



# CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

May 2020

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Cat Six Cycles owners run their own race, despite obstacles.

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### IT'S ABOUT BEING POSITIVE

Group focuses on good things and good news – especially now.

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## CNA Mission Statement

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

## Concordia News

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

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# Neighbors exercise, get connected

By Tamara Anne Fowler  
& Nancy Varekamp  
CNA Media team

Sam Balto knows you can social distance without losing social connections. Beginning March 16, he's led his Concordia neighbors – children and adults alike – in workouts five afternoons a week.

The physical education teacher at Cesar Chavez School in Portsmouth Neighborhood has been teaching for more than 10 years at schools in Boston and Washington, D.C. – in addition to serving as a Playworks coach.

He's devoted to making streets safe for all road users, and is the Safe Routes to School champion at Cesar Chavez. Oregon Walks last year recognized his efforts with an award.

In fact, his “stay home, save lives” classes occur on the pavement in front of his house on 35th Avenue, which closes



As many as 10 families have been staying fit, reducing stress and staying connected socially since PE teacher Sam Balto began exercise classes in the street. Photo by Chris Baker

*“Even though we are practicing physical distancing right now, I knew that it was important to still be socially connected and to get physical activity. I knew it would be something fun to put a smile on everyone's faces.”*

– Sam Balto

temporarily at both ends of the block.

“I saw a video from Italy where someone was leading people in his apartment building in exercise,” Sam explained. “He was in the courtyard and everyone was on their balconies.

“Even though we are practicing physical distancing right now, I knew that it was important to still be socially connected and to get physical activity. I knew it would be something fun to put a smile on everyone's faces.”

So Sam texted his neighbors with an

invitation to join the class. “We have a lot of children on our block, including my son Lev.”

Parents and neighbors without children at home also show up. Wife Kayci participates, and even the family dog Orli joins in.

The workouts aren't silent. In addition to occasional grunting and groaning – and plenty of cheering – participants are motivated with “A Fishy Song.” To add it to your own exercise regimen, find it at [YouTube.com/watch?v=ZClu\\_I6U6aM](https://www.youtube.com/watch?v=ZClu_I6U6aM).

By CNews press time, the exercise group had grown to more than 10 families. But the pavement continued to accommodate plenty of room for participants to respect six-foot distances from each other.

“Some kids on the block have invited their classmates,” Sam said. “Word of mouth and making sure to be inclusive of everyone is so important.

“People in the neighborhood have made class part of their afternoon routine,” Sam pointed out. “It's important to be consistent every day, rain or shine.”

Physical fitness has been a lifetime passion for him. “During these uncertain times, activity is more important than ever.”

According to the National Institutes of Health, stress can reduce people's immune systems.

“When you exercise, your body releases a chemical called endorphins,” Sam explained. “Endorphins trigger a positive feeling in the body and help reduce stress.”

## Goal: Sell CU to educational use

Colliers International approached Concordia Neighborhood Association (CNA) recently. That agency is assisting the Lutheran Church Extension Fund (LCEF) to sell the Concordia University property.

Colliers provided an update on the sale.

“During our conversation, it was expressed that Colliers and the LCEF would like to maintain a good working relationship with the neighborhood,” reported Astrid Furstner, CNA chair. “To that end, Colliers will endeavor to share as much information regarding the sale that is possible barring any confidentiality issues.”

The ultimate goal is to sell the prop-

erty to another college or university that may allow the continued unique benefits that are available to the Concordia neighborhood now, such as the library and certain other special partnerships that were in place.

“It is currently Colliers' and LCEF's wish to work with the Concordia neighborhood going forward,” Astrid explained.

“Colliers and LCEF have been informed, from our February 2020 general meeting, about a few of the top issues of concern regarding the property.”

Those are:

- Continued property maintenance
- Security/safety
- Disposition of the sale of the property

- Homeless/houseless situation

- Relationship with Faubion School

“Colliers reports that they are still working through the nuances regarding the maintenance and security staffing of the campus, and will endeavor to keep the Concordia neighbors apprised of the activities going forward to the degree that they are able to,” Astrid said.

“In the meantime, I invite you all to share your specific concerns by emailing me,” she added. “I will gather your concerns and provide them to Colliers as we work forward on this issue.”

Astrid's email address is at [Chair@ConcordiaPDX.org](mailto:Chair@ConcordiaPDX.org).



Chair’s Corner

By Astrid Furstner, CNA Chair



We will come together again

Changes can be difficult and stressful. Concordia is not alone in going through changes. We are all facing the new challenges and changes that come with dealing with COVID-19.

On April 1, the CNA Board of Directors conducted its first remote meeting. By now, I’m sure we have all held a meeting – work, neighborhood or family – using a social platform. It’s been an interesting experience.

The board was able to address a few things, while others items were postponed. We discussed the cancellation of our neighborhood’s beloved Spring Egg Hunt. We were sad to cancel the event – so was my daughter – and I understand the frustration you may have felt too. Given the circumstances, we felt it was the safest action for our community.

Unfortunately, the city has advised us it has canceled this summer’s concerts and movies in Fernhill Park. It also canceled the annual neighborhood cleanup event planned for May 30.

While all of this is frustrating and sad – and provided that next year we are pandemic free – we are planning on continuing with these popular events.

A few other items that have been postponed for now are three suggestions submitted to me:

- Potential summer block party
- Potential summer cookout
- Formation of a committee to assist our senior residents in need.

As much as we would like to move forward with these, we are unable currently to do so with respect to social distancing. However, we will not be restricted forever. When the time comes again to be able to gather, I think a block party would be a great beginning to reconnecting.

Then we can also move forward putting together a group of volunteers to help neighbors who need assistance. Feel free to email me at Chair@ConcordiaPDX.org with ideas about the events and/or your interest in volunteering.

Finally, the board discussed working with The Street

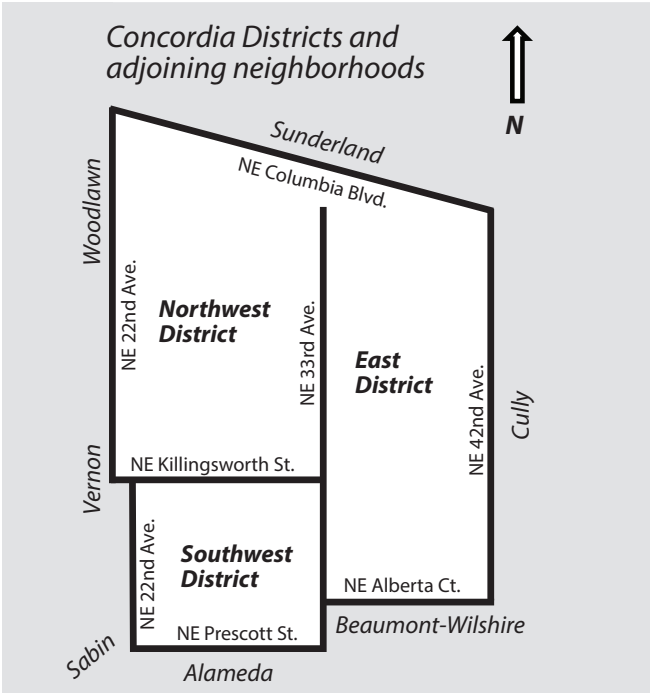
Trust to host a free legal clinic regarding the rules of the road. When we are able to all be in a room together, we hope to be able to provide something like that to all of you.

Again, if you have ideas, topics, discussions or questions for CNA to address, please email me – or join the board at our May 6 meeting. Information is in the right column of this page for you to learn how to join in.

Stay safe and healthy. Wishing you all well.

*Astrid Furstner is a mother, a wife, an immigrant, a local artist and an artisan. She lives with her luthier husband, Brent, and her artist-in-the-making daughter, Luciana. Together, they call Concordia their home.*

*Unfortunately, the city has advised us it has canceled this summer’s concerts and movies in Fernhill Park. It also canceled the annual neighborhood cleanup event planned for May 30.*



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At Large 5 | AL5@ConcordiaPDX.org Truls Neal  
At Large 6 | AL6@ConcordiaPDX.org Matt Boyd

Like your neighborhood?

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



Ready to help?

Email: Chair@ConcordiaPDX.org

Concordia Neighborhood Association

Board Meeting

1st Wednesday of the month, Wednesday, May 6, 7 p.m., venue: see box below, contact Astrid Furstner, Chair@ConcordiaPDX.org

General Membership Meeting

Not yet scheduled; see box below.

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 5, 6 p.m., venue: see box below, contact Gordon Riggs, MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee

3rd Wednesday of the month, Wednesday, May 20, 7 p.m., venue: see box below, contact Garlynn Woodsong, LandUse@ConcordiaPDX.org

Finance Committee

Last Wednesday of the month, Wednesday, May 27, 7 p.m., venue: see box below, 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.

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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

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CNA meeting venues during “stay home, stay safe” order

For CNA meetings in May, check:

- Facebook.com/groups/ConcordiaPDX,
- ConcordiaPDX.org/CNAMeetings, or
- email the meeting contact to learn how to dial/tune in.



Concordia Art Works

Portland flower bombing reaches Concordia

By Maquette Reeverts  
Alberta Art Works

When Portland Flower Market suppliers realized in March that they had to close their doors due to COVID-19 – and

greenery honored the hard work of the farmers and workers who planted, cared for and harvested the flora. Instead of being composted, the flowers became a love letter to the city.  
Kaitland Menasco, owner and

*“I chose that spot because of the mural in the background that reads ‘keep your chin up.’ I thought it was a powerful statement, especially now.”*  
– Kaitland Menasco

that their stock was to be thrown away – Jocelyn Kehrle with Mayesh Wholesale Florist rallied the troops and came up with a much better idea.  
The idea? Give the flowers to local floral designers who, in turn, would “flower bomb” the city.  
The repurposing of the flowers and



Michel Reeverts, aka Maquette, holds a master of arts degree in art education, serves Alberta Art Works as director and Alberta Street Gallery as a board member. She is also a practicing artist. Contact her at Maquette@AlbertaArtWorks.org

designer of Royal Blossoms and a neighbor, designed Alberta Street’s flower bomb and created her arrangement on the northeast corner of its intersection with 21st Avenue.  
Her design grew from the corner, disguising the chain link fence surrounding the vacant lot of Volkswagens being repaired.  
“I chose that spot because of the mural in the background that reads ‘keep your chin up,’” Kaitland said. “I thought it was a powerful statement, especially now.”  
She designed her arrangement organically, allowing the design to ebb and flow like water to symbolize the ebb and flow of the current situation. She wanted to contribute to her community by creating this temporary spot to literally stop and smell the roses.  
The project was called



Kaitland Menasco, Royal Blossoms owner and designer, took delight in her role in #FlowerTourPDX. She flower bombed this spot on Alberta Street with blossoms donated by Portland Flower Market. Photo by Maquette Reeverts

#FlowerTourPDX and, with a downloadable map, everyone was invited to take a drive-by tour of the various creations.  
But for those on their daily outings who didn’t know the grand plan, there was unexpected color and beauty they welcomed during a strange and stressful time.

CNA respects the views and beliefs of all Concordians, and their cultures and faiths. The views expressed by this writer do not necessarily reflect the views of CNA.

CU closing ceremony scheduled June 28

Keep your fingers crossed. The Concordia University community is planning a closing celebration for Sunday, June 28, from noon to 5 p.m. There’s just one caveat: Oregon’s “stay home, save lives” order must be lifted by then for the ceremony to occur.  
Here’s the schedule:  
• Noon-4 p.m.: Neighbors, students, and staff and faculty gather and tour;

bring a picnic, chair or blanket, and enjoy lunch on the campus grounds.  
• 4-5 p.m.: Ceremony features community, student and staff speakers, as well as official deconsecration of the campus buildings.  
For more details and/or to RSVP, visit: EventBrite.com/e/concordia-university-closing-celebration-tickets-99392214790.



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# Cat Six soldiers on, despite damage, virus

By Keith Daellenbach  
CNA Media Team

**H**ave you wondered about the name of Cat Six Cycles, 4831 N.E. 42nd Ave.? It stems from the five categories of bike racing from semi-pro to beginners. “Cat 6,” short for “Category 6,” is a tongue-in-cheek reference to bicycle commuters riding their own competitive race.

Kirk Bernhardt and Tim Wesolowski operate their own race, a full-service bike store. Steve, the gray and appropriate six-toed cat, is the store mascot in charge of morale. “Steve’s number one trait would be curiosity mixed with an utter dedication to the art of sleeping,” Kirk reported.

Cat Six is an accessible shop. “Bike shops can be funny places and unfortunately they can be intimidating for lots of different folks,” Tim said. “We really strive to not be that shop and provide our absolute best to everyone who comes through the door.”

Cat Six can fix a dilapidated jalopy of a bike for a reasonable price, or it can tune up an expensive racer.

Tim and Kirk sell a variety of proven bicycles that are especially helpful for new bikers. “We’re very hands-on in our test ride process, trying to make absolutely certain that our customers get just the right bikes,” Tim pointed out. They

*“Bike shops can be funny places and unfortunately they can be intimidating for lots of different folks.”*

– Tim Wesolowski

dial in the fit.

On a September night last year, shortly after Kirk and Tim celebrated the store’s fifth anniversary, a car crashed into the shop.

“Thankfully, no one got hurt but there was major structural damage,” Tim explained. He and Kirk soldiered on with a temporary storefront, and the store remained open.

The construction repair was completed in February before the COVID-19 pandemic hit. Open hours were temporarily paused in mid-March to promote social distancing, and gift



Kirk Bernhardt, left with Steve the cat, and Tim Wesolowski were flexible in serving customers for six months during reconstruction at Cat Six Cycles following a car accident. So flexibility was a habit when the state’s “stay home, save lives” order was issued. Photo by Keith Daellenbach

certificates were available online.

When the “stay home, save lives” order was issued, bicycling was recognized for its noncontact and social distancing. So Cat Six began a modified opening for people to drop by, purchase needed equipment and leave bikes for repairs.

Check with the store – 503.282.1178 or CatSixCycles.com – for its current open hours.

During the autumn and winter, DIY “Neighborhood Nights” are hosted at Cat Six on many Thursday evenings. Kirk and Tim provide helpful advice and generous use of specialty bike tools for personal

bike repair.

They charge for parts, but not their time. Although snacks and libations are not required, they are appreciated. In fact, Kirk is known to enjoy a Tecate occasionally.

Those evenings offer an opportunity to get to know your bike better, learn some skills and have fun with Tim, Kirk and Steve.

*Editor’s note: Keith has more to tell about Cat Six than fits in the limited space of a CNews story. For “the rest of the story,” visit [ConcordiaPDX.org/CatSix](http://ConcordiaPDX.org/CatSix).*



Keith Daellenbach is a mechanical engineer and outdoor enthusiast who loves mountain climbing, biking and canoeing with wife Amy, and teenage son Micah.

An annual summer solstice rite of passage is to bike up Larch Mountain from his home in Concordia.



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## News from the NET

# Depression-era cooks offer up comfort food

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

**W**ell, it’s been a wild ride this spring, and I hope you and your family are well. Weathering the COVID-19 pandemic has been very stressful and challenging for many of us.

Yet I am continually impressed at how Portland has pulled together – while being apart – to help our neighbors, organize supplies for health care workers, volunteer and donate to relief efforts large and small.

Resiliency = community, and I feel very lucky to live in this one.

So, in continuing this feel-good effort, I’m pausing my usual NET messaging to share some tips for turning your – perhaps dwindling – pantry staples into some comforting treats for uncertain

times.

Fortunately, our 1930s-era forebears paved the way with these two recipes for the pantry-challenged.

## Depression Era Cake (vegan)

**Ingredients:** 3 cups flour (plus 1/2 cup for vanilla cake) 2 cups sugar, pinch of salt, 2 tablespoons baking soda, 10 tablespoons unsweetened cocoa (omit for vanilla cake), 2 teaspoons vanilla (plus 2 more for vanilla cake), 3/4 cup vegetable oil, 2 tablespoons vinegar, 2 cups cold water

**Instructions:** Sift dry ingredients together in a large bowl then add the wet and combine until just mixed. Pour into two 9-inch greased and powdered baking pans and bake at 375 degrees for 30 minutes.

## Peanut Butter Bread (vegan)

**Ingredients:** 2 cups flour, 4 teaspoons baking powder, 1/4 cup sugar, 1/2 teaspoon salt, 1/2 cup peanut butter, 1 1/3 cups milk (non-dairy for a vegan bread)

**Instructions:** Mix all dry ingredients together, then add the milk and combine. Finally mix in the peanut butter. Pour into a greased bread pan and bake at 325 degrees for about an hour.



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



# Alberta scheduled for repaving this summer

By Garlynn Woodsong  
CNA Board Member, SW  
CNA LUTC Chair

The largest project in Concordia funded by the 2016 Fixing Our Streets gas tax is scheduled to break ground this summer, as Alberta Street is repaved from 15th to 33rd avenues.

The project will take place a few blocks at a time, with the street periodically closed as needed to facilitate this.

In addition to repaving, the project involves the rebuilding of many of the sidewalk ramps to bring them into compliance with the Americans with Disabilities Act (ADA).

The city settled a lawsuit in 2018 with the Civil Rights Education and Enforcement Center. It requires the city's pedestrian network to be brought into ADA compliance within 12 years of that date.

Approximately \$10 million of work each year is needed to meet this goal.

One of the common improvements

*The city settled a lawsuit in 2018 with the Civil Rights Education and Enforcement Center.*

coming to Alberta Street is the replacement of a single diagonal ramp pointed into the center of the intersection from the sidewalk at the corner, with two ramps, one each facing the sidewalk on the other side of a single street.

All corners on Alberta Street were surveyed, resulting in a list of upgrades that also includes decreasing the grade of slopes, adding flat surfaces for landing areas and adding yellow bumpy pads where missing.

When asked if the project is expected to lead to increased speeding on Alberta Street, the response from the Portland Bureau of Transportation (PBOT) was that recent traffic counts from last July showed an "85th percentile speed of 24 mph."

This means 85% of drivers were traveling at or below 24 mph. The only planned response is to measure speeds again after repaving. PBOT is not planning to install speed table crosswalks on Alberta Street – such as those found on 41st and 42nd avenues between Fremont and Knott streets – or install any other physical measures to slow traffic.

PBOT reported its plan is simply, "If speeds increase after paving, we can take new speed counts to see what the speed differential is before and after the paving work."

Finally, the Portland Bicycle Plan for 2030 and the Portland's Transportation System Plan both call for a separated, in-street facility on this exact stretch of Alberta Street, classified as a bikeway.

Without consulting with the community, PBOT staff made the decision, however, to ignore these classifications and instead simply repave the existing street cross section.

For better or for worse, PBOT currently plans to finish the repaving of Alberta Street by the end of the year.

*Editor's note: For a photo of an Alberta Street sidewalk ramp due for replacement and a diagram of the replacement, visit [ConcordiaPDX.org/AlbertaRepaving](http://ConcordiaPDX.org/AlbertaRepaving).*



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](mailto:LandUse@ConcordiaPDX.org).

## LUTC update

# Here are highlights from the March meeting

By Alessandra "Ali" Novak  
CNA Board Member, SW2

Here are highlights from the March meeting.

**Development**

Eli Spevak invited input on design and occupants for a mixed-use development at 42nd Avenue and Alberta Street. He is working with Brett Should Architecture and Mark Lakeman/Communitecture.

Concordia University lot adjacent to the 27th Avenue and Holman Street bus stop – raising concerns about sanitation, health and safety.

Discussion focused on the need to evaluate whether houseless individuals residing in the neighborhood are neighbors, and the need to develop a policy of how to raise the most urgent issues to the city. Those include requesting support in addressing the resultant sanitation issues

will be addressed.

To adapt to the COVID-19 "stay home, save lives" reality, Concordia Neighborhood Association Land Use and Transportation Committee met virtually in March via Google Hangout. As always,

meetings remain open to the public. All are welcome to participate in the next meeting, May 20. Visit [ConcordiaPDX.org/get-involved/upcoming-meetings](http://ConcordiaPDX.org/get-involved/upcoming-meetings) for directions on how, whether it's virtual or in person.

*Camping is occurring on a vacant Concordia University lot adjacent to the 27th Avenue and Holman Street bus stop — raising concerns about sanitation, health and safety.*

The 100% electric property, with net-zero common areas, would offer ground floor commercial and approximately 40 housing units. The 4-5 story building would provide bicycle-friendly storage and no off-street parking.

**Encampment**

Camping is occurring on a vacant



Ali Novak has lived in Portland for 15 years, works in sports medicine and property management, and is raising two fierce native Oregonians to change the world for the better.

and improving overall access to facilities for the basic needs of all residents.

Because of the current "stay home, save lives" order, the city will remove people. However, concerns can be reported to the Homelessness and Urban Camping Impact Reduction Program at 503.823.4000 to review and assess. For details, visit [PortlandOregon.gov/toolkit/article/562215](http://PortlandOregon.gov/toolkit/article/562215).

**Alberta Street repaving**

The city will be asked what pedestrian improvements are included in this year's project, how it will ensure the improved road surface doesn't result in increased auto traffic speeds and how the 2030 Portland Bicycle Plan call for a separated, in-street bike facility there

The people of Saint Michael's Lutheran Church pray for you in these days of isolation and fear. We encourage everyone to act with kindness and love towards family and neighbors. Together, we will get through this.

*Beloved, let us love one another, because love is from God and everyone who loves is born of God and knows God. 1 John 4:7*



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# Satisfaction is the reward for this volunteer

By Marsha Sandman  
CNA Media Team

Some older adults and people with disabilities need in-home support and/or transportation to live their lives gracefully. Not everyone has a family support system. Through Project Linkage and Ride Connection, volunteers offer transport to make it possible for those in need to exist with dignity in their own homes, and to feel connected to their community. Ride Connection is part of Metropolitan Family Service, a private nonprofit organization. Full-time employees and volunteers provide rides to and from grocery stores, medical appointments and other destinations, using personal or agency vehicles. “When people are no longer isolated, it’s easier to access healthy food, get to medical appointments and stay connected with their communities,” the 30-year-old organization’s website reported. “With the help of others, life is a little easier and a lot more fulfilling.” Neighbors who serve as volunteers are rewarded with the satisfaction of seeing their time and energy make a real

*Neighbors who serve as volunteers are rewarded with the satisfaction of seeing their time and energy make a real difference in a real way.*

difference in a real way, according to Greg McAllister. The local volunteer has a passion for giving and helping that began when, as a junior in high school, he joined the seminary. After nine years, he realized he had lost his belief in organized religion. So he left the seminary and moved to San Francisco’s Haight Ashbury. As Greg moved around the country, he wore many hats. Among other jobs, he’s been a truck driver, bar tender, career adviser, editor, author, film maker and college professor.

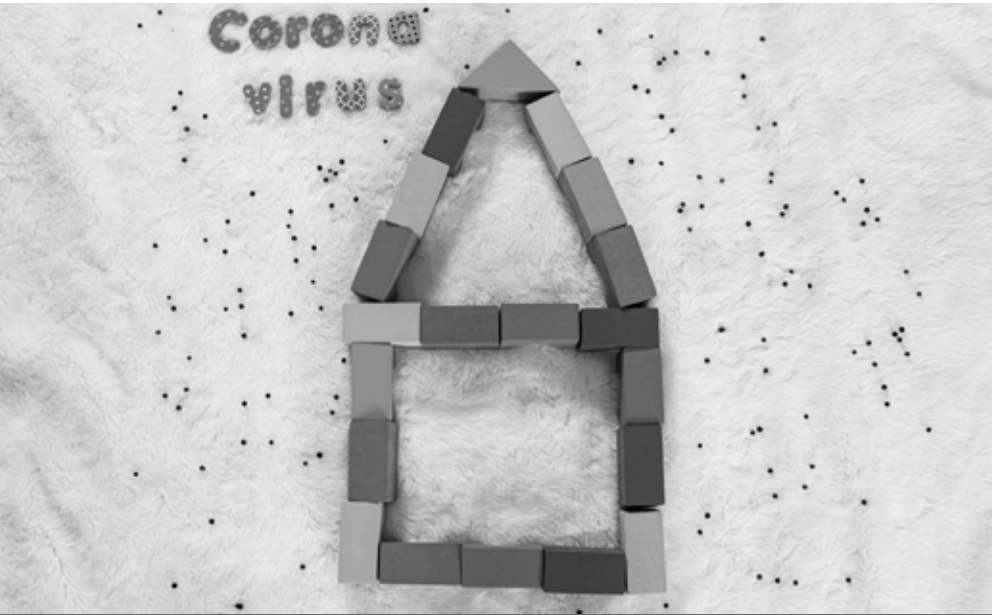
Also along the way, he earned a bachelor’s degree in philosophy and a master’s degree in creative arts interdisciplinary studies. After retiring, Greg and wife Linda moved to Vermont, where they both volunteered in hospice care for 10 years. Now in Portland, he cultivates his passions and enjoys his children and grandchildren. “People are my passion and always have been,” Greg said. Does he walk that talk? Find out how at GregoryMcAllister.com. As COVID-19 moves safely to the rearview mirror – and if you or someone you know is in need of transportation assistance – contact Ride Connection at 503.226.0700 to register and request rides. You just might find Greg behind the wheel.



Greg McAllister spent his entire career demonstrating his passion for people. Now he does that as a volunteer driver for Ride Connection. Photo courtesy of Greg McAllister



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.



Didn't see yourself quarantined there?

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## To your wellness

# Healing self and doing service for others

By Kim Magraw  
Licensed Massage Therapist

You’ve been receiving much advice from professionals – and nonprofessionals – on how to take care of your health during this pandemic: physical isolation, hand washing, covering and not touching your face, etc. You have probably heard it many times. So this column focuses on another aspect of caring for yourself, and that is caring for others. I was inspired by this quote from “We all feel better about ourselves when we do something for someone else.” – Jordan Schnitzer

Jordan Schnitzer, interviewed April 6 just after the passing of his mother, Arlene Schnitzer. “We all feel better about ourselves when we do something for someone else.” The world is facing a new virus, the economy is in trouble and many people are out of work. A focus on one’s own needs is appropriate, and fear and anxiety are natural reactions. Nevertheless, this quote is a reminder

that distancing from others doesn’t mean anyone is alone or that you should focus on just yourself. To the contrary, it reveals how fulfilled people are by a sense of community. Think of the innovative and fun ways people are interacting, cheering one another and learning about each other from a distance during social isolation. Society trains people to focus primarily on oneself – and children by extension of self – and to think of everything in transactional terms. On the other hand, with all life’s pressures, some people find it easier to focus on other people’s needs than their own, resulting in self neglect. This pandemic is a reminder of the balance to strike as individuals in society. Care for yourself to survive and thrive and, at the same time, everyone relies on one another for health, safety and the essential sense of connection and belonging. How are you managing this balancing act? Pondering this question and acting in accordance with the answers may result in more thoughtful self-care, more effective support for others and greater fulfillment overall.



Kim Magraw, practices massage at Concordia Wellness, concordiawellness.com.



## Heart in Hand Preschool

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# Plug into activism for a Positive Charge!

By Carrie Wenninger  
CNA Media Team

Gail Levine answered her phone in Austin, having left her Portland home in mid-March to quarantine with her husband in Texas. Her Concordia house is currently occupied by an OHSU pediatric nurse. They have never met in person but, when she saw this frontline worker's plea for a place to live that would keep him

of activities on a variety of issues for seniors, hospitalized children, the homeless, foster children, abused women and more. The largest event to date was the free, citywide Amplify Kindness! PDX gathering in October that featured keynote speaker state Sen. Elizabeth Steiner Hayward. The focus was on creating tokens of kindness to take home and give away,

*“People want to do something for their community but don’t know how. Positive Charge! gives them the opportunity.”*

– Gail Levine

safely distanced from his family during the COVID-19 emergency, she offered the empty abode without hesitation. “It just felt like the right thing to do,” she shared. “And it’s working out wonderfully.” It will come as no surprise, then, to learn that Gail is one of the core group of individuals who formed Positive Charge! PDX, a four-year-old volunteer group open to everyone and dedicated to doing good things and sharing good news. The group hopes others will follow the example of, as the website states, “Acting locally to amplify loving kindness on a collective scale.”

The organization hosts a wide range

and Hayward departed the workshop with a haul of painted kindness rocks to distribute back in Salem. Other projects have included activities such as assembling welcome boxes for foster children through Embrace Oregon, baking and delivering cookies to emergency workers on Christmas Day and crocheting plastic yarn sleeping mats for houseless neighbors. “People want to do something for their community but don’t know how,” Gail reported. “Positive Charge! gives them the opportunity.” Group get-togethers and events were still on hold at CNews press time. According to Gail, opportunities still



Concordian Gail Levine and others formed Positive Charge! PDX in 2016 to act locally to amplify loving kindness on a collective scale. Group activities have been on hold during the COVID-19 crisis, but she offers ideas for several opportunities for individuals. Photo courtesy of Gail Levine

abound to help others and increase your own well-being. Those include sewing masks, donating funds to local food pantries, painting and displaying your own kindness rocks, writing sidewalk chalk messages, and participating in the 7 p.m. shout-outs to thank essential workers. Every small act of kindness expands and strengthens the web and makes a difference, she pointed out. “Most people, I believe, have hearts of gold,” Gail said. “They just need to know what they can do, where to focus their

attention and how to be of help.” Plug in and get more ideas and inspiration at [PositiveChargePDX.org](http://PositiveChargePDX.org).



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](mailto:WurdGurl@gmail.com).

## CNews update Art show is all about change

In November CNews introduced you to a Concordian who has observed considerable change in her neighborhood. Jordana Leeb’s story is at [ConcordiaPDX.org/EngageChange](http://ConcordiaPDX.org/EngageChange). In January neighbors filled Cerimon House to discuss change and to view her video “Diary of a Street,” now at [YouTu.be/rWb2coZ4Rfc](http://YouTu.be/rWb2coZ4Rfc). The next phase of her project exploring change is an online art competition and show. Engage in the Change premiered April 1 and lasts until Aug. 15. Then the exhibit may



move to a physical space in Concordia, depending on COVID-19 circumstances.. See [TinyURL.com/EngageArt](http://TinyURL.com/EngageArt) for details about the competition, cash prizes, how to submit your work – and to view the efforts of your neighbors.



SOJOURN

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Sojourn Church – A Neighborhood Church

### Hey neighbors!

We are committed to continuing to be good neighbors during this time of uncertainty, fear, and anxiety. We are continuing to educate ourselves, gather resources, and help as we are able. If you do need something – or if you want to talk more about ways we can help each other – please give me a call at 971.317.9892 or email us at [info@sojournpdx.org](mailto:info@sojournpdx.org). Additionally, we want to invite anyone who is interested to join us for our Online Gatherings Sundays at 10am. For more information go to [sojournpdx.org/online-gathering](http://sojournpdx.org/online-gathering). Matt Boyd, Pastor

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# Vernon parade takes greetings to students

More than 50 Vernon School staff members – in more than 40 vehicles – toured the neighborhood April 17 to raise the spirits of their students – and themselves.

School closed March 16 due to the COVID-19 pandemic. The school community learned April 9 that schools won't reopen before the end of the academic year.

Countless students and their families observed social distancing recommendations at their curbs and in Alberta Park. They wore face masks and waved home-

made and printed school signs at the passing cars.

The parade was organized by Aimee Havens, 6th grade language arts and literature teacher. The parade was especially bittersweet for 1st grade teacher Kristi Kucera. She retires in June after 21 years teaching at the school.

"I burst into tears midway along the route," she reported. "I realized the parade was the closest I would get to say good bye and hug the multitude of students."

Photos by Lloyd Kimmeldorf and Mandy Davis.



## Which businesses are open?

During Oregon's "stay home, save lives" order, all Concordia businesses are welcome to report their open/closed/partially-closed status on Facebook.com/groups/ConcordiaPDX.

Please know this is not intended to serve as free advertising of products and services by businesses, but as a resource for Concordians in search of professional consultations, shopping venues and food take out.

## Miss the Community Events Calendar?

So does CNA. If the state's "stay home, save lives" order is lifted during May, look for Concordia events at ConcordiaPDX.org/EventsCalendar. If you are planning events to occur during May or June, send them as soon as you can to CNewsEditor@ConcordiaPDX.org. Also keep an eye Facebook.com/groups/ConcordiaPDX.

## Where in the world...

... is the Community Room Calendar? With the state's "stay home, save lives" order and the closing of the doors at McMenamins Kennedy School, the Community Room is not available for local events and rentals.

Stay tuned and, when the order is lifted, visit ConcordiaPDX.org/CRCalendar. Facebook.com/groups/ConcordiaPDX.

## STAY HOME. SAVE LIVES.

### DO:

- Stay home as much as possible (kids, too).
- Stay at least 6 feet away from others any time you are out.
- Go out only for essentials (groceries, medical care).
- Exercise outside (hiking, biking) only if you can be 6 feet apart from others.
- Have video and phone chats.
- Drop food off to neighbors who can't go out.

### DON'T:

- Gather in groups.
- Get together with friends (no drinks or dinners).
- Have play dates for kids.
- Make unnecessary trips.

### OPEN:

- Grocery stores
- Banks
- Pharmacies
- Bars, restaurants (takeout, delivery only)
- Some other stores (stay 6 feet from others)
- Gas stations

### CLOSED:

- Malls and retail complexes
- Fitness, yoga and dance centers
- Barbershops, hair and nail salons, spas, cosmetic stores, tattoo parlors
- Theatres, amusement parks, arcades, bowling alleys, skating rinks, museums
- Concerts, sporting events, festivals
- Campgrounds, pools, skate parks, playgrounds

3/23/20  
#StayHomeSaveLives

  
STAY HOME. SAVE LIVES.

## Looking for COVID resources?

This four page comprehensive guide from Portland's Neighborhood Coalitions was delivered by mail in April.

Can't find it? Go to: [bit.ly/CRGPDX](https://bit.ly/CRGPDX)

