com · 503.807.9911

Wednesday, September 25 DRAG QUEEN BINGO W POISON WATERS \$15 includes 9 bingo cards and a great show with Poison Waters 5 pm doors; 6 pm show Thursday, September 26 CHUCK MEAD **GREAT NORTHWEST MUSIC TOUR** Neo-traditional country Gym · 7 - 10 pm Monday, September 30 HISTORY PUB: Beyond Chinatown: Uncovering Oregon's Rural Chinese History Theater · 6 pm doors; 7 pm event



# **Primrose recommends flower essence energy**

By Carrie Wenninger CNA Media Team

Petite and dark haired with a quick, warm smile, Felicia Howe perched like a wood sprite in a chair in her studio, Primrose Organics Apothecary.

She sipped raspberry leaf and nettle tea from a vintage floral teacup with one hand while the other danced emphatically in the air and gestured toward a busy looking workbench and wall shelving full of mysterious, amber colored, liquidfilled bottles.

Her cozy healing suite in the Alberta Studios building at 1627 N.E. Alberta St., No. 4, opened in June.

"The opportunity presented itself and I just threw myself into the space. It's slowly revealing to me how I'm going to work here. It's an evolving process!" she laughed.

A self-described botanical counselor, Felicia deals in the subtle art of flower essence energy medicine. It's a vocation that, although somewhat hard to explain, seems perfectly at home here in Portland, the City of Roses.

Flower essences, as she described them, can encapsulate the experience of



Carrie Wenninger lives on 29th Avenue in Concordia. She is a freelance writer, a mom, a world traveler and a small business marketing consultant. Contact

her at WurdGurl@gmail.com.

being in nature in much the same way a day at the beach or hiking in the woods can leave you feeling deeply nourished, grounded and peaceful.

Taking the tinctures by mouth – neat or diluted in water – can offer assistance to those undergoing life transitions and can also address feelings of stress and anxiety in a supportive way.

"It's not herbalism, and it's not aromatherapy. Flower essences don't have a scent," she explained. "They're liquid extracts that work in a way that's similar to acupuncture, along the lines of the body's meridians, on an energetic and vibrational level, to support emotional well-being and mind-body balance.

"I also love that it's an environmentally-friendly, non-invasive modality. A single flower can infuse a large quantity of water; whereas, a drop of essential oil takes a considerable amount of plant matter to produce."

An artist, empath and intuitive alchemist, Felicia's background also includes experience as a stylist, life coach, Reiki practitioner, herbalist and aromatherapist.

"You don't have to completely understand it to experience it, but you do have to be open and curious," she pointed out. "There's an intentional aspect that's essential to working with flower essences, and it's a wonderfully effective and gentle way to engage in self-care."

Primrose Organics Apothecary is open Tuesdays, Thursdays and Fridays, by appointment only. Call 971.258.8022 to schedule a consultation, or visit FeliciaHowe.com for more information.

# Saturday, Sept. 21, 6-8pm CNA Mixer

Our September mixer will be a collaboration between the new KISS Coffee & Verum Ultimum Art Gallery! 3014-3016 NE Ainsworth Street

Trae and Sarah will offer some sweet and savory tastings from their new menu and Jennifer at the gallery will have a brand new showing for all to enjoy along with some wine.



Felicia Howe is a self-described botanical counselor who deals in the subtle art of flower essence energy medicine from her suite on Alberta Street. Photo by Carrie Wenninger

# Gardening guidelines You can still plant for a winter harvest here

Jolie Ann Donohue The Gardening Goddess

U ntil the autumn equinox arrives Sept. 23, this month's weather is usually mild enough to consider it an extension of our summer gardening season.

In the vegetable garden it is important to keep in mind while the temperatures may remain warm, the day lengths are shorter and the sun is farther away. Both factors equal slower growing conditions for vegetable crops.

If you did not plant in August for an autumn and winter harvest, you can sow seeds for quick-maturing crops like arugula, mache, mesclun mix and radishes. Try planting starts for cool season lettuce varieties.

In September you can also plant starts

up, consider planting cover crops in your empty garden beds during the winter.

Cover crops – also called "green manure" – are quick growing and planted primarily to keep the soil covered for a short period of time. If planted in the autumn, in the spring they are pulled up and turned under to decompose in place.

In the vegetable garden, cover crops suppress weeds, reduce erosion, stabilize moisture content, improve soil texture and add nutrients and large amounts of organic matter.

Some common autumn-planted cover crops are crimson clover, Dutch white clover, vetch, rye, fava bean, oilseed radish and Austrian peas. There are also cover crop seed mixes that contain a variety of cover crops.

To get all the dirt on cover crops and

Robin and Byron from THE LARKS pdx will be playing for us! What a treat! Make sure not to miss this family-friendly sidewalk event!



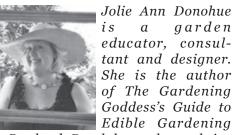
For details, contact Sonia at: soniagf419@gmail.com

for overwintering vegetable varieties like broccoli and seeds for fava beans. These overwintering crops will be harvestable come next spring.

This month is the perfect time for planting garlic and shallots from bulbs available at your local garden center. All perennial herbs can be planted in September, as well as cool season annual herbs like cilantro and chervil.

As you harvest the last of your summer crops and begin garden clean

fall gardening visit JolieAnnDonohue. com.



in Portland. Reach her at her website, JolieAnnDonohue.com.



# Parkways wheels through Concordia Sept. 22

#### By Nancy Varekamp CNews Editor

**E** very September thousands of Portlanders arrive on wheels to ride the 7.6-mile loop of city streets that connect four Concordia-area parks in NE Sunday Parkways.

They return Sunday, Sept. 22. Neighbors move their cars to where they can access them on other streets, or they simply plan to be part of the annual event between 11 a.m. and 4 p.m.

Rebecca and Nick O'Neil on Ainsworth Street, and Nell Westerlund and Bryce Tolene on 37th Avenue didn't realize they'd be on the route when they bought their homes five and four years ago, respectively.

"We'd lived in Portland 20 years and participated in some of the Sunday Parkways around town," Rebecca said. "But being on the route came as a surprise, a welcome one."

"We were excited when we realized it," Nell recalled. "We have always participated in Sunday Parkways in some form, changing every year as the kids' abilities grow."

Last year her children drew bike art in the driveway This year they plan to sell vegetables from their garden after they finish their own circuit of the loop.

Rebecca's and Nick's daughter was born shortly after they moved here, and each year pictures record her maturing – from a bike trailer, to training wheels and last year to just two wheels.

Friends participating in the event – and even ones who don't – gather in the O'Neils' front yard to watch and to interact with passersby.

Before and after their own ride around the loop, the O'Neils' daughter sells lemonade, or gives away flowers and fruit from their garden.

The story's much the same for the Westerlund/Tolene family.

"We embrace the event by having a party in our front yard," Nell explained.

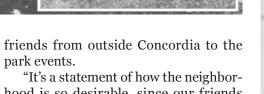
"It's become like a holiday tradition. "We let our friends know we'll be out front if they want to stop for a drink or a snack and, as a bonus, we always get to see people we didn't know would be out



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



Again this year, riders of all sizes are expected to wheel their way on all types of nonmotorized wheels in NE Sunday Parkways. (Pictured in the inset) Alice O'Neil (left) and Audrey Bimberg plan to greet riders after they've made their own tour of the route. Audrey's parents – Rebecca and Nick O'Neil – invite friends and relatives to their Ainsworth Street front yard to cheer on the riders. So do Nell Westerlund and Bryce Tolene on 37th Avenue. Large photo by Nancy Varekamp, inset by Jenn Bimberg



hood is so desirable, since our friends like to come and experience it with us."

Editor's note: For details about NE Sunday Parkways and the route, visit PortlandOregon.gov/ transportation/67623



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stone's throw.Editor's note:"We see those as more opportunitiesNE Sunday Ito take the event and expand on it sinceroute, visit Pwe live so close," Nell reported.transportation/e

Rebecca agreed. She and Nick invite

biking. We flag them down, and they join

gets plenty of traffic in the spring and

summer since Fernhill Park - with its

egg hunt and concert series – is only a

This section of Concordia also

the party."

Body Blossom Belly Casting

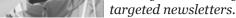
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## Have you checked out CNA's Facebook page?

Keep informed of CNA activities and your neighbors' comments.

Check out the page for:

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

Facebook.com/groups/ConcordiaPDX/





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

Sojourn Church A Neighborhood Church

# Milagros helps change how families connect

By Marsha Sandman CNA Media Team

'elcome to parenthood... then get ready for the ride of your life. There will be so many questions and challenges but mostly pure joy.

Erica Matteson, Milagros Boutique owner, has created a cozy little spot where Concordia parents can find answers, help, connections and some of

sized to add more services. Milagros Boutique now includes support groups, classes, new parent education and personal services.

"My desire with Milagros is to provide families in our community a customizable launching ground," Erica said. "My goal is to walk alongside each family, one on one, on how they come to the information. It is easy to blaze your own trail if you are connected to others who are

"My desire with Milagros is to provide families in our community a customizable launching ground. My goal is to walk alongside each family, one on one, on how they come to the information."

– Erica Matteson

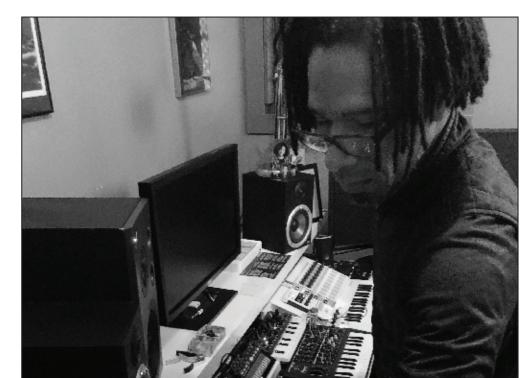
those cute little baby necessities.

The store celebrated its 15th anniversary recently. Erica, who has been a birth and postpartum doula for 20 years, purchased the store from the original owner about six years ago.

She recognized the necessity to make changes due to internet competition, so the retail portion of the store was downalso learning."

Erica's goal is to include her store as a community service. Milagros invites parents with newborns to a welcoming daily retreat from 11 a.m. to 1 p.m. where they can relax, connect to other parents and get support.

She said she got a little teary eyed recently when five parents showed up for





Erica Matteson's Milagros Boutique has evolved in 15 years from selling necessities to new families to also offering support groups, classes, new parent education and personal services. Photo by Marsha Sandman

the daily group gathering.

Milagros stocks infant carriers, cloth diapers, breastfeeding supplies and locally-made artisan items. "These items connect to the classes taught by either our staff or providers in our local area," Erica explained.

"Our goal is to have items on hand that lessen that overwhelmed feeling that new parents have when walking into a large baby store. In carriers, we want everyone safe and comfortable. Our cloth diaper rental kits allow families to find a system that works for them and fits the budget.

Newborn feeding takes care and time to become "easy," and sometimes having that one little product makes the difference.

Milagros offers baby photography, group sessions and individual customizable consultations by appointment through MilagrosBoutique.com.

Erica invites parents to visit Milagros Boutique for a quiet moment from the festivities Sunday, Sept. 8, at the 3-9 p.m. block party on 30th Avenue.

Milagros Boutique is at 5429 N.E. 30th Ave., and the phone number is 503.493.4141. Information about classes, workshops and happenings are on the store's website.



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.

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# Want to get involved locally?



Join us at the next Concordia Neighborhood Association General Meeting on Wednesday, Sept. 4, 7-9 p.m. in the McMenamins Kennedy School Community Room.

Hot topic: Redeveloping PCC Metro Workforce Center. See Page 1.

All are welcome!

# Eat, drink, dance and repeat at block party

By Marsha Sandman CNA Media Team

G et ready to put your food, drink and dance on. Local businesses invite you to their 10th annual block party on 30th Avenue between Emerson and Jarrett streets.

Both 30th Avenue blocks will be closed to vehicles Sunday, Sept. 8, from 3 to 9 p.m.

This area is also known as Foxchase.

'This celebration is all about community – building it, nurturing it, promoting it.''

– Dayna McErlean

Curious? That's what the recorded plat said in 1889 when Alberta Street was a dirt track. For some interesting and unusual facts about Foxchase, visit ConcordiaPDX.org/2019/07/you-canfind-foxchase-but-not-on-a-map.

The event is sponsored by the Concordia Neighborhood Association (CNA) and Dayna McErlean, with additional support and involvement from the other local vendors.

Dayna is a longtime Concordian and a well-known Portland restaurateur. She is the developer and owner of Yakuza Izakaya, D.O.C. and Nonna Tavern, all on 30th between Emerson and Jarrett.

"This celebration is all about community – building it, nurturing it, promoting it," Dayna explained. She is a creative visionary dedicated to bringing interesting and inspiring businesses to her neighborhood.

The festive block party started 10 years ago as customer appreciation with about 200 people in attendance. Dayna estimated there were 1,000 people there last year and expects even more this year.

It's an opportunity for folks to sample and learn more about the goods and services offered by the local businesses. There will be complimentary tastes and product samples.

There will also be a variety of musical entertainment curated by Brent Folis,



Businesses planning their annual block party on 30th Avenue expect this year's attendance to exceed the 1,000 neighbors who came last year. Photo by Josh Chang

prepared to boogey.

All businesses in the two-block radius are invited to participate.

John McSherry, CNA board member, is involved with preparations. He promises a day of kid-friendly fun with a children's play area and games at Yakuza's backyard patio.

The block party will be a great chance to mingle with your neighbors and taste all this area has to offer.

A night of food, music, dance, drink and friends. Does it get any better?

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## To your wellness

# Here's how to train your brain to accept changes

By Penny Hill Licensed Massage Therapist

hange. Sometimes it's hard. For issues that have resisted our attempts for an extended period, it's time to look at the upside of the downside.

When making a change has been elusive, some part of you may not see the safety in change. We even have an expression for it: "Better the devil you know than the devil you don't." Our lovely brains - so proud, confident and creative - put on the brakes when confronted with the prospect of change.

Applied to the personal, our brain is tasked with keeping us safe, and feels it only knows how to do that in the status quo. If you start changing, even if it is a desirable change, it doesn't know that it will be able to safeguard you under those circumstances.

So it resists. For although you may be suffering now, it imagines ways in which getting happier and healthier could work to your detriment.

One example is of a lonely woman whose children come around only to help her with the household chores that she can't manage because of her health. What if her health improved? Would the children come around anymore? Would she lose the companionship she enjoys now?

The future is unknowable, but our minds pick the scariest scenarios and use those to keep us from pursuing change and relieving our stress. And, when we're frightened of the future, we stay stuck in the past. We can't envision all the possible benefits and potentially wonderful opportunities that might unfold for us.

We even have an expression for it: "Better the devil you know than the devil you don't."

If there is a change you've been wanting to make, write a list of the benefits, and identify some drawbacks. Identify what might be the downside of positive change, and you'll finally move through that crossroads.



information at CalmHealthEase.com.

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

### Thursdays, Sept. 5, 12, 19, 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

### Tuesdays, Sept. 10, 24, 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

#### Monday, Sept. 16, 10-11am **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, Sept. 17, 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 participants to share stories, craft & create meaning together.

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

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

### Friday, Sept. 20, 8am-4:30pm **SELF CARE TRAINING**

This session offers information on radical wellness for those who want more from self-care. Admission, details: Rosanne

Marmor, 503.936.1924, rosanne@ pulsewellnesspdx.com

#### Saturday, Sept. 21, 9am-6pm SPIRITUAL ABUSE FORUM

This is a one-day conference dealing with the recognition of & recovery from spiritual abuse, in both religious & nonreligious organizations. Details: betsyfreeman16@gmail.com

Sunday, Sept. 22, 3-6pm & Thursday, Sept. 26, 7-9pm

### SACRED HARP SINGING

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 choirs.

Details: portlandsacredharp.org

### Saturday, Sept. 28, 2:30-5pm PANEL DISCUSSION FOR ADHD

This is a middle & high School panel discussion on ADHD/ADD with peer-topeer coaches available. Details: julie@jhidesign.com, 703.608.3490

resources and contact

# Want to get involved locally?



It's easy. The Concordia Land Use & **Transportation Committee meets next** on Wednesday, Sept. 18 at 7 p.m. in the Kennedy School Community Room. (Generally, meetings are held on the 3rd Wednesday of the month.)









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

Info: ConcordiaPDX.org/lutc





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## Ask the historian

# University shares name, history, future locally

Provided by Concordia University esponding to a need for teachers and ministers in the Pacific Northwest, Concordia University-Portland (CU) was founded in 1905 as a high school. It opened with \$800 and 16 students in the basement of Trinity Lutheran Congregation.

By 1907 the Northwest District of the Lutheran Church Missouri-Synod purchased land and constructed a school building at the current site, 2811 N.E. Holman St.

Under the direction of its first president, F.W.J. Sylwester, the school overcame obstacles to survival. At

CU reaffirmed and updated its mission and vision to prepare leaders for the transformation of society.

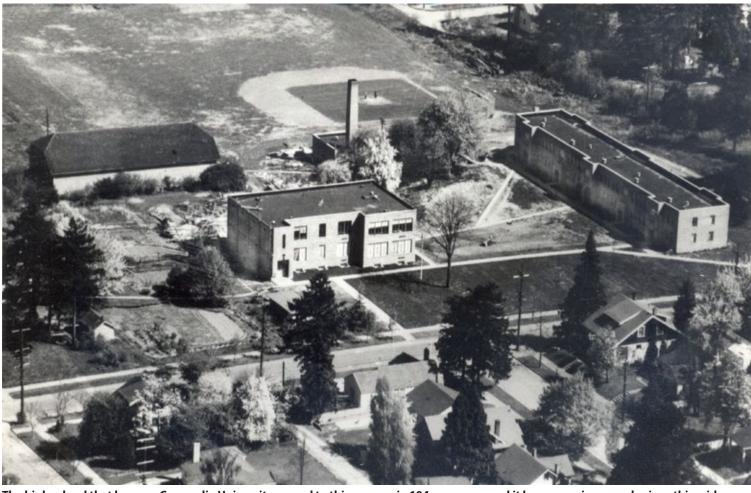
the time, unpaved roads proved a challenge and the Great Depression significantly reduced student enrollment and employee compensation.

In 1946 the second president, Thomas Coates, added critical faculty members, began a building campaign and, in the 1950s, instituted two years of junior college. The name became Concordia College.

In 1954 it opened its doors to women to prepare teachers for parochial schools and partnered with Emanuel Hospital to prepare nurses. In 1958 president E.P. Weber spun off the high school program as Concordia High School under the direction of Art Wahlers, Ph.D., who also helped found the Concordia Neighborhood Association.

In 1977 CU became a four-year college. The president oversaw residence hall construction to support more students, including international students. The high school moved off campus.

When Charles "Chuck" Schlimpert, Ph.D., was named the fourth president cated 50 percent to community groups. in 1983, Concordia College was firmly rooted in what had become known as the PhD community, opened with collabora-Concordia neighborhood.



The high school that became Concordia University moved to this campus in 104 years ago, and it has grown immensely since this mid-1940s photo. Founded originally as a high school, the site now boasts a diverse student body with undergraduate, graduate and doctoral programs on campus and online. Photo courtesy of Concordia University

during unprecedented growth for CU. Four colleges were distinguished, and the university grew from 800 students to more than 6,000 nationwide.

In 1995, the Concordia University System was formed and linked 10 Concordias across the U.S. At the same time, CU reaffirmed and updated its mission and vision to prepare leaders for the transformation of society.

In 2010 Washington Monthly ranked CU No. 1 nationally for student participation in community service among U.S. universities with masters programs.

In collaboration with neighbors, the city, and the broader community, campus expansion continued.

In 2009, CU opened the George R. White Library and Learning Center, which serves the Concordia neighborhood as a local community library, hosts arts and culture events, and includes the Jody Thurston Northwest Center for Children's Literature.

In 2011 the Hilken Community Stadium opened. It's an athletic complex on northeast Dekum Street, also dediServices and basics market.

CU continues as a nonprofit, private Lutheran university preparing leaders for the transformation of society, serving the community, and providing a diverse

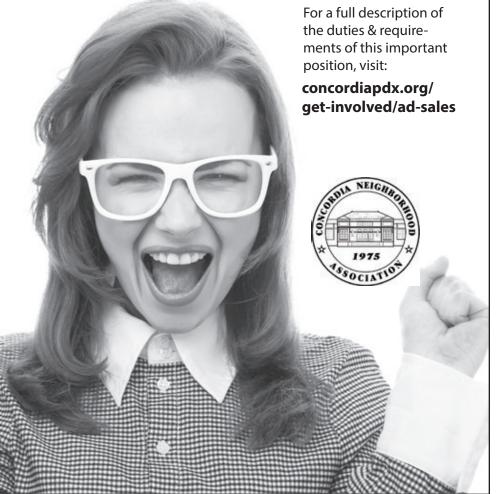
student body with undergraduate, graduate and doctoral programs on campus and online.

Learn more at CU-Portland.edu.

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He served as president for 35 years

In 2017, Faubion School + CU, a 3 to tors including Portland Public Schools, Kaiser Permanente, Trillium Family

# **Applications due Sept. 15**

pplications for a local real estate scholarship are due Sunday, Sept. 15.

The Living Room Realty Excellence in Diversity Scholarship was introduced to facilitate a path toward a real estate career for a candidate in an underrepresented community and for whom the costs of pursing a real estate career might be a financial burden.

The total \$15,000 scholarship is designed to cover the basic expenses of achieving a license. It also includes additional educational and marketing

support to help the recipient develop a thriving, sustainable real estate business.

Selection criteria includes past academic performance, professional experience and community involvement. Preference will be given to applicants who demonstrate financial need, are nonhomeowners, have been residents of the Portland metro area for 10 or more years and are from underrepresented racial or ethnic minorities and/or who identify as LGBTQA.

For details and an application form, visit LivingRoomRe.com/scholarship.

# **Concordia community events calendar**

Tuesdays, Sept. 3, 10, 17, 24, 4-8pm TIME TOGETHER: TUESDAYS AT CERIMON HOUSE

Location: 5131 NE 23rd Ave Gather, knit, craft, fold, chat, be. This open house connects friends. Free & air-conditioned. Most Tuesdays also include a 22-foot Chartres pattern labyrinth for a contemplative walk.

Details: cerimonhouse.org



#### Wednesday, Sept. 4, 7 pm CONCORDIA NEIGHBORHOOD ASSOCIATION GENERAL MEETING

Location: McMenamins Kennedy School Community Room

Weigh in on what services you think would be a good match for the neighborhood at the Portland Community College Metropolitan Workforce Center redevelopment at 42nd & Killingsworth. School planners will be on hand at the CNA general meeting to explain plans to date and seek your input on additional possibilities. **Details:** See Page 1



#### Thursdays, Sept. 5, 12, 19, 26, 4-7pm CULLY FARMERS MARKET Location: 5011 NE 42nd Ave

This is the final month for the 2019 market. Meet continuing & new vendors, enjoy entertainment, grab dinner with friends, connect with your community, buy fresh veggies, support local farms & artisans, trade/ sell your homegrown/handmade items at the Community Table. Check for weekly events announcements on Facebook. **Details:** cullyfarmersmarket.org, facebook. com/cullyfarmersmarket

#### Fridays, Sept. 20, 27, 10:30am-noon FEAST COMMUNITY CHOIR Location: Subud Portland, 3185 NE Re-

Location: Subud Portland, 3185 NE Regents Dr. Forget Everything & Sing Together (FEAST)

is a community acapella choir with the goal to build community. New singers welcome. Fall term starts Sept. 20.

Details/fee: feastcommunitychoir.com

### Saturday, Sept. 7, 10am-noon LEAD-SAFE HOME PROJECTS WORKSHOP

Location: Community Energy Project, 2900 SE Stark St

This class is for anyone who is planning to



### Monday, Sept. 9, 7pm HISTORY & UFO FESTIVAL: QUANTUM METAPHYSICS

Location: McMenamins Kennedy School The Rev. Neel Neargood, writer & professional wizard, will explain quantum physics is weird, counter-intuitive & downright spooky. For well more than a century, however, it has supplanted the classical physics & worldview of Newton & Descartes with a bizarre, chaotic ocean of probabilities & possibilities. Details: mcmenamins.com/events/199332paranormal-pub

Tuesday, Sept. 10, 7pm RACE TALKS

**Location:** McMenamins Kennedy School Scheduled is the screening of Part 1 of "The Color of Fear," an insightful, groundbreaking film about the state of race relations in America. Look through the eyes of 8 North American men of Asian, European, Latino & African descent. In a series of intelligent, emotional & dramatic confrontations, the men reveal the pain & scars that racism has caused them. What emerges is a deeper sense of understanding & trust. Race Talks will explore this 3-part documentary series September-November.

**Details:** mcmenamins.com/events/197494race-talks-opportunities-for-dialogue



### Saturday, Sept. 14, 11am-1pm BONEANZA

**Locations:** The Filling Station, 2001 NE Alberta St, & Carioca Bowls/Full Lotus PDX, 827 NE Alberta St

This event is all about dogs & the people who love them. Doga–yoga with 30 people & their canine friends–is 9:30-10:30am at Carioca Bowls/Full Lotus PDX (registration required). More events are at The Filling Station, 11am-1pm, including free dog portraits by Fuzzy Butt Pet Photography, games for the pups, the Bow-Wow Bake Sale & a raffle with the grand prize of a 10-by-10-inch pet portrait painted by Bruce Brickman. Pay to by Columbia Slough Watershed Council, no registration necessary **Details:** columbiaslough.org/events/ event/133



Thursday, Sept. 19, 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, Sept. 21, 6-8pm CONCORDIA NEIGHBORHOOD ASSOCIATION MIXER

Location: KISS Coffee & Verum Ultimum Art Gallery, 3014 & 3016 NE Ainsworth St KISS will offer sweet & savory tastings & Verum Utlimum offers a brand new showing and wine, while you mingle with your neighbors & are entertained by the music of THE LARKS pdx. This family-friendly sidewalk event is free.

Details: soniagf419@gmail.com

Saturday & Sunday, Sept 21 & 22, noon-4 pm

### CREATIVE PATH WALK: LIFELONG LEARNING

Location: Cerimon House, 5131 NE 23rd Ave

This month's theme is "Lifelong Learning" & recognizes the powerful continuum education offers, & a devotion toward teachers. The Reims pattern labyrinth offers the opportunity to know & remember. Donations accepted

Details/reservations: cerimonhouse.org/ calendar

### Tuesday Sept. 24, 5:30-7pm BRING YOUR OWN BOAT PADDLE (BYOP!)

Location: Parkrose Boat Launch, 5432 NE 112th Ave

Bring your canoe or kayak–plus paddles & life jackets–to celebrate the beginning of autumn on the Columbia Slough. This guided tour in the Middle Slough searches for bald eagles, otters, turtles & osprey. No equipment is available to borrow from the Columbia Slough Watershed Council. \$8-20 suggested donation, suitable for adults and teens 12+, preregistration requested **Details/registration:** columbiaslough.org/ events/event/105



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

# Sunday, Sept. 8, 3-9pm **BLOCK PARTY**

Location: 30th Avenue between Jarrett & Emerson sts

This free, family-friendly gathering is brought to you by CNA, Dayna McErlean & local businesses. Awaiting you are complimentary bites, wine, live music, DJs, games, a charity raffle & more.

**Details:** any business on 30th between Jarrett & Emerson

#### participate in Doga, the bake sale & raffle; however, the games & pet photography are free. Proceeds go to Family Dogs New Life. Sponsor is YogaBug Real Estate. **Details:** yogabugrealestate.com/portlanddog bonconzo.

dog-boneanza

### Saturday Sept. 14, noon-4pm AQUIFER ADVENTURE

**Location:** Portland Water Bureau Launch, 16650 NE Airport Wy

Big & little pirates alike are welcome to join this family festival all about groundwater. Play fun games & go on a scavenger hunt in search of hidden treasure-not gold but groundwater, a precious resource that flows beneath your feet. Free T-shirts to the first 300 kids. Activities include treasure hunt, canoe rides, face painting, hands-on science activities, ice cream aquifers. Hosted

### **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.

### Monday, Sept. 30, 7pm HISTORY PUB: BEYOND CHINATOWN

Location: McMenamins Kennedy School Speaker Chelsea Rose, a historical archaeologist, focuses on the recent archaeological work & findings of the Oregon Chinese Diaspora Project, a multi-agency partnership that has been excavating sites across the state to better understand & share the history of Oregon's early Chinese residents. With a focus on rural communities, remote mining camps & railroad construction, this project has provided important insight into the Chinese experience & role in the settlement & development of Oregon. All ages are welcome & the door opens at 6pm. Details: mcmenamins.com/events/197512kennedy-school-history-pub, all ages welcome

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