



CONCORDIA NEWS

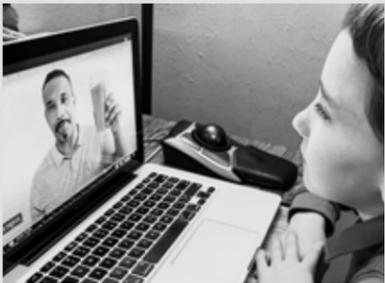
A free publication of the Concordia Neighborhood Association

July 2020

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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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Concordia stands in solidarity

Concordia Neighborhood Association stands in solidarity with all members of our community. We are neighbors, mentors and teachers to each other. We are friends and family. We are outraged by the systemic abuse of power toward people of color in this community, nationally and globally.

We commit to continue our work with local leaders to advocate for equality and safety for people of color. We commit to support leaders who offer diverse voices. We commit to educate ourselves on how to be allies for each other. We commit to stand aside when our fellow community members take the lead.

We are here for all members of

our diverse community. We value, appreciate and cherish the countless contributions of art, music and culture in which we all share.

We see each other. We hear each other. We stand with each other. Black lives matter.

— Concordia Neighborhood Association
Board of Directors

COVID doesn't hamper market

By Sharon Kelly
CNA Media Team
Woodlawn Farmers Market Manager

"I'm so glad the market is open this year."

"I couldn't wait to come to the market!"

Those were among comments heard when neighbors entered the 2020 Woodlawn Farmers Market (WFM) during the June 6 kick off.

By the opening bell, a light-but-steady stream of respectful shoppers was flowing through the newly-marked entrance at Durham Avenue and Dekum Street.

Shoppers kept their distances carefully and wore masks of various shades and styles. They were greeted by volunteer board members, directed to the hand-washing station and filtered through to well-spaced booths to meet smiling new and familiar vendors.

"There's no better time for a farmers market than right now," said WFM board member Erin Cooper. The board is made up of eight dedicated, market-loving Woodlawn neighbors. They attended weekly Zoom meetings to make sure the market was ready to meet COVID-19 requirements specific to Oregon's farmers markets.

"When we think about our community's resilience to disruptions like COVID, having a strong local food network is a really important piece of that," said Avery Lewis, WFM co-founder and current board chair.

"Open-air markets are one of the safest places to shop if you're following COVID precautions," he added. These precautions include:

- Limiting entrances and exits
- Ensuring social distancing for customers and vendors
- Providing hand washing
- Requiring masks
- Eliminating — for now — live music,



Sharon Kelly uses her outreach and coordination skills to support trees, farmers, small businesses, and engage people to create more healthy, equitable, sustainable communities. She's best known locally as market manager for Cully and Woodlawn farmers markets and as web manager for Trees for Life Oregon. Contact her at NaturalFarmerPDX@gmail.com



Woodlawn Farmers Market opened in June under clouds and a few rain showers. But neither dampened the enthusiasm — or the passion — of customers, vendors and market volunteers. Photos by Sharon Kelly



"When we think about our community's resilience to disruptions like COVID, having a strong local food network is a really important piece of that."

— Sharon Kelly

seating, onsite food consumption and the Community Table

- "But these things will come back," Erin assured. For updates visit: WoodlawnFarmersMarket.org.

The market is open every Saturday from 10 a.m. to 2 p.m. through October. It was founded with the goal to increase accessibility to fresh, local foods for all residents. Those include lower-income individuals and families in Woodlawn, Concordia and Piedmont neighborhoods.

"The SNAP Match is a key part of us being here for our community," Erin said. With support from Farmers Market Fund, Double Up Food Bucks and local sponsors, WFM is able to provide a \$15 SNAP Match this season. There are also multiple WFM farmer/vendors who accept Farm Direct Nutrition Program

vouchers.

Also core to the market mission is to create community connection and provide support for a diverse group of neighbors, local growers, producers, small businesses and musicians.

"We are a community- and place-making space for the neighborhood, and our vendors are a reflection and representation of our neighbors," Erin reported.

Avery agreed. "Our market also tends to be an incubator for new farms or small businesses that use our market as a launch pad, and that's something I'm proud of."

Editor's note: Sharon has more details to share about WFM. Find them at ConcordiaPDX.org/WoodlawnFarmersMarket.

Chair's Corner

By Astrid Furstner, CNA Chair



Yes! Black lives matter

This month's column has been particularly difficult to write. I am a Hispanic immigrant living in Portland, and I feel for what is going on right now. If you want to know more about my story, let's have coffee one day, and I'll tell you all about it.

But, this is not my story, nor is it my moment. This is another group's time, but it is about all of us. Black lives matter. Your voice, your actions, your kindness, your ability to stand up – all of that matters.

Use your voice to stand next to our brothers and sisters of color and say it again – Black lives matter.

As a board, we had these discussions and I am pleased to see that our board is diverse and had a variety of representations in attendance at our June meeting, along with different viewpoints, to create the position statement you'll find on the previous page.

As a group of diverse people, we get together each month and discuss our neighborhood, plan for events that benefit all of us in Concordia – renters, homeowners, Black, white, indigenous, Hispanic, Asian, immigrant, gay, straight, trans, etc. That is how it should be.

Neighbor to neighbor – we are all looking out for each other. So, in these times, I ask each of you to please:

- Be kind to one another.
- Stand up for one another.
- Be respectful, even when disagreeing.
- Be the difference and the change that our world needs.

Use your voice to stand next to our brothers and sisters of color and say it again – Black lives matter.

Your neighborhood association board will continue our efforts to build inclusive community in Concordia. If you have ideas to share about how the neighborhood can do more, please join us. Our next meeting is July 1 at 7 p.m. Visit ConcordiaPDX.org/CNAMeetings to learn how to participate in that virtual meeting.

Thank you.

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.

Concordia Neighborhood Association

Board Meeting

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

General Membership Meeting

Not scheduled

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, July 7, 6 p.m., venue: see box below, contact Gordon Riggs, MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee

3rd Wednesday of the month, Wednesday, July 15, 7 p.m., venue: see box below, contact Garlynn Woodsong, LandUse@ConcordiaPDX.org

Finance Committee

Last Wednesday of the month, Wednesday, July 29, 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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Neighborhood Response Team Officer

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

SUBMISSIONS & ADVERTISING

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

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

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

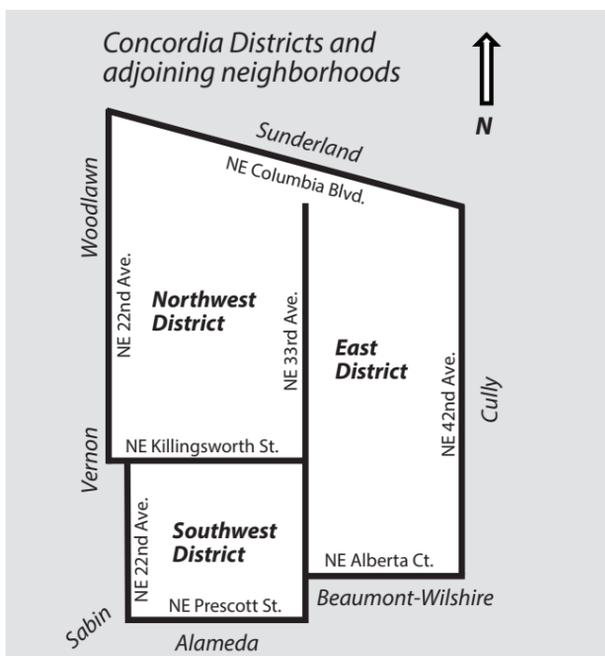
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 At Large 5 | AL5@ConcordiaPDX.org Truls Neal
 At Large 6 | AL6@ConcordiaPDX.org Matt Boyd

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Visit [Facebook.com/groups/ConcordiaPDX](https://www.facebook.com/groups/ConcordiaPDX)

Concordia Creates

Concordia Alleys

Half-paved, half-grass, the half-forgotten ways are quiet as lines on paper.

From street to clapboard street, each fenced lot frames what we'd conceal:
 Yards, frantic dogs, boats, fountains, rust, red swing sets, stilled cars
 All waiting for the weeds.

In the evenings, dog-walkers are gone.
 Tall cedars breathe.
 Only the animals, and long-gone tradesmen, come.

– Submitted by Kit Ballantyne

"Concordia creates" is for CNews readers to share their creativity. Send your poetry, prose and/or art to CNewsEditor@ConcordiaPDX.org at any time. Your piece may be selected to appear in CNews or on [Facebook.com/groups/ConcordiaPDX](https://www.facebook.com/groups/ConcordiaPDX).

CNA meeting venues during 'stay home, stay safe'

Phone numbers and/or URLs to attend virtual CNA meetings in June are available at/from:

- [Facebook.com/groups/ConcordiaPDX](https://www.facebook.com/groups/ConcordiaPDX)
- ConcordiaPDX.org/CNAMeetings
- Meeting contact re: how to dial/tune in

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Concordia Art Works

Bad tags, bad... here's what to do with them

By Maquette Reeverts
Alberta Art Works

Illegal graffiti and tagging costs property owners time and money. Add a pandemic with a “stay at home” order, and tagging creates an added burden, especially on small businesses.

“The amount of money the Black United Fund of Oregon (BUFOR) spends each year on graffiti abatement amounts to a lost scholarship for a teen from our underserved communities,” pled Curtrina Huff, BUFOR executive office and operations manager.

Portland City Code Chapter 14B.80.040 requires business owners to clean all graffiti within 10 days or be subject to fines. The owner could expect to be charged for the removal of the graffiti, an overhead charge of 25% for “program administration” plus a \$250 fine.

Removal would be by one of two services the city contracts. One esti-

mate for buffing a 150-square-foot brick wall is \$600-\$700, and could become a property lien.

Any gang-related tags or hate speech, however, are removed free by the city. Cover it and call the Office of Community and Civic Life at 503.823.4824. Additionally, DIY graffiti removal kits are available at Fire Station 14 at 1905 N.E. Killingsworth St.

A tag is the most basic handstyle writing of an artist's name. A graffiti writer's tag is a personalized, quickly-written signature. Tagging amounts to 80-85% of all graffiti in Portland, with taggers' median age being 20. Most will travel in a “crew,” resulting in the phenomenon of waking up and discovering swaths that popped up overnight of grouped scrawlings.

Buffing is the knee-jerk response. That's the act of trying to erase the marks by painting over or cleaning. Variations in tints and sporadic coverage, however, create eyesores of painted fields and

lightened brick. The wall becomes a blank canvas that beckons the next tagger, leading to the next buffing, leading to tagging...

Visit this spot next month for options that can abate tagging on your property. Here's a hint about one: murals.



This mural by Carla Bartow on a wall of the Black United Fund of Oregon illustrates the history of the area. In 2015, it was the first outdoor mural for the artist and is despoiled by taggers. Photo by Maquette Reeverts



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

Pandemic Updates

What's on the calendar, what's not

CNA board and committee meetings have gone virtual. See the box on the bottom right of the facing page for information on how to participate.

CNA mixers at local businesses remain unscheduled until further notice.

Concerts in the Park in Fernhill Park planned for Friday evenings in July are canceled.

Free Lunch + Play continues this year in Alberta, Cully, Khunamokwst and 23 other Portland parks. Depending on the site, meal service throughout the summer may be lunch or breakfast. Visit PortlandOregon.gov/parks/69873 for details. The play element offers take-home, social-distancing activities that involve arts, sports and nature. Portland Public Schools partners with Urban Gleaners to present this year's program, supported by title sponsor Nike Made to Play and a grant from Bank of America.

Engage in the Change art competition entries are due online by Aug. 15. For details and to view submissions to date, visit TinyURL.com/engageart or contact jazzyjor@gmail.com.

Woodlawn Farmers Market is open Saturdays 10-2 p.m. through October at northeast Dekum Street and Durham Avenue. Cully Farmers Market is closed for the 2020 season.

Last Thursdays & Alberta Street Fair – as of press time – were being revamped in into “Summer of Alberta” in consideration of the pandemic. Visit AlbertaMainSt.org for details.

30th Avenue at Killingsworth Street – businesses plan to close two blocks of the avenue for a temporary plaza beginning in July. Restaurants and stores would take to sidewalks and the avenue, and there's potential for a pop-up art gallery and a performance stage. Contact Info@AndReadySetGrow.com for details.

The show goes on at Alberta Rose – with Season 4 of the Portland Music Stream scheduled through July 19. It's the answer to the pandemic from the venue known for live performances and art house films. For a subscription to upcoming shows and seasons – and for access to among 60-plus archived shows – visit AlbertaRoseTheatre.com.

More? If you have information on other traditional July events affected by the state's “stay home, save lives” order, [Facebook.com/groups/ConcordiaPDX](https://www.facebook.com/groups/ConcordiaPDX) is available to you for posting. Deadline is July 10 to send information regarding any August events – ones going forward, being reinvented and/or ones canceled/postponed – to CNewsEditor@ConcordiaPDX.org.

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.



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Like your neighborhood?

Opportunities abound 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

Food pantry tackles mounting food insecurity

By Marsha Sandman
CNA Media Team

When things get tight, the dinner table might look a little sparse for some. That's when members of the community

“If you have a neighbor, friend or family member who needs food assistance, you are welcome to pick up for them.”

— Rachel Schweitzer

— for whom giving is at the core of their beliefs — step in.

Rachel Schweitzer and her family are northeast Portland residents and attend C3 Church NE PDX in the Cully neighborhood.

Rachel was aware of the food insecurity experienced by many in the community and, with the support of her church and her pastors, Seth and Kaz Brooks, she took on the leadership of

C3 Food Pantry in partnership with the Oregon Food Bank.

Rachel grew up as a child of missionary Lutheran parents in Papua, New Guinea. She moved to Portland to study at Concordia University, and she has served in various ministry roles over the years.

According to Rachel, she felt a calling to serve in practical ways in her local community. Although the church is currently not meeting in person because of COVID-19, the food pantry continues to serve the community as an essential service.

The C3 Food Pantry now has drive-through and pick-up service at 6120 N.E. 57th Ave., the corner of 57th and Portland Highway. It is open Tuesdays and Saturdays from noon to 1 p.m.

Rachel remarked, “If you have a neighbor, friend or family member who needs food assistance, you are welcome to pick up for them.”

Each food box includes fresh produce and milk, and it holds about \$100 to \$150 worth of groceries.

Groceries are given out to about 150 households per distribution day. Rachel



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.



Rachael Schweitzer, C3 Food Pantry manager, (above) reports a fivefold increase in the needs of the pantry's clients during the pandemic. More food and more volunteers are always welcome. Photos by Kaz Brooks



said the need has grown fivefold since the pandemic began. C3 Food Pantry receives donations from Oregon Food Bank and other food pantries, nonprofit agencies, supermarkets and individuals.

If you have any questions, would like to volunteer at or donate to the C3 Food Pantry, visit C3NEPDX.com, contact C3 Food Pantry at 503.997.2003 or Rachel@C3NEPDX.com.

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News From the NET

Let's talk about pee, poo

By Amy Gard
Concordia/Vernon/Woodlawn NET

You might remember the mention in this column of “sanitation” being an essential part of a preparedness plan. Today we'll dig a little deeper.

After a major earthquake, you can expect sanitation systems to be unusable for weeks or months.

Using a little imagination — or remembering the increased TP usage your household may have experienced due to the COVID shutdown — it's easy to see how this situation could turn ugly. The 250,000 households in the Portland area would no longer flush away their human waste.

That is where the two-bucket system comes in. To create this emergency system for your household, you'll want to find two 5-gallon buckets, ideally with lids.

They don't need to be pretty, just structurally sound. A bucket sized toilet seat can be purchased for about \$12 to make your bucket toilet more comfortable, or you can slice a \$1 foam pool noodle length-wise and cut to fit the circumference.

Additional supplies include a supply of carbon-rich material (e.g., shredded paper, dry leaves, wood shavings), heavy-

duty garbage bags, toilet paper and hand sanitizer/soap for handwashing.

Alternatively, you can purchase a pre-made kit from your NET.

The “pee” bucket is ready to go, as is. Ideally, all urine — and only urine — will go into it.

The “poo” bucket should be lined with a heavy-duty bag and sprinkled with a layer of your carbon material. All solid waste, toilet paper and cotton feminine products can go into the “poo” bucket and be covered with another layer of carbon material.

Once the buckets become half full, the heavy-duty bag from the poo bucket can be tied off and double bagged until services are back up. Alternatively, research how to make humanure.

The urine can be poured into the soil away from residences and any plants you care about.



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

Plazas may restore business on Alberta

By Garlynn Woodsong
CNA Board Member, SW1
CNA LUTC Chair

Concepts like this may prove to be absolutely essential to allowing neighborhood restaurants and retailers to remain in business.

Several Alberta Street businesses are banding together to create temporary, block-long or multi-block plazas by participating in the Safe Streets Healthy Businesses program.

In partnership with the Portland Bureau of Transportation (PBOT), the Alberta Street Plazas project is a response to the pandemic. The idea is – for the foreseeable future, and until a vaccine is widely available for COVID-19 – people will continue to need to practice social distancing while in public. Doing so simply requires more physical room.

Further, virus transmission is more likely indoors than outdoors, so customers may feel more comfortable sitting down for a meal or shopping outside than inside.

Local restaurants and retailers are currently struggling through the worst economic recession anybody currently

running a business has seen in their lifetime.

There does not appear to be a light at the end of the tunnel yet. So, by learning ways to adapt, businesses can remain solvent during these trying times. That is the first order of business. And that's not just for those running the businesses, but everyone in this community who loves living in a neighborhood where restaurants and shops are within a short walk of home.

Businesses may apply for permits to operate in the public right of way through

October, thereby giving their customers and their employees more room to social distance safely. They may request the temporary closure of a parking space, a side-street or – in some cases – a full city block.

Businesses whose owners want to request a multiple-block closure are required to work with each other and agree to basic upkeep issues, including meeting county and state health requirements.

Alberta Main Street hosted a June 11 information session on the opportunity and is working with PBOT to inform business owners about their options.

It is quite likely the Alberta Street Plazas may not just be a nice idea. Concepts like this may prove to be absolutely essential to allowing neighborhood restaurants and retailers to remain in business.

Car and bus traffic that currently uses Alberta Street would be re-routed to Killingsworth Street to avoid the promenade. No problems are expected from this,

as Alberta Street ends at 33rd Avenue anyway and thus does not serve as a critical through-route for traffic.

Indeed, during Last Thursday and the Alberta Street Fair, traffic is already routed to Killingsworth for the duration of each event. No issues have been observed to date.

A PBOT-led project proposed elsewhere in the city could create temporary promenades for the commercial districts on southeast and northeast 28th Avenue, the heart of the commercial district on southeast Belmont, northwest 23rd Avenue, southeast Hawthorne Street and a plaza for southeast Clinton at 26th Avenue.

All of these proposals have similar goals: to help support local businesses by providing sufficient space for outdoor seating and retailing that meets social distancing guidelines.

For updates on Alberta Street Plazas, visit AlbertaMainStreet.org.



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.

LUTC Update

Hold hope for block fests

By Deah Partak
LUTC Member

Block parties during pandemic

Kim Harrison, of the Portland Bureau of Transportation (PBOT), sought neighborhood questions and ideas for social-distancing block parties during the pandemic. Additional discussion occurred around the importance of fostering community during the pandemic.

The following considerations were identified, and PBOT will develop them further alongside the state and county pandemic guidelines before the Block Party Program can be reopened for the season

- Guidelines for maximum number of congregating people
- Inclusion of neighbors with need for greater safety precautions than the county guidelines
- Non-congregating community activities (e.g., scavenger hunts using windows/sidewalk chalk)
- Safety of food-sharing at block parties
- Civic Life Partnership and Emergency

Coordination Center as options for combating social isolation

Block party application process

Block party applications are free and may be completed online. When the block party program reopens, applications require date and times (one day up to three consecutive weekends) and a flyer to invite/inform all the neighbors on the block. PBOT is expecting high interest this year, thus applications may take longer than the normal week for processing.

Block parties can be on most any street that does not restrict a TriMet or major emergency route. Pink barricades are required with free and rentable options. LUTC is looking into becoming a free pink barricade lender for 2021. The barricades can fit in the trunk of a car or bike trailer. For more information and updates, visit PortlandOregon.gov/transportation/66080.

Building develop updates

Bureau of Development Services is now offering online-only permitting. For more information and updates, visit PortlandOregon.gov/bds/article/757295.



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She's a professional road cyclist for DNA Pro

By Dan Werle
CNA Media Team

At the end of May, Concordia said goodbye to one of its fastest pedalers. Brenna Wrye-Simpson moved out of the neighborhood, where she'd lived and trained since early 2016.

heightened curiosity, she purchased a used frame, cobbled together parts needed to complete a bike and built one herself.

She spent increasing amounts of time in a nearby bike shop and eventually became an employee there. After five years, she joined Chris King Components,

With limited funds but heightened curiosity, she purchased a used frame, cobbled together parts needed to complete a bike and built one herself.

She's a professional road cyclist for DNA Pro Cycling, team manager for Team S&M CX women's professional cyclocross team and full-time employee of Sellwood Cycle Repair (SCR).

She grew up in Corvallis and moved to Portland to attend Reed College, where she majored in liberal arts with a music focus. That's where Brenna became interested in cycling. With limited funds but

a northwest Portland bike component manufacturer. In 2014, Brenna landed her job at SCR.

She honed her skills as a mechanic, and she learned more about the various disciplines of bicycle racing: road cycling, mountain biking, track racing and cyclocross. The latter is a popular off-road sport on a variety of surfaces. It requires participants to dismount their steeds occasionally and run, while carrying their bikes.

As manager and mechanic for Team S&M, a local women's professional cyclocross squad, she has traveled across the United States and Europe.

At cyclocross races, Brenna is often the lone woman cleaning, repairing and swapping bikes for her team's riders.

Brenna has completed three seasons



Brenna Wrye-Simpson, professional road racer and cyclocross team manager, is in the lead in this photo. She spent four years training and racing while living in Concordia before a recent move. Photo courtesy of Drew Coleman

as a professional road racer. She specializes in criterium racing, a team-based road event typically held on short, closed courses.

"Coaching and cycling have changed over the last 20 years," she pointed out. "I feel strongly about enacting ways of helping sports be accessible to females and minorities."

Her advice for those interested in learning to work on bicycles?

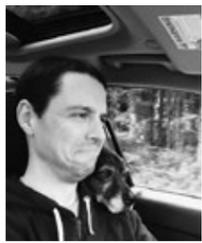
"Find a family member to explore a small mechanical project with. There are texts available on the fundamentals of

bicycle repair," she said.

Brenna said she misses the wind whipping through the tall Concordia trees, and the close proximity to businesses like Extracto and Wilder.

However, Concordians may still catch a glimpse of her rolling through the neighborhood, visiting friends or preparing for her next race.

Editor's note: Dan has more details to share about Brenna Wrye-Simpson. Find them at ConcordiaPDX.org/BrennaWrye-Simpson.



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

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

Worried Your Back Pain Is Going To Get In The Way Of Your Summer Plans? The FREE Report That Could Save Your Summer – By Leading Back Pain Expert, Dr. Carl Baird DC, MS



Have you or a loved one been dealing with nagging back pain for weeks, months or even years? The kind that may not fully stop

you in your tracks, but it's always 'there'. Does the pain keep you from enjoying your favorite summer activities like running, hiking, or getting outside with your friends and family? Maybe you even find yourself planning your vacations around your pain?

If you're aged 40+ and answered 'YES' to any of these questions, please pay attention to what I'm about to tell you. It could save you time, money, stress...and most importantly, your summer.

It's a shame that so many people are told to rest and mask their pain with pills in the hopes that it goes away. Or worse, being told that it's part of getting older and you should just accept it. **Because it's just not true.** I'd love to show you all the different options available to you – most of which are free, 100% natural, and are overlooked by most doctors and insurance

companies.

We discuss these options in my FREE report titled '**How To End Back Pain Without Pain Medication, Frequent Doctor's Visits, or Surgery**'. Inside is simple, actionable advice that is easy to follow and proven to work...the kind which can often make the difference between those who suffer through summer and those who get to truly enjoy the time with their friends, families, and the outdoors.

My name is Dr. Carl Baird, a Portland Chiropractor, Back Pain Specialist, and Fitness Enthusiast who works with individuals aged 40+ on a daily basis creating plans to achieve lasting solutions to back pain through better movement training and increased functional strength.

Everyday I help people aged 40+ find SOLUTIONS to their back pain. Most have been to their doctor who told them to rest and only offered pain pills, injections, or surgery. Many of whom have tried traditional chiropractic care or physical therapy and experienced limited results. If this sounds anything like you, I want you to know that there is hope.

Or, even if you're NOT the one who's suffering but you know someone who is (think: your husband, wife, partner, best friend, mother or father) please read on because I have some special information that may help to benefit both you and them...

Our free report is the first step in making sure your back pain doesn't get in the way of your summer plans.

Here Are Just a Few Things We Cover Inside This Free Back Pain Report:

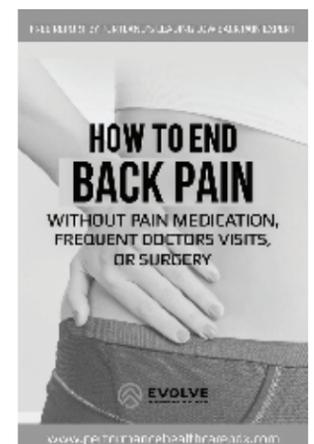
- A change in your sleeping habit to reduce back pain and encourage a **better night's sleep.**
- Simple tricks for easing back pain that cost nothing – perfect for if you want to **go on a hike, get back to walking or running, or truly enjoy your summer trip.**
- What you can do to stop relying on pain pills, injections and endless doctor visits.

Interested? Here's What To Do Next.

To have your copy of your FREE BACK PAIN REPORT mailed di-

rectly to your door you can do any of the following:

- Call us at (503) 954-2495...you can leave a message 24/7!
- Or, simply fill out the form at <https://www.performancehealth-carepdx.com/back-report>



If you want to continue to do what you love and enjoy your favorite summer activities, request a free report today!

P.S. There are only **15 free copies left**, so get yours now and get back to the active, healthy life you want and deserve!

Reminder: This is our gift to you. No one will ask you for money when you call (503) 954-2495.

Videos target nutrition, activity for children

By Tamara Anne Fowler
CNA Media Team

Just because local children were schooling at home until last month – and continue to be isolated from normal routines this summer – that’s no reason to drop good health and wellness habits.

Fuel Up to Play 60 (FUTP60) is the and the National Football League, in collaboration with the U.S. Department of Agriculture, it is led by youth and empowers students to eat healthy, be active and make positive changes in their schools and communities.

Concordian Shannon Guirl, Oregon Dairy and Nutrition Council (ODNC), is the senior communications manager.

Part of the program is a series of short videos featuring Anthony Newman. The retired NFL defensive back and former Oregon Duck created them to inspire healthy solutions to some of the issues children face during the crisis.

largest in-school health and wellness program in the country and advises kids and teens throughout Oregon on nutrition and physical activities,

Created by the National Dairy Council



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.

Part of the program is a series of short videos featuring Anthony Newman. The retired NFL defensive back and former Oregon Duck created them to inspire healthy solutions to some of the issues children face during the crisis.

He relates directly to his audience on issues like food and activity. “You’re not in this alone,” Anthony affirmed. “We’re all in this together.”

His favorite smoothie recipe can be found through Food Hero at ODNCouncil.org/?s=anthony+newman. Food Hero is a recipe resource site of Oregon State University’s Family & Community Health Extension. It’s available for children and teens ages one to 18.

More of the “Staying Healthy with Anthony Newman” campaign is on that



A series of five videos starring football star Anthony Newman coach children on nutrition and activity. Cat Woodsong is watching one – complete with the recipe – about Anthony’s favorite smoothie. Above photo by Carrie Wenninger; Anthony Newman photo courtesy of ODNC

website. It highlights how children and teens can stay healthy and active during the health crisis.

Five videos highlight how they can access free school meals, stay active at home, create healthy routines, stay connected with others and eat nutritious food.

Editor’s note: For information on local summer food programs, call 211 or Portland Public Schools at 503.916.3544. Portland Parks & Recreation’s “Free Lunch + Play” contact information is on Page 3.

Engage with your feet

By Kim Magraw
Licensed Massage Therapist

The very ground underlying society seems to be shifting. What an opportunity it is to explore the most direct physical connection between you and the Earth: your feet.

How do you picture your feet? Are they soft, pliable, stiff or firm? Are they

Feet are magnificent works of evolution and conditioning.

solid and supportive or wobbly and unreliable? Or do you think about your feet at all?

Feet are magnificent works of evolution and conditioning. Each contain 26 bones, a large number of muscles for movement and stability, and an array of ligaments. They allow the right kind of movement and prevent the wrong kind. These structures are present at birth and are highly conditioned by the way people stand, walk, run, etc.

Everything balances upon your feet when you are upright, so your entire alignment from ankles to skull is deter-

mined in large part by how you stand and move on them. Getting familiar your feet, therefore, is helpful for understanding posture and movement, and ensuring efficient and healthful movement habits.

When you stand, notice where you feel your weight in your feet – at the heel, the ball, the outside or the inside. Are there differences between the weight in your feet? Do you put more weight on one or the other?

When you balance on one foot – using a hand-hold if you need support – notice how your weight shifts to different parts of your balancing foot. Try walking slowly and notice your weight transfer from heel through arch, ball and toes.

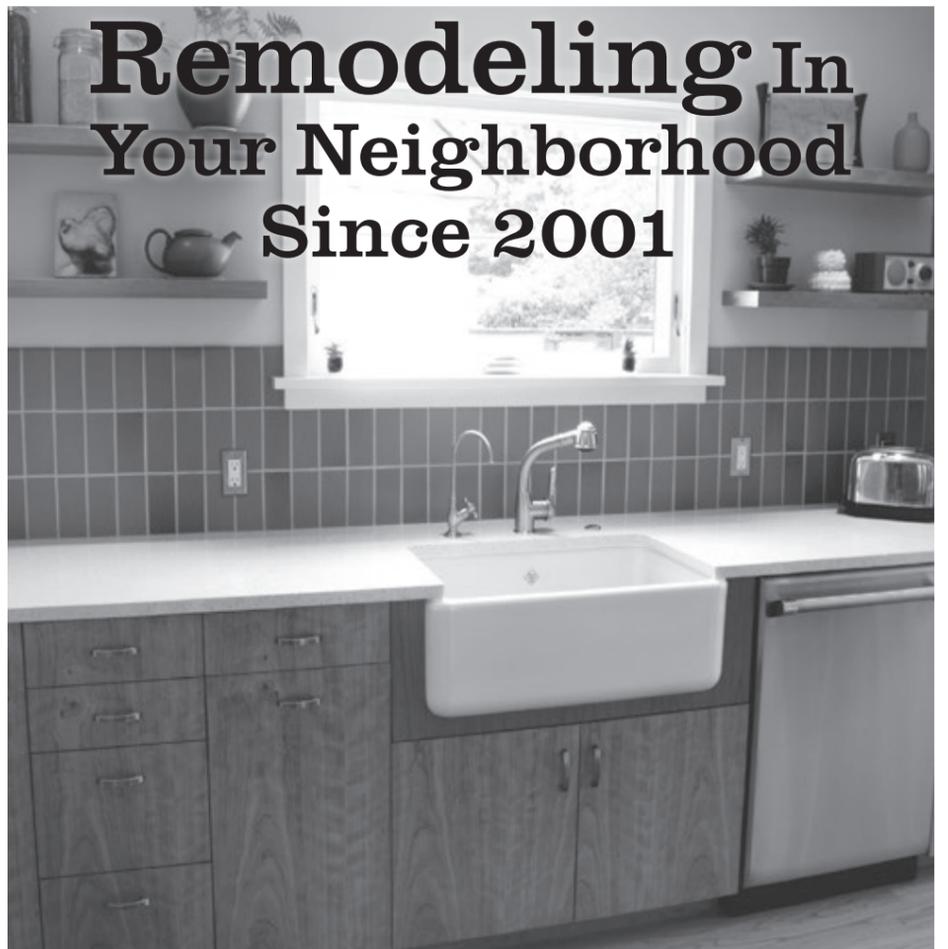
Experiment with different methods of walking and notice how the contact of your foot with the ground changes. Are there more and fewer comfortable ways for you to walk?

Using experimentation and curiosity, you can learn about your feet and how they function.

You might find yourself standing on firmer footing, literally if not figuratively.



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



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Hens build community on Concordia alley

By Nancy Varekamp
CNews Editor

When Julie Olsen house hunted last year, she had two criteria – a long driveway and a basement to transform into an auxiliary dwelling unit.

She found them on Ainsworth Street, along with the Shangri-La of chicken coops and five hens.

The chicken coop serves as part of the fence separating her back yard from the alley between 23rd and 24th avenues, north of Ainsworth. Although the sellers gave her permission to rehome the hens, Julie researched the care and feeding of hens, and she wanted to apply her knowledge as an animal behaviorist.

She found the care is relatively easy, with countless rewards.

“As it turns out they’re like goldfish with feathers,” Julie said. “I sit and watch them, and it brings me a lot of calm and peace.”

As it turned out, drivers, bicyclists and pedestrians in the alley enjoy the hens too.

“People were stopping to say hello to them. But, if you didn’t have food, the chickens saw you as an intruder and

retreated,” Julie said. “I wanted this to be like an interactive community petting zoo.”

“I cut a slot in the fence so people could feed them, and I provided the food. Now the chickens run up to people at the fence excitedly, hoping for something to eat.”

Foot traffic increased when the pandemic hit. Hand drawn pictures of the hens – compete with their names – was the first of several signs. Some signs share the results of Julie’s research, and those have become part of neighbor children’s home schooling.

One sign offers directions for hand feeding the hens. “Sometimes kids get really scared, so I warn them that the touching is going to be weird. When a chicken pecks the food out of your hand, it’s pleasurable – but it tickles.”

“I used to wake up to hearing the chickens making their little trilling sounds,” she said. “Now I hear people saying ‘Good morning, chickens’ from cars and bikes.”

For visitors on foot, she’s provided a bench for taking in the same calm and peacefulness she enjoys from her side of the coop.

Julie’s glad to see – and often meet – the visitors.

“Since the chickens have brought me so much joy, it felt only right to share it,” she explained. “It’s a way to be a part of my new community and to enrich people’s lives.”

“I learned as a child that – when you empower people with kindness – good things will happen.”



Two Concordians – Anna Hartshorn and Nancy Flynn – submitted photos of Julie Olsen’s alleyway chicken coop to Concordia Curiosities. The CNews Media Team anticipated the new feature would be limited to one photo each month. The team determined, however, Julie’s hens rated a bit more coverage. Julie complied.



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



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Concordia Curiosities

Concordia Curiosities is CNews’ newest ongoing feature. You’re invited to submit your own high-resolution photo. Point your lens at an object, scene, event, etc. in/near Concordia that you think is unusual or special – and that contributes to the neighbor-

hood’s distinction. Send submissions to CNewsEditor@ConcordiaPDX.org.

This month’s curiosity is intended to complement the story above about hens. Do you know where this rooster lives? Can you find it? Not to fear: CNews will publish the address next month. Photo by Nancy Varekamp

