



CONCORDIA NEIGHBORHOOD ASSOCIATION  
PO BOX 11194 / PORTLAND, OR 97211

# CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association | [concordiapdx.org](http://concordiapdx.org) October 2014

## Come to the CNA General Meeting Tues, Oct 7th 7 PM - 9 PM Kennedy School Community Room

*We will discuss  
the current conflict  
between Skinny  
House construction  
and the "Residential  
5000 square foot" (R-  
5) zoning overlay."*

By Ken Forcier

There is an ongoing destructive practice which is devouring our beautiful, long established neighborhoods thanks to a misguided City policy behind new development. Neighborhoods are devalued as our open space is plundered and our sense of place is eroded. It's seen in too tall and too deep new houses which loom over their neighbor's homes and backyard gardens shading out the light and displacing all of the nature, space, and the grand trees. In the name of "infill" our inner city space is being traded away to preserve land beyond the Urban Growth Boundary. Who among us honestly believes that the yard next to us of trees, garden, air and sunlight, birds and wildlife is a fair trade off for a new neighbor with a skybox view of our, now shady, back yard.

We live in Concordia, an "R-5" zoned neighborhood. Residential-5 is a "5000 square foot building

## The Skinny: Where Zoning Embraces Single Family Homes on Single Lots



lot" designation which is a typical residential zoning in the inner city. In neighborhoods like ours we are particularly under attack by new development because these are attractive, treed, walkable and beautiful places to live. These are the very qualities which are being rapidly eroded as a result of Portland's development policies. When it comes to new development, neighborhood character must be respected. In the eyes of the public, excessive mass does not translate to good architecture.

Our neighborhood is mostly laid out in 25 x 100 foot lots from historic subdivisions established in the early 1900's. As an example of flawed policy, lets look at how the City regulates development on historically platted lots. State code "ORS 92.017" dictates that the subdivision rights bestowed in that historic period remain "inviolable" through time. That means that the invisible lot lines under our homes remain, and that the platting, generally 25 x 100 foot lots, is the legacy. Now, if at the time of platting, an original buyer had the right to build on one of those historic lots, then that carries forward though time as a "grandfather" right to build. For the most part that wasn't the case though, these were upscale developments. Where I live was called the Irvington Park subdivision and It stretches from Killingsworth North to Rosa Parks and from 33rd West to beyond Alberta Park. It derived a certain opulence from an association with the name and success of the Irvington neighborhood. One lot was not enough to allow the right to build and there would have been language accompanying the original subdivision plat which called out for a minimum of two and a maximum

of four lots, leading to the open style of neighborhood which we have inherited.

This City is currently ignoring the verbiage and bestowing building rights on all historically platted lots despite their being no "grandfather" right to build on a single lot. This leads to a "new" (not "grandfather") development that is "non-conforming" to the zoning. Portland cannot legally condone let alone authorize any "new" development that is non-conforming with respect to the zoning overlays of the Code. There is a solution to this problem and it is simple. An applicant for a building permit on a single 25 x 100 lot must be required to provide indisputable evidence of a "grandfather" right to build. Since there is no such evidence, because the practice was never allowed, this new, non-conforming construction will cease and R-5 neighborhoods will no longer suffer the ravages of skinny house construction.

You can help by writing to the Bureau of Development Services and demand that they stop granting building permits to historically platted lots which cannot be conclusively demonstrated to also have "grandfather" building rights. Ask them to adopt clear language such as "grandfather lot" to use when describing an historically platted lot which does have "grandfather" building rights so as to distinguish it from the ubiquitous "historically platted lot", "historic lot" or just "lot" which does not have building rights associated it. We cannot condone this City continuing to bestow building rights where none historically has existed. This practice is trampling on all of our individual rights to live free of skinny construction replacing our neighborhood side yards and trees.



### This Issue

1. The Skinny
2. CNA Board News
3. Portland Comprehensive Plan  
Concordia Board Elections
4. Community & Business
5. Kids & Parenting
6. Pets & Nature  
Home & Garden
7. Health & Wellness
8. Local Events

Volunteer to be a Beat Reporter at  
[ConcordiaNews@yahoo.com](mailto:ConcordiaNews@yahoo.com)

## Portland Comprehensive Plan

From the Office of Mayor Charlie Hales

It's time for Portlanders to weigh in on the city's new long-range plan for growth, change and improvement.

The Planning and Sustainability Commission is looking for comments from the community on the Comprehensive Plan Proposed Draft. The commission will hold four public hearings, two of which will be out in the community to offer more convenient times and locations for Portlanders to testify about the new plan.

"Other cities throughout the nation, and the world, come to see how Portland does comprehensive, long-range planning," Mayor Charlie Hales said. "This is an amazing process, but it won't work without public input. Portlanders own Portland's Comp. Plan."

Comprising new goals, policies and a land use map, the proposed draft of the 2035 Comprehensive Plan has been available for public review since July 21. An online Map App allows the public to view their property and/or neighborhood and comment on the proposed land use changes.

All feedback on the proposed draft is now being considered by the Planning and Sustainability Commission, which will eventually make a recommendation to the Portland City Council for adoption.

Portlanders are welcome to share their comments in person at the upcoming public hearings hosted by the PSC.

Planning and Sustainability  
Commission Public Hearings

**Tuesday, Oct. 14, 5-9 p.m.**

**Parkrose High School  
12003 N.E. Shaver St.**

The Planning and Sustainability Commission will listen to what the public has to say about the proposal at the public hearings. After discussion and deliberation, they will make a recommendation to City Council early in 2015.

The City Council is expected to hold hearings and vote by mid-2015. The council likely will hold hearings and vote on corresponding zoning changes by the end of 2015. After City Council approval, the new plan must be approved by the State of Oregon.

The new Comprehensive Plan Map will be the basis for future updates to the City's Zoning Map and Zoning Code.



Concordia Neighborhood Association

Meetings & Updates

Get the latest news at ConcordiaPdx.org

These committees have direct results on the Livability of our neighborhood- with your participation.

**Board Meeting**  
Second Tuesday of the Month  
October 14th @ 7:00 PM - 8:30 PM  
McMenamin's Kennedy School  
Community Room

**ANNUAL MEETING**  
**Board Elections, November 18**

**General Membership Meeting**  
Bi-Monthly  
October 7th @ 7:00 PM - 9:00 PM  
McMenamin's Kennedy School  
Community Room

**Finance Committee**  
For Meeting times and location visit our website or email: ContactCNABoard@yahoo.com

**Policies/Procedures**  
Contact Katie Ugolini (Chair)  
503-449-9690 for meeting time & place

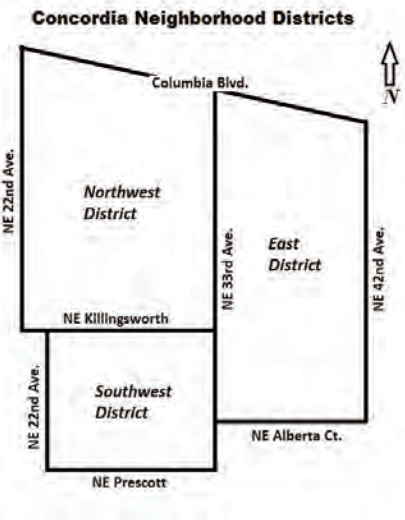
**Media Team**  
Newspaper and Website  
Email: ConcordiaNews@yahoo.com

**Social Committee**  
If you are interested in helping to plan the Annual Holiday Party, please contact Katie Ugolini (Chair)  
503-449-9690 for meeting time and location.

**Land Use, Livability and Transportation Committee**  
Third Tuesday of the Month  
October 21st at 7:00 pm  
McMenamin's Kennedy School  
Community Room

The land use committee grants approval for neighborhood projects.  
To hear about and try to solve issues affecting quality of life in Concordia brought to us by community members.

**Tree Team Meeting**  
First Thursday of Every Month  
October 2nd at 6 pm  
Dining Area at New Seasons  
www.concordiatreeteam.wordpress.com



**CONCORDIA NEWS**  
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.

**Mission Statement**  
To connect Concordia residents and businesses- inform, educate, and report on activities, issues, and opportunities of the neighborhood.

Concordia Neighborhood Association  
www.concordiapdx.org  
PO Box 11194  
Portland, OR 97211

Contact the CNA Board  
ContactCNABoard@yahoo.com

CNA Chair  
Daniel Greenstadt  
619-889-9736  
Daniel@tassociates.com  
CNA Vice Chair  
Isaac Quintero  
503-351-4585  
iquintero4585@gmail.com  
CNA Secretary  
Tracy Braden  
tbraden@pdx.edu  
CNA Treasurer  
Robert Bowles  
503-490-5153  
rbowles01@yahoo.com

Crime Prevention Officer  
Celeste Carey  
503-823-4764  
celeste.carey@portlandoregon.gov

Neighborhood Response Team Officer  
Anthony Zoeller  
503-823-0743  
Anthony.Zoeller@portlandoregon.gov

**Submissions**  
The deadline for submissions is the 15th of the month prior to publication. Concordia News may edit for form and length.

**Advertising/Business Manager**  
Please send ad inquiries to:  
Mary Wiley (advertising)  
CNABusinessManager@gmail.com

**Editor**  
Please send article submissions to:  
Mary Wiley (newspaper)  
ConcordiaNews@yahoo.com

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

www.ConcordiaPdx.org  
Visit the website of the Concordia Neighborhood Association for:  
Community Events &  
News Neighborhood Information & Blog  
www.ConcordiaPdx.org

2014 CNA BOARD OF DIRECTORS

Current Board	Title
Daniel Greenstadt	Chair
Steve Elder	E 1
Mark Charlesworth	E 2
Isham “Ike” Harris	NW 1
Katie Ugolini	NW 2
Luke Griffin	SW 1
Bill Leissner	SW 2
Robert Bowles	At-Large #1
Esther Lerman Freeman	At-Large #2
Bob Martinek	At-Large #3
Isaac Quintero	At-Large #4
Tonda Liggett	At-Large #5
Truls Neal	At-Large #6
Tracy Braden	At-Large #7

Chair’s Corner

Rise Up for Fall!

The weather and the leaves aren’t the only things that change in Concordia each autumn. The shifting winds will also blow fresh air into the ranks of Concordia Neighborhood Association as we prepare for our annual elections in November. As you can read in this issue of Concordia News, on November 18th every resident in Concordia (that’s you) will have a chance to vote (or run!) to fill several board seats as well as selecting a board chair.

In addition, there are a range of committee positions available that will impact every aspect of life in our neighborhood. From skinny houses to gentrification to alley inventories, the range of pressing and interesting issues swirling around our neighborhood certainly offers something for everybody. Whether you’re mildly concerned or wildly passionate about any of the things that seem to impact you and your neighbors, here’s your chance to help move those issues forward. CNA is inviting and accepting nominations (yes, you can nominate yourself) and volunteers to help ensure that we’ll have the capacity to serve the needs of our community into 2015 and beyond.

While the terms of CNA directors, committee members and volunteers may often seem brief – ranging from just weeks to two years – the one thing that everybody seems to take away from the experience is a connection to their neighborhood and their neighbors that is deeper and more vital than they had ever imagined. Living in a diverse community with so many things happening in every direction you look, it’s easy to feel confused, disconnected or even powerless in the face of changes that seem to be driven often by mysterious forces. Who approved that project? Is this an alley or a blackberry farm? Didn’t they already pave this street four times? Is the burger big or is it little? If you’ve got questions, you’re probably not the only one. And if you want to have a say in the answers and their impacts while gaining invaluable experience as a civic leader, volunteering with CNA is the way to make it happen.

It’s your neighborhood so why not grab hold of the tools that help shape it? Together we can cultivate a better Concordia that can be harvested for generations to come.

Daniel Greenstadt  
Chair  
Concordia Neighborhood Association

Neighborhood Community Room

Rent it for your next gathering, book club, celebrate a special occasion, birthday, baby or wedding shower?

CNA manages the rental space & benefits from the proceeds.

Non-Profit Organization for \$15 an hour

All others for \$25 an hour

CNAroomKennedy@gmail.com



## City of Portland 2015 Community Summit

From the City of Portland

The City of Portland is very excited to inform you that they are moving forward with the visioning phase for the 2015 Community Summit. In an effort to make this a truly collaborative effort they have been very intentional about their process. The City met with key representatives from all of the Office of Neighborhood Involvement’s community partners early to receive input as they began developing a strategic plan to use as starting point and that would be continuously revised as the City moved along in the process with added input.

The City drafted the strategic visioning plan during the month of August and they revised it during the month of September to include additional input from community partners. This bring us to the next phase in the vision process. The City of Portland wants to hear from community leaders. They would like to extend an invitation to help that the City is gathering a diverse perspective during this process.

Community leaders are invited to attend a Wednesday, October 1st, 2014 visioning roundtable meeting. During this meeting, the City will be presenting the latest edition of the strategic visioning and asking for additional input goals, objectives, and themes, keynote speakers, workshops and other logistics. Identify and invite a delegate from you organization or group to join us Wednesday, October 1st, 2014 for a visioning roundtable meeting. Send input on goals, objectives, and themes, keynote speakers, workshops and other logistics to ensure you organization or group’s needs and perspectives inform the process

Here are some highlights based on internal and community input for the visioning phase:

1. All ONI partners work together as equals to design summit
2. The summit should be relevant and valuable to each partner community
3. The summit should allow for ample networking opportunities
4. Invite City staff to attend as participants to learn from and engage with community
5. The summit should be relevant for professionals, experienced volunteers and new newcomer volunteers alike.
6. The summit should allow for public employees and community activists to collaborate on the process
7. The summit should be relevant to community needs around community and civic engagement

The City of Portland is looking forward to hearing from you! Please RSVP via email or phone to Victor Salinas victor.salinas@portlandoregon.gov 503-823-3093

To help ensure equal access to City programs, services and activities, the City of Portland will provide translation, and provide auxiliary aids/ services/alternative formats to persons with disabilities. For accommodations, translations, complaints, and additional information contact 503-823-3093, TTY 503-823-6868, or the Oregon Relay Service at (800) 735-2900 or visit <http://www.portlandoregon.gov/bibs/48889>

## Beat Reports Needed

Do you have an interest in writing? Maybe you are a journalist at heart. The Concordia Newspaper is looking for “Beat Reporters” to gather interesting content to share with our community.

Beat Reporters would need to either write or coordinate with others to write articles for the paper. Articles would be due each month on the 15th for the following month. Articles should be 300-500 words in length.

### Topics/Sections include:

- Home & Garden
- Health & Wellness
- Pets & Nature
- Kids & Parenting
- Adults & Seniors
- Community & Business

Contact: Mary Wiley, Concordia News Editor, [ConcordiaNews@yahoo.com](mailto:ConcordiaNews@yahoo.com)

## Feedback Sought on Comprehensive Plan

By Garlynn Woodsong, Chair of the CNA Land Use & Transportation committee

This fall, the City of Portland is asking for feedback on the proposed update to the City’s Comprehensive Plan, which sets the framework for Portland’s growth and development over the next 20 years.

Projects in the plan can be viewed using the Map App that the City has put together for this purpose, online at:

<http://www.portlandmaps.com/bps/cpmapp2/>

The entire text of the proposed plan can be downloaded online, at:

<http://www.portlandoregon.gov/bps/57352>

To date, folks involved in the CNA LUTC have been looking for portions of the plan relevant to alleys, demolitions, and neighborhood livability.

We have been searching for policies that would specifically protect the alleys from developments that provide auto access to properties from streets rather than alleys (where alleys exist), as this removes a strong incentive for property owners to maintain alleys to provide vehicular access, and can thus lead to alley neglect.

With regards to demolitions, we have been searching for policies that benefit neighborhoods currently plagued by home demolitions providing no net community benefit.

Regarding neighborhood livability, we have been searching for those that have a particular nexus to issues relevant to Concordia, such as tree protection, encouragement of neighborhood retail, and the provision of housing affordable to regular folks.

We encourage you to also take a critical eye to this draft of the Plan, and share with us your thoughts and concerns.

Concordia residents interested in discussing this or any other issue related to land use and transportation, are invited to attend the next Concordia Neighborhood Association Land Use and Transportation (CNA LU&T) Committee meeting, the third Tuesday of the month, 7pm, in the Community Room in the SE corner of Kennedy School. To join the mailing list, send an email to: [pdx\\_cna\\_lu\\_and\\_t\\_committee@googlegroups.com](mailto:pdx_cna_lu_and_t_committee@googlegroups.com)



## Letters to the Editor

I am a Concordia neighborhood resident living in a small house on a 100 X 100 lot. I love having lots of trees and I love living in the neighborhood, as I have for the past 32 years. However, I am also concerned with the sustainability and livability of our city and our world. If skinny houses and increased density improves the sustainability of our community, allows us to share our neighborhood with more good people and provides more resources for the city, I support that too.

I grew up in inner city Chicago living in a "three flat" apartment in a close knit working class community. It had pluses and minuses but we had a good life with everything we needed within walking distance. We also had a large park with ball fields, playground, field house (with a woodshop) and swimming pools right nearby. I am less concerned about density than I am about the lack of public investment, gentrification and the sight of nice little family houses (with yards and trees) being torn down to build huge McMansions occupied, not by families with kids, but by wealthy couples.

And kudos to Luke Griffin for his insightful piece on growing up in Northeast Portland.

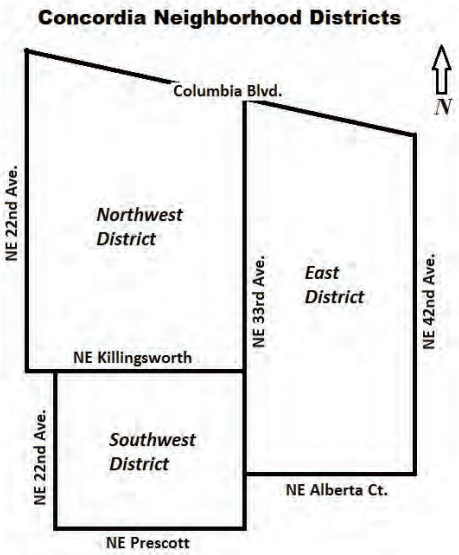
Lowen Berman

## Concordia Neighborhood Association Election

NOVEMBER 18 2014 at 7:00 PM

The Concordia Neighborhood Association will hold its Annual Elections for Board members on Tuesday November 18, 2014 at 7pm at The Kennedy School Community Room.

Now is the time to think about becoming a member of the Board. Do you have a couple of hours a month to serve your community? Do you like being involved on the “ground floor”? Are you willing to represent your community and work for the good of the community? Do you love people? If you can yes to these questions, why not think about serving for two years on the Board of the Concordia Neighborhood Association.



The following positions will be open for election in November:

- Geographic positions (these are seats on the board based on street address –  
  
E, (NE Columbia BLVD on the North to NE Alberta Court on the South and NE 42nd Ave to the east to NE 33rd on the west.)  
  
W (NE Killingsworth on the North to NE Prescott on the South and NE 33rd Ave on the east to NE 22nd Ave on the West)  
  
• At Large positions - there are up to three seats available. These seats are not connected to any address  
  
• The Chair of the Association

These are all two year terms, except for the Chair, which is a one year term. Terms begin for all on January 1st following the November election and end on December 31st two or one (Chair) year(s) hence. Board members must attend one monthly Board meeting and 4-6 general membership meetings per year. In addition, they are expected to participate in CNA-sponsored events as well as serve on at least one working committee of their choice.

In order to be a member of the Concordia Neighborhood Association and, thus, be eligible to run for a Board position, you must be a resident, property owner or business licensee, 14 years of age or older, or be a representative from a governmental agency, educational institution or nonprofit organization located within the boundaries of the Concordia Neighborhood (see map above).

If you have a passion for volunteering and want to make a positive change right where you live or work by serving on the CNA Board, please contact Bob Martinek, our Nominating Committee Chair, at [bmartinek@cu-portland.edu](mailto:bmartinek@cu-portland.edu) or mail him at 6700 NE 29th Ave Portland 97211. If you have a question call him at 503-724-5596. Please submit a brief biography and tell us why you want to join the board. If possible please submit a recent photo.

In order for us to print the slate of candidates in the November issue of the Concordia News, all submissions need to be in to Bob by the 12th of October.







# September, October, November...

## ...Eat, Drink, Support NECN!

Throughout the fall, food and drink purchases at Oregon Public House support the **Community Grants** program at **Northeast Coalition of Neighborhoods**.

*Help NECN fund grassroots projects in N/NE PDX!*  
Oregon Public House, 700 NE Dekum St.  
[oregonpublichouse.com](http://oregonpublichouse.com) | [necoalition.org/grants](http://necoalition.org/grants)

# Community Harvest Festival

## Fiesta de la Cosecha

A multicultural celebration of people and food  
Una celebración de la gente y la comida

Saturday/Sábado, 4 October 10 am - 4 pm  
42nd Ave and Killingsworth



Old School Favorites by  
Canciones favoritas de la vieja escuela por  
**DJ Michael Morris**



Andean Music by  
Música Andina por  
**Group Allpa Kallpa**



Aztec Dance by  
Danza Azteca por  
**Mexica Tiahui**

**Many activities, including...**  
**Muchas actividades, incluyendo...**

- Apple Cider Press / Un Lagar de cidra de manzana
- Pumpkin Painting for Children / Pintura de calabazas para los niños
- A Donut-Eating Contest / Un concurso de comer rosquillas
- Kids' Piñata Party / Fiesta infantil con piñata
- Hay-bale Bowling / Jugar a los bolos con balas de heno
- Corn-hole Tournament / Torneo de agujero de maíz

Kids' contests at 11 am, 1 pm, and 3 pm  
Concursos infantiles a las 11:00 am, 1:00 pm, y 3:00 pm

**Sponsored by...**  
**Patrocinado por...**



## ~ Community ~

### Enough is Enough

As of September 17, 2014 there have been 92 gang-related violence incidents in the City of Portland, the majority of which have involved firearms. The number of incidents thus far in 2014 is a dramatic increase from previous years. Tragically Ervaeua Herring, a 21-year-old pregnant woman, was fatally shot in a gang-related attack in her apartment; she was the city's 15th homicide. Last year there were 16 homicides by the end of the year.

The City's Office of Youth Violence Prevention, with the assistance of other local government agencies, is currently encouraging community members to step forward and support victims of violence, while encouraging witnesses to speak to case investigators, through a community led campaign entitled "Enough is Enough". The goal of this campaign or call to action is to stop violence within our community.

During a recent "Enough is Enough" meeting the CEO of the Urban League of Portland, in a heavy voice said, "Standing up is hard. But it's easier than watching loved ones die. Enough is enough."

The community-generated "Enough is Enough" campaign is working on an ubiquitous message: The community will not tolerate gang related violence.

In addition, the Office of Youth Violence Prevention manages and or is involved in a number of programs all of which offer assistance to at risk youth and their families. See web page <http://www.portlandonline.com/safeyouth> for information.

If you wish to become involved in the "Enough is Enough" campaign please call (503) 823-3584, Office of Youth Violence Prevention, Director Antoinette Edwards.

### Thrill the World PDX

Welcome to the 8th annual Thrill the World Portland. We're excited to be bringing Thriller back, with you.... shamon!

We're getting this autumn's practices underway on Friday, Sept 26th. We'll spend the first couple of practices breaking down the dance so that folks become familiar with it, then in future weeks we'll spend time making sure that everyone is comfortable performing the full dance.

We'll have practices every Friday 6-8 and Sunday from 2-4 until the date of the dance – all practices are free to the public. We have three different instructors this year, so you're able to experience a few different styles of learning the dance.

Folks are free to come to as many or as few practices as you wish; you can even learn it at home in full, with instructional videos online. Feel free to set up your own classes, if you like. Let us know if you have questions.

Practices are at 2620 NE Fremont.

We dance on October 25th, at 3 pm, location to be announced. We're Portland largest, awesome-ist Thriller dance (and we hold the record for Portland's largest synchronized dance event!). As always, we are honored to serve as a fundraiser for Portland's SMYRC ([smyrc.org](http://smyrc.org)).

Invite your friends (and even your frenemies) – there's no limit on the number of people who can participate. Folks of all ages and all abilities are welcome to dance with us. There will also be other opportunities to dance Thriller at some public events; we'll let you know what they are as the events approach.

We're looking forward to seeing you! Let's Thrill Portland together. Learn more at <https://www.facebook.com/thrilltheworld.portland>





~ Kids & Parenting ~

Concordia Backpack Lunch Program

The Concordia Backpack Lunch Program provides a bag of nonperishable food to children from Faubion Elementary School who come from families in need. At Faubion Elementary School 80% of the children participate in a state-funded program that provides them meals for free or reduced prices. This information led us to discover that many of these children were going with little to no food on days they were not in school. This need is what has driven the focus of the Backpack Program, which provides food bags that contain two weekend meals for children to take home and enjoy when school food programs are not available.



The bags are packed and delivered by volunteers and program coordinators. They are delivered on Friday afternoon to each participating child's classroom and distributed by the teacher to individual students at the end of the day. Each bag contains two lunches which includes: macaroni and cheese, soup, fruit cups, two snacks, and two juices. The goal of these bags is to sustain a child with one lunch for Saturday and one for Sunday.

The Concordia Backpack Lunch Program is sustained by the generous support of community members, churches, and business. Through the contribution of our donors The Concordia Backpack Lunch Program has been able to provide weekend meals to ten children per week during the 2013-2014 school year. Our goal for this coming school year is to increase the number of children we service to fifteen. This goal will only be attainable with the support of community partners like you. A simple \$5.00 donation provides one child with two lunches for the weekend. Both monetary donations and food donations are accepted. We eagerly anticipate the generous support that the program will receive over this next year to help serve these children and their physical needs.

For more information on the Concordia Backpack Lunch Program, please visit [www.cu-portland.edu](http://www.cu-portland.edu) and search Concordia Backpack Program. Monetary donations can be sent to Concordia University with checks made payable to Concordia University with #1-24855/Backpack Lunch Program on the description line. Food donations can also be dropped off at St. Mike's Lutheran Church. We can also be contacted at [concordia.backpack@gmail.com](mailto:concordia.backpack@gmail.com).

Thank you for your consideration. Your donation to the Concordia Backpack Lunch Program will go a long way to enhancing their lives through nutrition!

Alberta Trick-or-Treat

By Sara Wittenberg

Trick-or-Treat Alberta Street will take place on Halloween, October 31, 2014, giving costumed kids a chance to trick-or-treat their local businesses for a fun, safe Halloween experience.

The third annual Trick-or-Treat Alberta Street, presented by the Wax Skin Spa, will take place rain or shine on Friday, October 31st, 2014 from 3:30 p.m. to 6 p.m. Local businesses with Trick-or-Treat Alberta Street posters on display will provide treats to costumed children as they trick-or-treat up and down NE Alberta Street from MLK Boulevard to NE 31st Avenue. The first 200 kids who trick-or-treat Umpqua Bank in costume will get a limited edition trick-or-treat bag.

With over 45 businesses and restaurants on Alberta Street taking part, Trick-or-Treat Alberta Street involves the whole community. Many businesses go beyond candy for the kids to provide coupons and treats for adults as well. Angie Heiney, owner of Frock, participated last year and is excited to do it again, "It's a great event. I loved all the adorable costumes and enjoyed handing out candy to the kids and coupons to the adults. It was great exposure for our business and made the neighborhood feel really festive." A map showing participating businesses is available at: <http://albertamainst.org/whats-happening/trick-treat-alberta-street/>

Friday, October 31st, 2014 – 3:30pm to 6:00pm

NE Alberta Street from MLK Blvd. to NE 31st  
Hosted by Alberta Main Street, the free community event began as a way to provide a safe Halloween experience while helping promote local businesses and create a sense of community. The event is supported by local business sponsorship and the participation of Alberta Street businesses.



Jody Thurston NW Center  
for Children's Literature presents

Children's StoryTime

We invite all interested children and parents to join us for  
Children's StoryTime 2014-2015.

Join us each week for all the laughs of StoryTime and all the fun of discovering something new! All StoryTimes are drop-in; no registration is required (parents and children are welcome to join at any point). We hope you will attend every session and start building a foundation for success in future reading for your children. This new program will be held on Saturday mornings at 10:00am in the Jody Thurston NW Center for Children's Literature. **The first meeting will be held on September 20, 2014.**

Nina Kramer, Youth Librarian at Albina Library and Concordia staff will share some of our favorite books, sing songs, and tell interactive stories. Each StoryTime will last about 30 minutes. Special events will be announced throughout the year.



Thanks to a partnership  
with Multnomah County Library!!

CONCORDIA UNIVERSITY—PORTLAND  
2800 NE Liberty Road Portland, OR 97211

For additional information: Linda Church 503-493-6370 of [lchurch@cu-portland.edu](mailto:lchurch@cu-portland.edu)  
<http://www.cu-portland.edu/academics/library/library-events> and .....



ReThink. ReDesign. ReBuild.

mac-bo

Concordia:  
"One of the 10 Hottest  
Neighborhoods in  
America for 2014"  
-according to Redfin.com


Mac-Bo will help  
you discover the  
best your home  
has to offer.

The only tool  
you need.

503.282.1841 • [mac-bo.com](http://mac-bo.com)  
cch 166263



GRANNY'S GARDEN COTTAGE  
VACATION RENTAL



Friends or relatives coming to visit?  
Have them nearby and preserve privacy for everyone.

Remodeling your kitchen and need to get away from it for a while?

Enjoy a getaway in this newly built cottage in a large garden setting,  
in the Cully neighborhood of NE Portland.

Owners, Carolyn Matthews and Bruce Nelson,  
long-time Portland residents, live on the property.

[www.grannysgardencottage.com](http://www.grannysgardencottage.com)  
(503) 287 - 7690

HANDYMAN SERVICES  
Taking care of your Honey Do List

Jobs by Rob, llc

General Home Repairs/Maintenance  
Small Remodels/Restoration  
[www.JobsByRob.com](http://www.JobsByRob.com)  
503-789-8069  
[Rob@JobsByRob.com](mailto:Rob@JobsByRob.com)  
CCM 177552 Licensed, Bonded, Insured



Stephen Fransico

4635 NE 34th Ave  
Portland, Oregon 97211

503-319-9405  
CCB# 200341

Need Mac, iPad, or iPhone Help?



Matt Washchuk  
Apple Certified Support Professional

Web :: [www.pdxmacguru.com](http://www.pdxmacguru.com)  
Email :: [matt@pdxmacguru.com](mailto:matt@pdxmacguru.com)  
Phone :: (503) 512-0739

On-site consulting at your home/office • Weekend & evening appts.

Education • Software & hardware installs • Troubleshooting • Repair •  
Network design • iCloud & data synchronization • iPad & iPhone Help



~ Pets & Nature ~

~ Home & Garden ~

Love-a-thon for OHS

Broadcast live from the Oregon Humane Society, the 15th annual “Love-a-thon” on October 12 promises television viewers four hours of cuddles, snuggles and unconditional love, all thanks to adorable shelter pets. “The Love-a-thon is not your normal telethon,” said OHS Executive Director Sharon Harmon. “We think viewers will fall in love over and over again.”

OHS is the Northwest’s largest and oldest animal organization, finding homes for more than 11,000 pets each year. Because OHS receives no tax dollars, revenue raised by special events such as the Love-a-thon is essential to the group’s success. “Pets give us so much love and affection every day of the year. During the Love-a-thon, viewers can give back a little of that love so we can care for pets who need our help.”

The Love-a-thon television broadcast aims to raise \$375,000 for animals—enough to feed every pet at the OHS shelter for six months, spay and neuter 2,000 pets, bring 900 “Second Chance” pets to OHS from other shelters, and keep the OHS “Animal Cops” team working for six months. The Love-a-thon will feature real-life heroes, behind-the-scenes tours of the OHS shelter and animal hospital, and more adorable pets than you can wag at tail at. A phone bank staffed by 32 volunteers will be on hand to accept donations.

How can animal lovers help? The public can make a donation in a pet’s name, post their pet’s picture on the OHS Facebook page (and join the live conversation during the broadcast), and ask friends to join them as they watch the show. Can’t tune in Oct. 12? Make your telethon donation in advance on the OHS website at [www.OregonHumane.org/telethon](http://www.OregonHumane.org/telethon).

What: OHS Love-a-thon to End Petlessness

When: Oct. 12, 1-5 pm

Where: Broadcast live on KATU Ch. 2. Also streaming live online, visit [www.OregonHumane.org](http://www.OregonHumane.org)

How to Help: Donate in advance at [OregonHumane.org/telethon](http://OregonHumane.org/telethon)



Friends of Trees Turns 25

*Friends of Trees turns 25, offers \$25 street trees*

To commemorate its 25th anniversary, Friends of Trees is offering residents a wide variety of street trees for just \$25 to residents in Portland, Vancouver, Salem, and Eugene!

The price includes inspection, permits, delivery of a healthy young tree, and planting the tree in the strip between the sidewalk and the street. Street trees are regularly priced at \$35-\$75.

“Our goal is to bring the benefits of trees to even more neighbors,” said Scott Fogarty, Friends of Trees’ Executive Director. “Trees not only beautify our neighborhoods, they help lower power bills, raise home values, and clean our city’s air and water.”

Residents may sign up for trees at [FriendsofTrees.org/plant](http://FriendsofTrees.org/plant) or call 503-595-0212.

Once signed up, a city inspector will visit the resident’s home to assess planting space and conditions. Residents then order trees from a list of approved species and may show up to help on their neighborhood’s planting day, when Friends of Trees organizes volunteers to plant. A video of the entire process can be found here: <http://bit.ly/1tMnLhk>

Friends of Trees invites residents to match their tree purchase by sponsoring additional \$25 trees for residents who can’t afford them.

“Cost should never be a barrier to getting a tree for your home,” Fogarty said. “Thanks to generous supporters, we can offer planting scholarships to a neighbors in need.”

Founded in 1989, Friends of Trees empowers people to improve the natural world around them through a simple solution: plant trees. Together. In 25 years, Friends of Trees has planted more than a half a million trees in neighborhoods and green spaces



in the Portland metro area, Vancouver, Eugene and Salem. The Neighborhood Trees program provides homeowners with affordable trees to plant at their homes with their neighbors. Through its Green Space Initiative, trained crew leaders guide volunteers at weekend events to restore natural areas. [www.friendsoftrees.org](http://www.friendsoftrees.org)

Warm up for Winter

*New! DIY Insulation Workshop*

This free limited time workshop teaches participants how to weatherize a flat attic. Topics covered include safety, air sealing, baffling, blown-in insulation, and incentives to help cover the cost of your project. Learn more and register for the workshop at [www.communityenergyproject.org](http://www.communityenergyproject.org) or call 503.284.6827 x106

Sat, Oct 18, 10am-1pm - Community Energy Project Weatherization Workshop

Free workshop where participants learn how to stop drafts in their home, especially around doors and windows to save energy and increase comfort. Great for renters too! Qualified participants receive a free kit of weatherization supplies. Register for the workshop at [www.communityenergyproject.org](http://www.communityenergyproject.org) or call 503.284.6827 x108

Tues, Oct 14, 6-8pm - Peninsula Park Community Center 700 N Rosa Parks Way, Portland

Sun, Oct 19, 2-4pm - Community Energy Project 422 NE Alberta Street, Portland

Tues, Oct 21, 6-8 - Alice Ott SUN School 12500 SE Ramona Street, Portland

mc mark charlesworth

When you choose Mark Charlesworth to help sell your home, years of experience in Concordia combined with serious real estate knowledge will help you get the most money possible for your home and thats what you want right?



Now that your equity is back-  
what are you going to do with it?

Call Mark today to sell  
your home while the  
market it still in your favor.

charlesworthhomes@gmail.com

503.807.9911



CONCORDIA

kw PORTLAND  
CENTRAL  
KELLERWILLIAMS.

919 NE 19th Ave #100  
Portland, OR 97232



# ~ Health & Wellness ~

## Winter Workouts

Tips to help you keep it up!

By Dr. Rose Paisley at Rest Naturally

You can stay fit, keep warm and support your mood all year long!

Just 20 minutes of physical activity a week boosts your mood, according to a 2009 British Journal of Sports Medicine study. Further studies have demonstrated that, 30 minutes of physical exercise 3-5x/week is more effective than anti-depressants.

Don't let the winter blue and holiday foods get in your way of your hard work and momentum: Here are 7 tips to keep you safe and comfortable!

**Dress Dry** – Remember, cotton kills! Wear cloths that repel moisture not absorb it. Both sweat and rain need to stay off of your skin to avoid getting chilled.

**Breathe well** – The cold air causes your airway to narrow which can be very difficult for anyone and worse for people with asthma. Try breathing through your nose to moisten and warm the air and/or breathe through a scarf or bandana.

**Sip don't slug** – Your body can only absorb a few ounces at a time, drink small amounts frequently to stay hydrated. You can get just as dehydrated in the cold as in the heat.

**Warm up Warm down** – Muscles are at a higher risk for injury when it is cold out so stretch and warm them before you start. Further, going from strenuous exercise to doing nothing is difficult for your heart – cooling down slowly is far less stressful and allows for elimination of exercise by products like lactic acid. You will feel less sore and strained tomorrow.

**Protect your skin** – Dry, cold air and winter sun equals dehydration and sunburn. Drink water regularly, moisturize after showers, eat high quality fats, and consider paraben free sunscreen to keep your skin soft and smooth.

**Protect your extremities** – tight cloths increase circulation and shoe covers trap heat.

**Wear Bright cloths** – It's dark out there, so be seen!

To learn more, contact Dr. Rose Paisley at Rest Naturally, <http://resetsnaturally.com/>

## Fall into Fitness

Fall is a great time to start a fitness program because you can create good habits for the holiday season and the upcoming winter months. With the change of seasons comes a renewed time to rethink and restart.

**Take advantage of the weather.** Fall can be a treat for the senses: the crisp air, apple picking, pumpkin carving, a gorgeous canopy of fall foliage, and the crunch of leaves underfoot. These months are a great time to exercise outdoors and enjoy cooler temperatures. Walking, hiking and cycling are all awesome in the fall. Discover park trails and take in some new scenery.

**Think outside the box.** Always wanted to learn to tap dance? Attempt to box? Master the jump rope? Fall is a great time to learn something new. Many classes at gyms and community centers get started in the fall, so look around and see if something intrigues you.

**Rejuvenate yourself.** Fall is the time to rejuvenate body, mind and spirit. Learn to meditate. Take an art class. Treat yourself not just with exercise but other activities that promote wellness so you can feel good physically, mentally, emotionally, and spiritually.

**Remember the 30-day rule.** It takes about four weeks for the body to adapt to lifestyle changes. Try to stick with a program for a month. After a month, behavior patterns will have adapted and it will be much easier to stick with it after that.

**Find your motivation.** It is important to first discover what your individual goals are, whether it's losing weight, strengthening and toning, or preparing for a race. But goals aren't enough to get you there; you have to be motivated by the day-to-day workouts. So choose something you'll enjoy doing and will be likely to keep up, whether it's walking or hiking with a friend, working with a trainer, or taking part in a "boot camp" class.

Neighborhood Mortgage Lender



I live here. I know the neighborhood. The only thing I know better is mortgage.

**Steph Noble**  
Mortgage Consultant | NMLS-129002  
503.528.9800 phone  
503.802.7760 fax  
825 Multnomah, Suite 950  
Portland, Oregon 97232  
nobleteam@nwmortgagegroup.com  
www.stephnoble.com

Call me for a no obligation consultation.

**NW Mortgage Group**  
NMLS-40562 | Northwest Mortgage Group, Inc. | Not all applicants will qualify.



**HONL**  
TREE CARE  
*Your neighborhood tree expert*

**Chad Honl**  
503-200-0709  
free estimate/consultation  
chad@hontreecare.com  
www.hontreecare.com

licensed, bonded, and insured  
ISA-certified arborist PN#5537A, CCB#196824

- fine pruning of trees, shrubs and hedges
- highest standards for tree care and safety
- ISA certified arborist
- award winning service
- tree removal and replacement
- fruit tree care



**Trinity Lutheran Church & School**

INVEST TODAY IN YOUR CHILD'S FUTURE

Pre-school-8<sup>th</sup> Grade • Small Class Size • Family Centered  
Challenging Curriculum • Diverse Student Body • Computer Lab • Spanish  
Sports • Music • Cully Garden • Drama • Art • Licensed Extended Care 7am-6pm

*Enroll At Anytime!*

**Open House** Thursday • October 16<sup>th</sup>  
10:00 am - 2:00 pm

**Little Tigers**  
Extended Care & Day Care  
Lots of Options For Your Needs All Year Long  
503.288.6403 • TrinityPortland.org • 5520 NE Killingsworth



**PLAYING WITH YOUR FOOD IS ENCOURAGED**

**NEW SEASONS MARKET**

[newseasonsmarket.com](http://newseasonsmarket.com) • Sign up for our free newsletter

**METICULOUS PLUMBING**  
HOME SERVICES LLC

"Portland's Painless Professional Plumber"

**(503) 208-2812**  
[www.meticulousplumbing.com](http://www.meticulousplumbing.com)

**Remodeling In Your Neighborhood Since 2001**



**ReCraft Home Remodeling**  
[recrafthome.com](http://recrafthome.com)  
503.680.0939  
Licensed, Bonded, Insured • CCB #160319

**Alberta Green House +**  
[albertagreenhouse.com](http://albertagreenhouse.com)

*first time patients receive 20% off!*



**1313 NE Alberta**  
Portland, OR 97211  
(503) 954-3900  
[albertagreenhouse.com](http://albertagreenhouse.com)

Monday - Saturday  
11am - 7pm  
Sunday  
12pm - 6pm

*Open 7 days a week!*



