



CONCORDIA NEWS

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

February 2017

IN THIS ISSUE

CNA board open letter	3
Support for fire victims	4
Perspectives on ADUs	6-7
PPS elections on tap	7
Sweets and savories	8
Keys to avert bullying	9
Superfund hearings set	10
Calendar of events	12

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.

Website

ConcordiaPDX.org

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

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

Non Profit Org
U.S. Postage
PAID
Portland, OR
Permit No. 452

P.O. Box 11194
Portland, OR 97211

People assure support for others

By Nancy Varekamp
CNews Editor

Increased tensions are causing people to think about how they relate to each other, even here in Concordia.

That's why the Concordia Neighborhood Association Board of Directors offers a letter of support to community members on Page 3. People from across Portland are talking more about how to support each other, and parents are tackling tough subjects with their children.

Ben Preacher, publican at Wilder Bar & Café, has noticed an increase in business at the neighborhood gathering place. "We've always wanted to be known as the place you can talk about things," he pointed out. And people do.

He's gratified to see the swell of support people show each other, but believes it's always been available, albeit perhaps not discussed. "It should've already been out there.

"In America, it's impolite to speak of politics and religion," Ben has learned in his six years in Portland. That's the opposite of his native Ireland. He encourages his customers and friends to keep talking, and to join him engaging in political and social action.

"We can get together to make things better by tackling difficult, complex is-



James Armstrong (left) and Ben Preacher find support in sharing concerns with others about increasing tensions in American politics and community life. Photo by Marcus Murray

sues that require people from all backgrounds," agreed James Armstrong, a customer and friend of Ben.

Complex issues aren't new to him as president of Alberta Main Street. "In recent years, we've been heavily focused on what lots of Portland is focused on — equity.

"Living in a gentrified community, ac-

knowledging the faults of the past is not enough," he said. "We're making it clear that moving forward, our organization is an ally to the entire community."

Co-owner of Alberta Eye Care, James also keeps pulse on healthcare issues. "There's a huge unknown there. Already, in recent years, our patients have been paying increasing premiums with higher deductibles and fewer options."

Claire LaPoma also deals with complex issues. The Faubion Elementary School counselor and Trillium Family Services therapist provides an ear — and a shoulder — to children and their parents.

"The bigger picture stuff can feel pretty heavy to adults and to kiddos," she said. "As adults, we have fully-cooked brains, reason and life experience to find our sources of resiliency.

"For kiddos, their developmental level can make it challenging to cope with change." According to Claire, the bigger picture can overwhelm them.

"Bring it home," she said. "I urge parents to talk with their children about what they can do within their families and community to maintain a sense of safety."

Editor's note: CNews printed stories are necessarily short to fit the format. For a more the more in depth story, visit ConcordiaPDX.org/tensions.

Get the low down on bugs

Do the insects in your yard and garden bug you? There's a difference, you know, between bugs that are beneficial — to your plants and the rest of the environment — and ones that are just plain pests.

Find out the difference and learn to identify the diverse cast of tiny predators that provide free pest control at the Wednesday, March 15, Beneficial

Insects Workshop. It's from 6:30 to 9 p.m. in McMenamins Kennedy School Community Room, and admission is free.

Participants will also learn about plant types and management practices that provide food, water and shelter to attract and sustain the beneficial insects that help your garden thrive.

The workshop is hosted by Concordia Neighborhood Association, and is presented by the East Multnomah Soil & Water Conservation District. That's the local government entity that helps property owners, managers and residents care for land and water from the Willamette River to the forests on the eastern edge of Multnomah County.

Register by visiting EMSWCD.org/workshops or calling 503.222.7645.



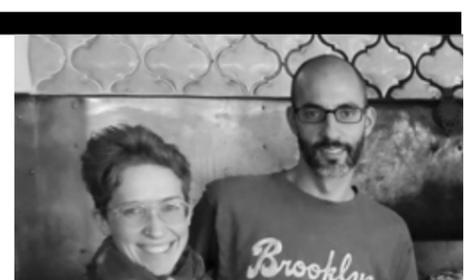
COMMUNITY REACHES OUT
20 burned-out Endelea Court tenants learn Concordia residents have heart.

See Page 4



ADUs: THE GOOD & THE COMPLEX
There are costs and hoops to tackle before you can call an ADU home.

See Pages 6-7



IT'S ALL ABOUT GOODNESS HERE
Collective vision combines baked goods & pizza for one successful business.

See Page 8

CNA VOICES

By Daniel Greenstadt
Board Member
Concordia Neighborhood Association



2016 was quite a year; let's top that in 2017

It seems that breaking with political and social norms has become an American trend lately, and your neighborhood association is keeping up with the times. So, beginning with this issue of Concordia News, we're casting tradition aside and turning "Chair's Corner" into "CNA Voices" where, instead of hearing only from the chair, we'll offer the perspectives of Concordia Neighborhood Association (CNA) board and committee members.

CNA is led by many dedicated souls who show up to lead the board and to staff and support the various committees, where the real work gets done. Together with you – residents of Portland's greatest neighborhood – we're building a better community.

And just how much better? Well, the dawn of a new year calls for a quick review of 2016 accomplishments so we can be sure to outdo ourselves in 2017. Here are some of CNA's community-building events:

- **Spring Egg Hunt** – Combine 7,000 hand-stuffed eggs and more than 300 children, and you get 10 minutes of the best kind of pandemonium! CNA partnered with American Legion Post 134 for this smashing success.
- **Neighbor Cleanup** – We netted \$1,998 for CNA community programs.
- **Sunday Parkways** – CNA volunteers distributed 720 energy bars and gallons of water to hungry and thirsty cyclists, walkers and skaters.
- **Concerts in the Park** – Bankrolled local busi-

ness and community sponsors — and staffed and supported by CNA volunteers — we gathered some giant crowds at Fernhill Park to hear some of the best entertainment Portland offers.

- **National Night Out** – It featured a great children's parade – complete with police escort – and the season's final park concert.
- **December holiday party** – The food was fantastic at the HUGE party, children's choirs were heavenly, the band was loud and attendees paid with nothing but their presence and some much needed food donations to Concordia Backpack Lunch Program. Thanks again to Cerimon House for the amazing venue.
- **McMenamins Kennedy School Community Room** – We earned a whopping \$18,000 in rentals for CNA to reinvest in the community.
- **Concordia News** – We're covering more issues, staying on schedule, reaching more people and continuing to invest in building CNews into the best neighborhood paper in the city. Our web and Facebook page made great strides too.
- **Land Use & Transportation Committee** – The group continues its amazing work on a wide range of topics deeply impacting life here.
- **Open letter** – One of the last actions of the board in 2016 was the letter you'll see on the facing page. We want Concordia residents to feel safe and welcome here, and that's something that requires "a village" to make happen.
Can we top all that in 2017? Let's!

Concordia Neighborhood Association

MEETINGS

Board Meeting

2nd Tuesday of the month
Tuesday, Feb. 14, 7-8:30 p.m., McMenamins Kennedy School Community Room

General Meeting

Tuesday, March 14, 7-8:30 p.m., McMenamins Kennedy School Community Room

Social Committee

If you'd like to volunteer for the April 15 Spring Egg Hunt or join the CNA Social Committee to help plan other fun, community-building events, contact Katie Ugolini, 503.449.9690, KTUgolini@gmail.com.

Media Team

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

Land Use & Transportation Committee

3rd Wednesday of the month
Wednesday, Feb. 15, 7 p.m.
McMenamins Kennedy School Community Room
Contact LandUse@ConcordiaPDX.org Board Meeting

CONTACTS

CNA Chair

Chris Lopez, Chair@ConcordiaPDX.org, 503.290.6871

CNA Vice Chair

Daniel Greenstadt
ViceChair@ConcordiaPDX.org

CNA Secretary

Steve Elder, Secretary@ConcordiaPDX.org

CNA Treasurer

Heather Pashley, Treasurer@ConcordiaPDX.org

Crime Prevention Coordinator

Mary Tompkins, Mary.Tompkins@PortlandOregon.gov, 503.823.4764

Neighborhood Response Team Officer

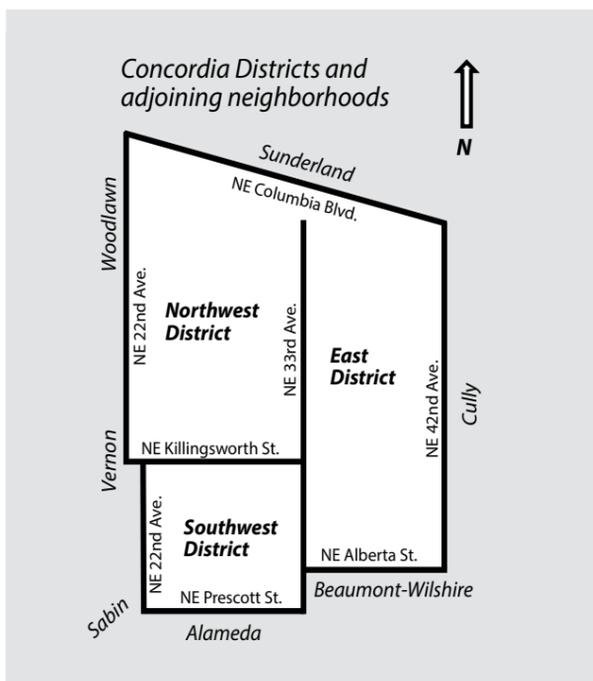
Anthony Zoeller, Anthony.Zoeller@PortlandOregon.gov, 503.823.0743

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: CNewsBusiness@ConcordiaPDX.org, 503.891.7178

MEDIA TEAM

CNA Board Advisers: Steve Elder & Daniel Greenstadt
Interim Media Team Lead: Gordon Riggs, MediaTeamLead@ConcordiaPDX.org, 503-515-8209
CNews Editor: Nancy Varekamp, CNewsEditor@ConcordiaPDX.org, 503.740.5245
CNews Graphic Designer: Gordon Riggs
Multi-Media Graphic Designer: Tom Faulkner
Media Team: Kathy Crabtree, Will Goubert, Gina Levine, Marcus Murray, Riley O'Boyle, Gordon Riggs, Rob Rogers, Susan Trabucco, Nancy Varekamp, Karen Wells, Carrie Wenninger, Dan Werle
Website Managers: Michael French, Tami Fung
Facebook Manager: Eric Hoyer
Advertising Representative: Gina Levine, CNewsBusiness@ConcordiaPDX.org, 503.891.7178



CNA Board of Directors

- Chair | Chair@ConcordiaPDX.org Chris Lopez
East 1 | East1@ConcordiaPDX.org Tyler Bullen
East 2 | East2@ConcordiaPDX.org Steve Elder
Northwest 1 | NW1@ConcordiaPDX.org Isham "Ike" Harris
Northwest 2 | NW2@ConcordiaPDX.org Amelie Marian
Southwest 1 | SW1@ConcordiaPDX.org Garlynn Woodsong
Southwest 2 | SW2@ConcordiaPDX.org Daniel Greenstadt
At Large 1 | AL1@ConcordiaPDX.org Robert Bowles
At Large 2 | AL2@ConcordiaPDX.org Donn Dennis
At Large 3 | AL3@ConcordiaPDX.org Jody Pollak
At Large 4 | AL4@ConcordiaPDX.org Ali Novak
At Large 5 | AL5@ConcordiaPDX.org Truls Neal
At Large 6 | AL6@ConcordiaPDX.org Heather Pashley

Need a place for your party?
The Community Room at McMenamins Kennedy School is available for your next gathering, book club, birthday, baby shower or special occasion. CNA manages the rental space & benefits from the proceeds.
Pricing: \$25/hr (nonprofit rates available)
Email: CNARoomKennedy@gmail.com

Want to work as a beat reporter?

As a reporter for CNews, experience the thrill of bringing relevant info to Concordia readers! Choose the subjects you want to cover — from events to new businesses, schools to community issues and so much more.



CONTACT US TODAY!
CNewsEditor@ConcordiaPDX.org
www.ConcordiaPDX.org

Open letter from your CNA board

Concordia neighbors: Recent political discourse, demonstrations bordering on violence and reports of attacks on individuals – both verbal and physical – have increased tensions across the country and close to home in Portland. We, the undersigned Concordia Neighborhood Association board members, believe very strongly in ensuring this community is welcoming to all families.

We believe everyone should feel safe and welcome here in Concordia, and we hope no one in this community feels their personal safety is threatened.

We believe Concordia residents should encourage respectful and thoughtful di-

alogue on controversial issues and demonstrate mutual respect. Contributions by everyone in our community are what make Concordia neighborhood where we live and thrive in peace and harmony. Perhaps the strongest attribute of our community is our capacity to foster and celebrate diversity of race, gender, sexual orientation, gender identity, religion and perspective.

If you are afraid, feel (or have experienced feeling) marginalized, believe your personal safety is threatened or think you are targeted, it is our hope that your neighbors and our community will not stand idly by. Perhaps you already feel safe to reach out to your neighbors

for help and support.

If you see, hear or witness a neighbor being harassed or bullied, don't hesitate to step up and stand with your neighbor to ensure their personal safety is not threatened, while being careful to ensure you both remain safe. Call on authorities if you believe a crime is in progress.

If you have ideas for how to make – and keep – our community safe and welcoming, please share them with us.

You are always encouraged to contact your neighborhood association board for help and a listening ear. Contact any one of us with your thoughts.

Signed,
Your CNA Board of Directors:

- Robert Bowles
- Tyler Bullen
- Donn Dennis
- Steve Elder
- Daniel Greenstadt
- Isham "Ike" Harris
- Chris Lopez
- Amelie Marian
- Truls Neal
- Ali Novak
- Heather Pashley
- Jody Pollak
- Garlynn Woodsong

Board email addresses on Page 2

The community has your back

Help is available if you feel marginalized or threatened. Your neighbors and the Concordia Neighborhood Association Board of Directors have your back. So do plenty of community resources, like these:

- **211:** visit 211INFO.org/search-resources/ or dial 211 for listings (literally) from Anger Management to Gay/Lesbian/Bisexual/Transgender Advocacy Groups to Native American General Assistance to Refugee Resettlement Services to Youth Violence Prevention.
- **Adelante Mujeres:** 503.992.0078
- **American Civil Liberties Union of Oregon:** 503.227.3186
- **Asian Pacific American Network of Oregon:** 971.340.4861
- **Black Parent Initiative:** 503.284.8000
- **Fair Shot:** 503.383.9766
- **Immigrant & Refugee Community:** 503.234.1541

CNA names new board member, four officers



Jody Pollak



Daniel Greenstadt



Steve Elder



Heather Pashley

Jody Pollak was appointed in December by the Concordia Neighborhood Association (CNA) Board of Directors to fill the unexpired At Large 3 term left vacant by Joe Culhane's recent resignation.

Chris Lopez – elected CNA chair in November – is joined at the helm by three 2017 officers elected by the board in January:

Vice chair: Daniel Greenstadt, Southwest 2
Secretary: Steve Elder, East 2
Treasurer: Heather Pashley, At Large 6.

Volunteering to serve on the 2017 CNA Finance committee are: Robert Bowles, At Large 1 and former treasurer; Steve Elder, East 2; and Jody Pollak, At Large 3.

Concordia murals

42nd Avenue mural remembers Prince



Photo by Rob Rogers

By Rob Rogers
CNA Media Team

Mural location: 4502 N.E. 42nd Ave. (corner of 42nd Avenue & Prescott

Street behind Motavisi Coffee Shop)
Artist: Ashley Montague is the artist behind the piece
Age of mural: May 2016

Looking for a caring, diverse, and safe pre-school through eighth grade school in NE Portland?

Trinity Lutheran Christian School

Our fully accredited programs feature art, music, gardening, sports, drama, and technology, all in a small class setting.

Come and See what excellence in education looks like in our caring Trinity community!

Open House
Thursday • February 23
6:30-8:00 pm
Enroll At Anytime

Tigers: Year-round State Licensed Extended Care & Child Care

Welcoming To All!
503.288.6403 • TrinityPortland.org
5520 NE Killingsworth

Visit your Neighborhood Florist for Valentine's Day!!!

Flowers in flight

Your Neighborhood Florist

1413 NE Alberta St
503-274-7088 . flowersinflight.com

Proudly serving Portland since 1984
Exquisite Floral Art
Local Products
Sustainably Sourced

KENNEDY SCHOOL McMenamins

5736 N.E. 33rd Ave. • Portland
(503) 249-3983
mcmenamins.com
Free • All ages welcome
(unless noted)

FEBRUARY IS BURGER MONTH

FEB. 1-5: DARK STAR BURGER
Pickled jalapeños, pepper jack, Terminator
onion rings & Dark Star sauce

FEB. 6-12: GUACAMOLE DEFENSE BURGER

Turkey burger, pepper jack, chipotle mayo,
lettuce, tomato and red onion

FEB. 13-19: BACKYARD BURGER

Bacon, Tillamook cheddar, grilled onions
and Hammerhead BBQ sauce

FEB. 20-28: KRAKATOA BURGER

Spiced beef patty, pineapple sambal, peanut sauce,
pickled daikon & carrot slaw

**\$12.25 includes
burger and fries**



Thursday, February 2

BO PORTER

Honky-Tonk Country
Gym • 7 p.m.

Thursday, February 9

GERLE HAGGARD BAND

All-Girl Merle Tribute
Gym • 7 p.m.

Available February 10 through February 19

VALENTINE'S SWEETHEART PACKAGE

Lodging, dinner, a bottle of Edgefield
Sparkling Wine with keepsake flutes
and breakfast the following day
BOOK NOW!

Tuesday, February 14

RACE TALKS

An Opportunity
for Dialogue

"KKK 'KIN KILLIN' KIN – YOUTH VIOLENCE IN AMERICA"

Gym • 6 p.m. doors; 7 p.m. event

Thursday, February 16

LIMITED-EDITION BEER TASTING

EXTRA CREDIT

5 p.m. 'til 7 p.m.

Brewery • 21 & over

Thursday, February 16

FALCON HEART

Folk Rock

Gym • 7 p.m.

Saturday, February 18

Zwickelmania

Beer day made for beer lovers!

Brewery tours and tastes.

Concordia Brewery • 11 a.m. 'til 4 p.m.
\$8 growler fills (\$10 high gravity) all day

Thursday, February 23

THE STRANGE TONES

Rockabilly

Gym • 7 p.m.

Monday, February 27

McMenamins, Oregon Historical Society and
Holy Names Heritage Center present...

HISTORY PUB

Theater • 6 p.m. doors; 7 p.m. event



Neighbors support fire victims



By Riley O'Boyle
CNA Media Team

On Halloween, Kenneth “Mr. Kenny” Baker and other tenants of Endelea Court at 27th and Killingsworth were threatened by a neighbor with a shooting or a fire.

Kenneth called 911, which directed him to the non-emergency number. His concern was noted.

Two days later at 4:15 a.m., Kenny was outside his apartment for a smoke before he was to help his niece and two nephews prepare for school. As he returned, he and his mother heard popping and rumbling from next door. The adjacent apartment was on fire.

Kenny ran to all six units, as he claims anyone would, to wake everyone up. Neighbors and vendors nearby offered clothes, food and temporary storage to the displaced tenants from the four affected apartments. Money from the Red Cross and two GoFundMe campaigns led by Vernon and King Elementary schools – which raised \$4,300 – helped the 20 children and adults find clothes, food and means to start new lives.

Kenny said he was able to pool some of his GoFundMe dollars with the Red Cross support to live comfortably in a hotel room, where he still resided in mid-January with his mother to wait until the winter weather subsides enough for them to move into a new home.

“It’s so sad to see people have to be



Snow falls like ashes at the Killingsworth residence where Kenneth Baker saved neighbors from a fire. Photo by Marcus Murray

“It’s not always about the money, though. Everybody just needs somebody to be able to count on.”

Kenneth Baker

this generous and loving when something happens. Even people who haven’t been here and just moved here have been

so generous,” Baker offered. “It’s not always about the money, though. Everybody just needs somebody to be able to count on.”

Sabin Community Development Corporation, the low-income housing non-profit which manages the building, estimates the two destroyed apartments may take 8 to 12 months to repair, and has been helping the displaced tenants find leads to helpful programs and continued support.

Three months after the fire, the dust has still not settled. While the tenant indicted for arson is still on trial and has spent time in jail, Tresha White, a 10-year Endelea Court tenant and mother of three has been separated from her two older sons while they all search for stable living arrangements.

Although there’s support available for struggling people, White praises the much more resilient support from true neighbors, friends and family. “It’s the regular people with low-income jobs – those are the ones who have been doing the most.

“Kenny still calls me and talks to me. He really is my hero.”

Riley, certified engineer in training, is new to Portland. He pursues a career in stormwater management while he continues the practice of written and visual media production. Contact him at RSO-Boyle13@gmail.com.

ReThink. ReDesign. ReBuild.

mac-bo

503.282.1841

Call NOW to learn what
Mac-Bo can do for your home.

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



Mac-Bo makes the difference.

mac-bo.com

ccb 166263

Need a place for your baby shower?

Check out the Community Room
at McMenamins Kennedy School.

Pricing: \$25/hr.

Learn more and reserve at:
ConcordiaPDX.org/community-room-rental

Reduce water bills with greywater system



By Garlynn Woodsong
Chair, CNA LUTC

It's hard to imagine now, but soon the heat of summer will be upon us. In western Oregon, this will bring a months-long seasonal drought, when the soils dry up and irrigation may be required to keep certain plants alive, healthy and productive.

For those of us with yards, this presents both a challenge and an opportunity:

- The challenge is how to keep our yards looking beautiful, while minimizing our water bills.
- The opportunity is to re-use household water for irrigation for free, after the greywater system is paid off.

Although there are many designs of greywater systems, one of the simplest and least expensive is the branched-drain system, otherwise known as "straight pipe to yard." It can collect water from basically all plumbing fixture types except toilets, and uses a separate system of pipes that leads to a 3-way valve.

It allows the system to drain to the city sewer during the rainy season, or to be used to irrigate the yard during the summer drought. One pipe coming into the valve carries water from the participating plumbing fixtures. Another exits the valve and rejoins the pipe from the toilets heading to the city sewer. The third leads through the exterior wall into the yard.

The 3-way valve makes the system

can be split multiple times, allowing greywater to flow to multiple watering points.

Each watering point consists of a pipe stubbed into a small chamber – such as an upside down 5-gallon pot – at the bottom of a trench filled with wood chips. Adjacent to the trench – which may or may not be a circular tree well – are the plants whose roots will benefit from the irrigation.

branched drains is best while the soil is wet and easy to dig!

Although you can either install the exterior portion of the system – the branched drains – yourself or hire somebody else to install it for you, you really should hire a licensed plumber to install the interior system. You don't want any leaks, faulty venting or other issues with this portion of the system.

In 2009, the Oregon Legislature passed a law that allows the use of greywater for both indoor and outdoor uses, regulated by the state's Department of Environmental Quality. More information on how to obtain a greywater permit is available online at DEQ.state.or.us/wq/reuse/graywater.htm.

For more information on greywater systems visit RecodeNow.org/graywater-resources/, OasisDesign.net and/or GreyWaterAction.org.

Greywater is an easy and inexpensive permaculture strategy that allows a household to lower its water consumption, save on operating costs and do something positive to contribute to local sustainability while helping to grow an urban oasis in the yard. It's a win-win-win!

Greywater is a powerful permaculture strategy, one that is often paired with urban food production.

work, especially in our dense urban context. It provides the ability to turn the greywater system off easily – and have greywater drain to the city sewer rather than the yard – with the movement of a valve.

Outside, the greywater pipe plunges beneath the soil, where it leads toward trees and shrubs in the yard. The pipe

Greywater is a powerful permaculture strategy, one that is often paired with urban food production. In general, fruit and nut trees, berry bushes and other perennials are good candidates for matching with greywater.

Now is a good time to begin thinking about a greywater system in your own yard, since the installation of the

Land use, transportation & livability update



By Ben Earle
Secretary, CNA LUTC

As the new year storms in on us, it's a good time for reflecting on the past year and looking ahead to what's coming up.

LUTC growth

The Land Use & Transportation Committee (LUTC) has really jelled since January 2016, when its first official charter was adopted. The nine neighbors who represent you on the committee bring a wide diversity of related personal and professional experience, have a strong sense of community service, and are driven by a deep personal commitment to help improve the land use "nuts and bolts" that govern living and working in our vibrantly unique neighborhood.

Working with these people is both gratifying and happily invigorating! I encourage you to come to a LUTC meeting to find out for yourself – and perhaps even find a way to lend a hand in one of the many projects we take on.

Old and new buildings

As we all are well aware, there has been a noticeable increase in residential and commercial demolitions and development throughout the city as the influx of new people continues and the city's zoning guidelines and code enforcement struggle to catch up.

Developers of all stripes and motivations have, for better and worse, rushed in to take advantage, and Concordia is experiencing the impact.

Although the LUTC has endeavored steadily to work with neighbors, businesses, developers and key players in other civic organizations and applicable city and state departments through various formal and informal channels, there is still much to do.

One of the most useful lessons we've learned in addressing the issues and problems that have arisen is the dual importance of fully informed preparation and how best to engage well in advance with key decision makers.

With this in mind, the Concordia Design Standards effort is finally launching. The resulting work product will provide a credible framework for proactively encouraging developers at the outset of the purchase and planning processes.

We will also continue responding to specific developments as appropriate, along with continuing to follow the Portland 2035 Comprehensive Plan as the new city council works to bring it to eventual implementation during the course of 2017 and 2018.

Traffic safety

There has been activity on a number of fronts to improve road safety for pedestrians, bicyclists and motorists.

• Highway 30/Portland Boulevard:

We are encouraged by positive changes the Oregon Department of Transportation (ODOT) Safety and Active Transportation Enhancements project will bring to key aspects of the corridor of U.S. Highway 30B/Lombard Street and Portland Boulevard. On the other hand, we are disappointed with the inadequate protections planned for the vulnerable Concordia interchanges at 33rd and especially 42nd avenues, where a bicyclist was killed in Decem-

ber. We will soon submit a letter to ODOT and distribute it to senior city and state officials.

- **Speed limits:** The LUTC is in the process of appealing the city of Portland's rejection of Concordia Neighborhood Association's (CNA's) request to lower the speed limit on Killingsworth Street and following up on the Alberta Street traffic study delay.

Concordia University

The LUTC will also collaborate with the CNA Board of Directors to help re-establish a truly viable ongoing working relationship with Concordia University for the mutual benefit of the university, CNA and the entire community.

Concordia residents are always welcome at CNA LUTC meetings every third Wednesday – except December – at 7 p.m. in McMenamins Kennedy School Community Room. For more information, visit ConcordiaPDX.org/category/land-use-livability, send your questions to LandUse@ConcordiaPDX.org, or email LUTC_Secretary@ConcordiaPDX.org to join the LUTC notification list.

Wanted: LUTC Scribe

The CNA Land Use & Transportation Committee seeks a paid scribe to attend monthly LUTC meetings to make formal records of discussions, testimony and votes. Meetings are the third Wednesday each month from 7 to 9 p.m. at McMenamins Kennedy School.

For details, or to apply, please send an email to LUTC_Secretary@ConcordiaPDX.org.

What's Selling in Concordia?

<h1 style="margin: 0;">202</h1> <p>Homes sold in RMLS in last 12 months as of Jan 11th</p>	<h1 style="margin: 0;">18%</h1> <p>Increase since 2015 <i>Average Sale Price: \$398,273</i></p>
Avg. Days on Market:..... 16	Average List: \$466,844
Avg. Cumulative Days on Market 19	Median List: \$440,000
Median Days on Market:6	Average List \$ per square foot: \$228
Median Cumulative Days on Market6	Average Sold \$ per square foot: \$237
Avg. square feet:2,049	Median Sale Price: \$458,950
Median square feet:2,104	Average Sale Price: \$485,127

This information provided by
Mark Charlesworth, Concordia resident & Broker Keller Williams, Portland Central.
charlesworthhomes@gmail.com · 503.807.9911

Handyman Services

Specializing in your "Honey Do" list

- General Home Repairs
- Small Remodels
- Restoration

Jobs by Rob, LLC

www.jobsbyrob.com

503-789-8069

email: jobsbyrob@gmail.com

Licensed, Bonded, Insured CCB# 177552

He turned passion into self-made profession



By Nancy Varekamp
CNews Editor

Seven years ago Kol Peterson navigated the process to build his and wife Deb Delman's dream home, an 800-square-foot accessory dwelling unit (ADU). Now he makes it easier for others to complete the same process.

When they bought a 1,700-square-foot home in nearby Sabin neighborhood in 2010, he began immediately to

combines the kitchen, dining room and living room with a 12-foot movie screen."

During the process, Kol tracked his activities and lessons learned on a blog at PDXADU.blogspot.com. A web manager for the U.S. Forest Service at the time, he created his business, Accessory Dwellings Strategies, and began moonlighting as an educator, advocate and consultant for Portlanders interested in ADUs.

His advocacy website Accessory-Dwellings.org shares information about ADUs, the development processes, and designers and builders.

"Building an ADU is one of the biggest projects you'll ever take on in your entire life."

Kol Peterson

tackle the city processes, and the design and construction. There were no books or how-to videos to help. But the couple moved into the ADU the next year and turned the big house into a long-term rental, whose income paid off the \$110,000 ADU just 4½ years later.

"Eight hundred feet is a pretty good size for us," he said. "Actually, 400 feet per capita is the threshold for a well-designed home to be comfortable. Ours is pretty luxurious.

"We have an average-size bedroom, small office and a large great room that

"It's a weird self-made profession that's basically helping other homeowners get through the ADU process," he explained. "There's a huge gap in knowledge of homeowners for building one. You become the developer for your own property, and there are a lot of elements to it. Building an ADU is one of the biggest projects you'll ever take on in your entire life."

So he offers a boot camp for people interested in building ADUs. That started out with groups of 13 in his own ADU. In 2015, he left his day job to pursue his new

role full time. Now classes for more than 30 are held in larger venues and topped off with tours of completed ADUs.

He now runs an annual citywide tour of ADUs –by partnering with the city,

Metro, Oregon Department of Environmental Quality, Energy Trust of Oregon and Earth Advantage. The 2016 tour included two ADUs in Concordia, and the next tour is scheduled for September.



Realtor Rambo Halpern specializes in historic homes and especially likes carriage houses. So, when he built his home in 2009, he included a three-car garage topped with an 800-square-foot carriage house ADU. A long-term rental, his carriage house was part of Kol Peterson's ADU tour last autumn. For details about Rambo's ADU or experience building and renting it, contact him through his website, TheBungalowGuy.com. Photo by Marcus Murray

NE Village PDX extends charter memberships

Northeast Village PDX is extending the deadline to Feb. 15 for anyone who wants to become a charter member. As of mid-January, 25 charter memberships had been purchased, each with a \$500 donation in addition to the membership dues. That donation guarantees annual membership fees for charter members will not increase through 2020.

Anyone who has already purchased a membership may still add a \$500 donation to become a charter member. A special event to honor charter members is being planned for February.

For details about membership, drop by the Northeast Village PDX office that opened late last year at 5012 N.E. 42nd Ave., visit NEVillagePDX.org, call the office at 503.895.2750, call Vonnice Condon at 503-288-3290, or email her at VCon-

don100@gmail.com.

A new video, "Neighbors helping neighbors stay neighbors," is posted at YouTube.com/watch?v=VQJDxrEf4gI&feature=youtu.be. It explains how the new nonprofit group operates.

Part of the organization developing seven villages in the Portland area, Northeast Village PDX is an intergenerational group of residents committed to enabling members to age in place in their homes.

In addition to Concordia, the Northeast Village PDX includes the Alameda, Beaumont-Wilshire, Cully, Grant Park, Hollywood, Irvington Lloyd, Madison, Parkrose, Parkrose Heights, Rose City Park, Roseway, Sullivan's Gulch, Sumner, Sunderland and Woodland Park neighborhoods, and the city of Maywood Park.



Remodeling In Your Neighborhood Since 2001

recrafthome.com
503.680.0939

Licensed, Bonded, Insured • CCB #206087

METICULOUS
PLUMBING
HOME SERVICES LLC

"Portland's Painless Professional Plumber"

(503) 208-2812
www.meticulousplumbing.com

Find more news on our website
ConcordiaPDX.org

Opinion

ADUs good for some, not all, housing needs



By Steve Elder

The population of Portland is expected to grow by as many as 750,000 by 2035. Where will they live?

One solution, urged by many developers and homeowners, and encouraged by government agencies, is housing in converted attics, basements or small houses built in the yards of existing homes. These are called granny flats, mother-in-law apartments or studio apartments. The long name is accessory dwelling units (ADUs).

An ADU might be just the answer for some homeowners. They can increase habitable space without tearing down existing homes or making new subdivisions. They can even house mothers-in-law.

The county and city governments,

responsive to residents who object to demolishing bungalows and replacing them with huge “McMansions” have made financial incentives for ADUs. The city of Portland has given ADU construction a pass on system development charges up to about \$10,000. The fee break was recently extended into 2019. The Multnomah County tax assessor has recently backed off a reassessment policy that could have tripled a homeowner’s taxes.

If somebody has an ADU or other property available to rent in Concordia, he or she can figure on getting top dollar. A recent survey said Concordia has the

second highest rental in Portland, just behind the Pearl District.

ADUs are touted as an answer to the lack of affordable housing. Not necessarily. Retail construction and conversion costs are frequently more than \$200,000, in line with newly-built houses marketed at \$500,000 to \$1 million.

Also, monthly apartment rent is rarely more than \$2,000. The income can be used up by the expense and hassle of housekeeping. Recouping costs for rental could take many years, if ever.

It’s not impossible to come out, though. Someone who can be his or her own designer or builder might be able to

make a profit.

ADUs aren’t for everyone, even people with lots of cash who own houses with attics, basements or yard space that could be modified or built on. Even with concessions, taxes could make a good deal bad.

Nonetheless a person with a combination of money, space and skill can possibly improve the neighborhood character and have income or freedom from home sharing in-laws for a long time.

ADUs are touted as an answer to the lack of affordable housing. Not necessarily.

Opinions expressed by this writer do not necessarily reflect the views of Concordia Neighborhood Association. Deadline is the 10th of the month prior to publication. Please contact CNewsEditor@ConcordiaPDX.org earlier to discuss space limitations.

Picture yourself in one of two Concordia PPS board seats

By Alyssa Jenkins

After a divisive election cycle last year, it may be hard to even think about the upcoming special elections in May. But there’s a variety of seats open for election and it’s already time for candidates to begin organizing their campaigns. Two seats are on the Portland Public Schools Board of Directors that intersect the Concordia neighborhood.

Voters elect one member from each of seven zones in the city. They must live within the boundaries of the zone but, once elected, they represent the district as a whole. The portion of Concordia to the north of Killingsworth Street and the west of 37th Avenue is part of Zone 4. The rest of Concordia is Zone 5. Both of these zones have seats up for re-election. Visit ConcordiaPDX.org/pps-map to see the zone boundaries.

The school board is currently interviewing for a new superintendent to replace Carole Smith who resigned last

year. A new superintendent, along with the elections in May, represents a fresh start for the school board.

The district is anxious to resolve and move beyond recent controversies. Those surround unsafe drinking water (May 2016 high lead levels found in some school drinking fountains), disproportionate access to courses (May 2016 complaint filed with federal government that minority and low income students have access to fewer class options), and potentially inappropriate behavior by the board (December 2016 report complains of board member activism outside of elected duties).

If you agree the district and community need candidates who are ready to work together to create a school district supportive of all children, if you have experience with public education or fiscal management, and are passionate about quality public education – please consider running.

Interested? Here are some resources:

- Attend school board meetings – Upcoming meetings are Feb. 7 and 21, and are open to the public. You can also watch previous board meeting videos by visiting PPS.net/page/1791.
- Multnomah County Elections Division on Feb. 4 makes a list of positions available for the May election. Deadline to file for open positions is March 16. Visit MultCo.us/elections.

- Filing fee is \$10 or 25 signatures in lieu of money. Visit MultCo.us/elections/candidate-filing-requirements-special-districts.
- Fee-based courses on how to run an election campaign are available. Visit GetElected.com.
- If you are a woman looking to run, try the free online course. Visit SheShouldRun.org/incubator

The district is anxious to resolve and move beyond recent controversies.

Heart in Hand Preschool

Waldorf in the neighborhood since 2002

OPEN HOUSE EVERY FIRST THURSDAY!

PARENT-CHILD CLASSES STARTING MONTHLY

@ Gnome's Home

gnomeshome.org

GINA LEVINE:

Ad Sales Rep with Attitude

Smart, Funny, Confident & Concordia Resident

To advertise in CNews contact her TODAY!

CNewsBusiness@ConcordiaPDX.org
503.891.7178

Do you want an agent who knows the neighborhood?

No one sells more homes in 97211 than us.

The **Mark Charlesworth Real Estate Team** is here to help you sell your home for the most money, in the least time, with the fewest problems.

CALL TODAY!

503-807-9911

charlesworthhomes@gmail.com

Mark Charlesworth, Licensed Broker in the State of Oregon

Business fosters healthy food, community



By Susan Trabucco
CNA Media Team

Four business partners. Two business brands. One storefront. One business entity.

Complicated? It could be, but this particular entrepreneurial foursome sports shared values: a love of crafting healthy food, buying locally-grown and produced products, and a community-centric focus. This all makes for smooth sailing at Seastar Bakery and Handsome Pizza. The two enterprises come together under a single limited liability corporation in a light-filled space at 1603 N.E. Killingsworth St.

The partners in this commercial quartet are Will Fain, Annie Moss, Katia Bezerra-Clark and Matt Kedzie. All hail from northeast Portland, and relationships brought the group together.

Annie and Katia shared a New York college experience. Later Annie lured Katia to Portland from the Big Apple with a job making soup at Tabor Bread, where Annie was a manager. Will and Matt worked together at Will's business, Handsome Pizza, formerly located on North Killingsworth. Will and Annie met and became a romantic item.

Now 1½ years into their business venture, most bugs associated with merging Handsome Pizza into newly launched Seastar Bakery have been worked out. Duties are shared – mostly – and open communication makes for typically positive outcomes.

"There are definitely times we butt heads," Will said. "But no one is opposed to listening."

Annie, who long dreamed of opening her own bakery, is OK with the fact it isn't exactly as it might be had she gone it alone.

"If I'd opened my own business, it would look different. But this is our collective dream, and it's right," she said.

The partners' healthy business approach yields fruitful results, including a creative and locally-inspired array of whole-grain baked goods, Neapolitan-style pizzas with a Pacific Northwest spin, and sweet and savory "toasts" crisped in the custom-crafted copper pizza oven.

They also enjoy success as a neighborhood gathering space because they offer up the restaurant for activities like after-hours beer plus yoga classes for a twist on happy hour, and serve as a venue for Portland Underground Grad School sessions.

Other fun factoids about this dynamic enterprise are:

- All of the pizzas are named after local people the owners deem "handsome in character."
- The bakery offers a community-supported bread program for each subscriber to pick up a different loaf of bread each week for \$25 a month.

For more information visit SeaStarBakery.com or HandsomePizza.com.

Susan is a freelance communications consultant who lives in Beaumont-Wilshire. To reach her, email Susan@Trabucco.biz or call 503.440.7732.



With a collective vision, Seastar Bakery and Handsome Pizza co-owners created an inviting, locally-inspired and healthy-cuisine dining venue. From left: Annie Moss, Will Fain, Matt Kedzie and Katia Bezerra-Clark. Photo by Susan Trabucco

Bureau of Pizza Investigation

Red Sauce Pizza, Scottie's Pizza Parlor and Handsome Pizza will collaborate to present the Tuesday, Feb. 21, Bureau of Pizza Investigation beginning at 6 p.m. Handsome Pizza hosts the night of pizza eating and 'pizzanalysis' featuring some of the top pizza makers in Portland.

Diners will be served pizza from all three pizza makers for a side-by-side comparison. Also included in each ticket price are a light appetizer, a

sweet, and a pizza journal to track the participant's pizza-eating experiences.

The night will conclude with a post-dinner Q&A with the owners/operators of the three pizzerias, moderated by Adam Lindsley, writer for The Oregonian, Serious Eats and his blog This is Pizza.

For tickets, visit FrexhTix.com, click on "Find Events" and enter Bureau of Pizza Investigation into the search engine. Seating is limited to 45.

Main Street retailers share tips for success

Next up in Alberta Main Street's "Live Long and Prosper" small business series is a panel Wednesday, Feb. 15. Featured are five business owners who have operated retail stores on Alberta Street for more than a decade.

Comprising the panel are: Maria Raleigh, collage and collage annex; Angie Heiney and Ali Wykhuis, Frock; and Laura Donovan and Maggie Yuan, ped X. They plan to share tips for surviving and thriving, and to share advice to keep

your business chugging along during the long – and often slow – winter months, discuss tips for overcoming challenges brick and mortar retailers often face, and respond to questions.

Sponsored by US Bank, the seminar is at the Aviary, 1733 N.E. Alberta St. and refreshments will be provided. It's free and open to the public, but advance online registration is requested. Email RSVP@AlbertaMainSt.org or visit AlbertaMainSt.org/whats-happening/seminar-series.

SHOP LOCAL SUPPORT ALBERTA STREET SMALL BUSINESSES

Please show Alberta Street small businesses some extra love!

January weather took a toll on small businesses. Alberta Street businesses need you to shop local now to keep them alive!

GET INVOLVED VOLUNTEER

Alberta Main Street seeks community stakeholders to volunteer on one of our four committees. If you are interested in contributing your time or learning more, please contact Claire Gordon, (503) 683-3252 or claire@albertamainst.org.

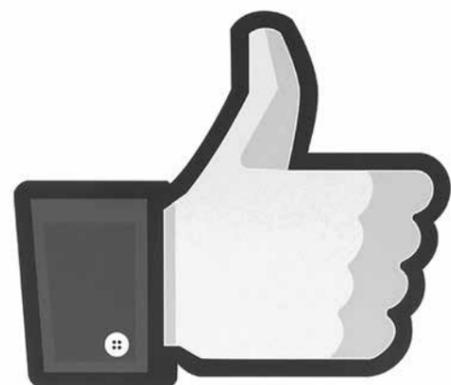
CONTRIBUTE

All of the great things happening on Alberta Street don't just happen - together we make them a reality! Please support our efforts supporting small businesses, creating a sense of place and building community. Make your tax-deductible contribution at albertamainst.org or mail a check to:

A Alberta
Main Street

1722 NE Alberta Street
Portland, OR 97211
albertamainst.org

We really are pretty likable.



LIKE US on Facebook for updates on land use & other timely info.
www.facebook.com/concordianeighborhoodassociation

Teach your kids to cope without bullying



By Karen Wells
CNA Media Team

“Everything isn’t bullying, but bullying is everywhere,” said Ben Keefer, Vernon Elementary School principal. “What we adults do about it makes the difference.”

It’s “any intense aggressive behavior (verbal or physical) which creates a power imbalance (physical or social) used repeatedly over time with the intent to harm (real or perceived) a specific child.” Key terms for understanding the dynamic of bullying behavior are:

- “Aggressive, repeated over time”
- “Intent to do harm”
- “Specific child or targeted person”

Three year olds begin to use language to express their needs or get them met. Starting at around age four, they begin to learn social interaction skills, which behaviors work (get their needs met) and

which do not (need not satisfied).

Adults are key to them learning appropriate social and problem solving skills. When parents or caring adults intervene in a conflict – “It’s mine!” – by modeling positive problem solving – “How about you have a turn first, then she can have a turn?” or “Is this a good idea?” – it teaches children their needs can be met in cooperative and collaborative manners.

When you overhear “You’re not my friend!” an immediate, calm, empathetic, nonpunitive intervention is critical, “Oh what happened?” “May I help?” “Let’s talk together about what’s happening.” “We’re all friends here.” Congratulations! You’ve planted seeds for prosocial behavior in your child.

When you don’t intervene in children’s interactions which are obviously harmful – and repeatedly focused on a specific child – it allows a child to develop bullying behaviors. It signals to the child, “This is how I get my need met. Re-

peat next time.”

Bullying behaviors typically happen during free time, out of sight or hearing of adults. Boys display bullying to establish dominance in social groups. Girls engage in bullying to establish social group affiliations.

Bullying behavior is a complex social dynamic. It can be triggered for a variety of life circumstances, for which the child usually has limited control. Successful intervention strategies incorporate collaboration, empathy, problem solving skills, cultural sensitivity and is appropriate for social-cognitive level of child(ren) involved.

I consider bullying to be a public health issue. It harms kids (perpetrators, targets and witnesses). Read CNews next month for my report on bullying and the

middle school experience.

Resources:

- National Association for the Education of Young Children, NAEYC.org
- National Education Association, NEA.org
- Portland Public Schools, PPS.net
- Technology, Entertainment and Design – “Stand Up to Bullying – Playlist,” TED.com
- StopBullying.gov.

Karen, OCCD master trainer, early childhood education, conducts health and safety trainings for parents and child care staff via Child Care Resource and Referral of Multnomah County. She may be reached at 5CornersFamily@gmail or text 619.244.7892.

Health & wellness

Research reveals effects of overloading the senses



By Kim McGraw

What happens when you expose baby mice to a cacophony of light and sound for six hours per day for six weeks? That is exactly what scientists

in Seattle did, hoping to learn something about how people might be affected by overstimulation at a young age.

Jan-Marino Ramirez and his colleagues at the Seattle Children’s Research Institute found that baby mice showed dramatic changes in their brains and behavior, including several reminiscent of ADHD in children: more activity and risk taking, difficulty with memory, and less patience. The effects were less dramatic in adult mice.

It may come as no surprise that bombarding young children with stimuli should have a dramatic effect. But, such research may help us answer questions about what types of exposure have bigger effects, at what stage of development the brain is most susceptible, and what

behaviors arise from overstimulation versus other factors.

The scientists noted their findings were too preliminary to change any guidelines, and cautioned there are always issues translating research on mice to effects on people.

That raises additional questions: What are the overall benefits and costs? What benefit to humanity is sufficient to justify the harm we inflict on our animal science subjects? Are we harming our collective psyche allowing and condoning such treatment of animals for our benefit?

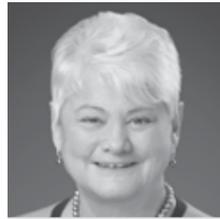
Although the questions about the research findings and the research methodology may seem unrelated, they both come down to trade-offs. A certain amount of stimulus – especially when it is interactive – prepares and sculpts young brains constructively. In some cases it makes sense to sacrifice the good of one for the benefit of others.

But where do we draw the line?

Kim, L.M.T., may be reached via the ConcordiaMassagePros.com directory.

Aging gracefully

Help for ‘grands’ raising kids expands threefold



Keren Brown Wilson

Aging gracefully is a challenge for grandparents raising grandchildren who likely pictured their retirement in a very different way. And that’s where the Jessie F. Richardson Foundation (JFRF) Ties That Bind program comes in.

As president of JFRF, I am pleased to tell you we are ready to move forward with an expansion of this program, based on our experience with the Ties That Bind support group we sponsored in 2016 and focus groups we held in the fall. The changes involve:

- **Expanding** to the more rural parts of the state by identifying partners for Ties that Bind.
- **Developing** a specific website that identifies resources and lets people determine quickly if those are helpful to address the problems they have. It will go beyond a simple list of resources. It will help people find little known local

resources quickly and make sure any links are accurate and verified.

- **Training** peer navigators to help grandparents and other kin to work through specific situations based – not only on their own lived experience but – on specialized training around topics of special interest to grandparents raising grandchildren.

If you are a grandparent – or know of one – raising a grandchild, we welcome your feedback about what would make the website most useful. And if you are interested in becoming a peer navigator we welcome the chance to talk with you.

Contact me if you are interest in learning more.

Keren is president of the Jessie F. Richardson Foundation. Based in Clackamas, the nonprofit helps elders live full lives with dignity. Its strategies focus on bridging the gap for elders, families and communities throughout the United States and around the globe. Contact her at 503.408.4088 or KWilson@JFRFoundation.org, or visit JFRFoundation.org.

GINA LEVINE: Ad Sales Rep with Attitude

Smart, Funny, Confident &
Concordia Resident

To advertise in CNews
contact her TODAY!

503.891.7178

CNewsBusiness@ConcordiaPDX.org



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 2006 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
(503) 287-7690

Transplanted & thriving

It was a cold and icy morning in Portland



By Kathy Crabtree
CNA Media Team

Meeting our basic needs for food, shelter and clothing posed somewhat of a problem recently, with first record rain, ice storms and then inches (I did say

bed. With no lights the next morning, I dressed appropriately in layers and fur-lined boots. Opening the kitchen door, I was met not with frigid unheated air but with a sauna-like kitchen. I had trouble breathing the over-humidified air.

The Big Guy — my husband — had been awake for an hour and filled our largest pots to heat on the gas stove. The mirrors and windows were foggy, and the ceiling had droplets of beaded moisture.

It was rather amazing, but breathing

in our own little rain forest was too much for me. So I suggested we enjoy breakfast where one could breathe — maybe a restaurant with electricity. At that restaurant,

we sat, chatted with another couple and mentioned we didn't have electricity at home.

The other couple reported theirs had been intermittent throughout the night. The wife mentioned that she is a mechanical engineer for the power company. You would've thought she, at least, would have known somebody.

Kathy is a recent transplant from the Midwest and, as she reports in CNews, things are a lot different here.

The mirrors and windows were foggy, and the ceiling had droplets of beaded moisture.

inches!) of snow.

In my hometown in the Midwest our snow doesn't always fall in inches — a foot or two isn't an uncommon occurrence.

Portlanders don't seem to own shovels or snow shovels, so many walkways and driveways were hazardous. That was a problem for school children's "snow days," since there was no safe transport to the malls to hang with friends. Staying home to play video games and watch movies wasn't an option either for the thousands of homes without electricity.

Mothers' enjoyment of their own snow days was tempered by schoolchildren whining, "There's nothing to do!" Not having school-age children, I was unconcerned when our lights went out. It was midnight and I was on my way to

Nextdoor.com hot topic round up



By Carrie Weninger
CNA Media Team

Porch package pilfering was hot during the holidays. Let's hope we've turned the corner on that, but do be aware that unattended deliveries can attract unwanted attention!

Help for deaf or hard of hearing Portland residents is available from Portland Fire & Rescue (PF&R). Please share if you know anyone who qualifies for FREE specialized smoke alarms. PF&R installs them. To apply, complete the application at FlashShakeWake.org

Neighbor Tom, laid up with a back injury on an icy day in January, posted a call for food and firewood. He received a load of nearby neighborly love, logs and lots of culinary options. Heart warming!

Fabulously fresh fettuccine... Fantastic! Local entrepreneur Lukas, age 14, puts his pasta roller holiday

gift to good use. He offers neighbors fresh-made fettuccine for a \$4 per half pound donation, delivered.

Dreaming of spring veggies while the snow flies? A neighbor shares this link to peruse local community supported agriculture options to pick your perfect produce purveyor: PortlandOregon.gov/bps/64818.

Positivity prevails over covert kvetching! Some see an unsightly and longstanding pile of dirt and drop off anonymous notes to say so, while others see hardworking Concordia homeowners lovingly restoring their 100+ year old residence and cheer them on via Nextdoor.

Carrie is a Concordia resident and lives on 29th Avenue. As a freelance writer with a penchant for poetic prose, she tries to look for the humor in everyday life. She also is a mom and world traveler who, with her partner, owns a company that restores and repurposes vintage homes. Contact her at WurdGurl@gmail.com.

Grant applications due Feb. 28

Deadline is Feb. 28 for applications for 2016-2017 Neighborhood Small Grants. Awards of \$2,000 each are available to six projects based in inner north and northeast Portland to help neighborhood and community organizations improve the local quality of life.

Awards are selected on the projects' potential to:

- Involve and benefit a diverse, broad group of people
- Build leadership, identity, skills, relationships and partnerships — especially with and among historically under-

represented populations

- Increase community capacity to influence public decisions and shape the future of inner north and northeast Portland.

The Portland Office of Neighborhood Involvement provides funding for the grants to the Northeast Coalition of Neighborhoods and Portland's six other neighborhood coalitions. The announcement of selected grants is scheduled for April 4, with funding delivery April 13.

For details and/or to apply for a grant, call 503.388.9188, email Fran@NECoalition.org and/or visit NECoalition.org.

Harbor Superfund hearings set

The U.S. Environmental Protection Agency (EPA) in early January released the final cleanup plan — called the record of decision — for about 10 miles of the lower Willamette River within the Portland Harbor Superfund Site.

"This is a very strong cleanup plan, thanks in large part to the quality of the public comments we received," said Dennis McLerran, EPA regional administrator for the Pacific Northwest and Alaska.

"Under the final plan, we'll be removing more contaminated sediment sooner, which means risks will be lower and the river will be safer faster," he added. "Input from the public, tribes, state and local governments, environmental groups and business and industry helped us hone our plan and make it more responsive to people's concerns.

"We have been working very closely with the Oregon Department of Environmental Quality on the final remedy and with state and EPA leadership," the EPA administrator noted. "The stage is now

set for cleanup work to begin in earnest."

The record of decision addresses contaminated sediments through dredging, capping, enhanced natural recovery and monitored natural recovery — including removal of more than three million cubic yards of contaminated sediments.

The record of decision also addresses contaminated groundwater that could recontaminate the river and river banks, according to the EPA. About 1,774 acres of the site with lower contaminant levels are expected to recover naturally across time. Active cleanup work at the site is now expected to take as long as 13 years and cost about \$1 billion.

At the request of community groups and stakeholders, the EPA plans to host community information sessions in March to present the details of the final remedy. Watch for details on GO.USA.gov/3wf2b. For more information on the record of decision and the Portland Harbor Super Fund Site, visit Yosemite.EPA.gov/r10/cleanup.nsf/sites/ptldharbor.



ARYNE + DULCINEA



LIVING ROOM REALTY

503-449-1630 | 503-380-5124

aryne@livingroomre.com | dulcinea@livingroomre.com

aryneanddulcinea.com

ADU Certified Specialists | Earth Advantage Brokers | Oregon Licensed Brokers



Help wanted: 2017 CNA yard sale organizer(s)

The more the merrier –and the more customers when it comes to yard sales. That’s why the Concordia Neighborhood Association (CNA) is looking for a new yard sale leader.

Donna Mae Carrier, before her death in late 2015, organized the neighborhood-wide yard sale countless summers. Just 20 homes forged on last August with their yard sales, and Michelle Cheung provided a map that appeared on the CNA Facebook page and Nextdoor.com.

For 2017, your CNA Social Committee hopes a new organizer will volunteer. If it’s you, you’re welcome to recruit helpers to accept sign ups from neighbors who plan to participate, provide signs, manage media promotion, create this year’s map and coordinate post-sale charity donations. You’ll even get to name the date for the sale. (And you’ll know ahead of time where to find the best treasures.)

Interested? Email Social@ConcordiaPDX.org.



Twenty yard sales drew shoppers to the Concordia neighborhood last summer. If you’re interested in helping coordinate next year’s sale, your neighborhood association is interested in hearing from you.

Another side of the coin for resolutions

Did you make a new year’s resolution for 2017? Are you getting off to a bad start on them? Fifty-eight percent of Americans participate in this annual tradition, and 42 percent fail to accomplish resolutions each year.

“Generally, our first experience with the sense of failure occurs when we are very young,” explained Mary Amick, Concordia University assistant professor of health care administration. “It is likely you can even recall your first failure as an intense negative emotional experience.”

“Failure is a misnomer because it is not actually failing that creates negative emotions,” she pointed out. “Rather, it’s a fear of shame. Instead of feeling bad about our actions, shame makes us feel bad about who we are. Shame gets to the core of our egos, our identities, our self-esteem, our feelings of emotional well-being.”

Why is talking about the fear of failure and its consequences important? It’s particularly important to look at how you react to what you consider failure. Herein lies the other side of the coin, when you harness failure not as shame but as a

natural process of trying something new or adventurous. Failure can make you more creative and successful.

“I failed my new year’s resolutions to exercise more in the first month, but I leveraged that failure to sign my family up for six 5K Fun Runs this year,” reported Sarah Sweitzer, dean of the Concordia University College of Health and Human

Services.

“I get to exercise and spend more time with my family, and that beats the gym any day.”

So turn your failed resolutions into health changes. If your resolution was to spend more quality time with your family and get healthy, visit Facebook.com/portlandsundayparkways or check out

the 5K series in neighborhood parks at PortlandOregon.gov/parks/61144.

Contributed by Concordia University College of Health & Human Services

Instead of feeling bad about our actions, shame makes us feel bad about who we are.

THE FACTS:

- Targeted, local audience
- Delivered to 5,500 homes & 1,000 businesses monthly
- Readership of 10,000
- Hyperlocal content your customers & prospects are READING

Hmm. After reviewing THE FACTS, I know I need to be advertising in Concordia News



CONCORDIA NEWS
To advertise - contact us TODAY!
CNewsBusiness@ConcordiaPDX.org



History takes a vacation



Doug Decker is skilled at sleuthing the back story for nearly any topic. So send your question to CNewseditor@ConcordiaPDX.org and look for the answer in March or another upcoming issue.

The CNews historian is taking a break this month. But he’ll be back in March, and he is looking for a question from you.

What place, thing or element of Concordia tickles your curiosity?

Need a place for your PARTY?

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

Pricing: \$25/hr (nonprofit rates available)

Email: CNARoomKennedy@gmail.com

Find us (and LIKE US!) on Facebook for updates on land use and other timely information.

www.facebook.com/concordianeighborhoodassociation

Concordia community events calendar

Through early April

THE SOUL OF PHILANTHROPY REFRAMED & EXHIBITED

Location: Concordia University George R. White Library & Learning Center
The exhibit illustrates black philanthropic experiences & giving traditions, grounded in faith, mutuality, responsibility & social justice. The mediums – luminous photographic prints on metal, iPad kiosks, video & interactive digital apps – feature music, poetry, photography, narratives & more. Images & stories are from the book “Giving Back: A Tribute to Generations of African American Philanthropists” by author Valaida Fullwood & photographer Charles W. Thomas Jr.
Details: cu-portland.edu/about/events/campus-calendar



Thursday, Feb. 2, 6 - 8 pm

ST. MIKE'S KITCHEN

Location: St. Michael's Lutheran Church, 6700 NE 29th Ave.

Join others in the kitchen to cook & eat a variety of Chinese dishes.

Details/RSVP: Rachel Schweitzer, st.mikes@kitchencommons.net, 503-997-2003

Feb. 2, 4, 6, 9, 14, 23

LEAD POISONING PREVENTION WORKSHOPS

Location: Various venues

Participants learn how to prevent lead exposure in their homes, especially homes older than 1978 with children, pregnant women & others concerned about lead exposure.

Details/registration: communityenergyproject.org, 503.284.6827 ext. 109

Thursday, Feb. 2: 3 - 4:30 pm, NE WIC, 5329 NE Martin Luther King Jr Blvd.

Saturday, Feb. 4: 10:30 am - noon, Hollywood Library, 4040 NE Tillamook St.

Monday, Feb. 6: 2 - 3 pm, East County WIC, 600 NE 8th St., Gresham

Thursday, Feb 9: 6:30 - 8 pm, East Portland Community Center, 740 SE 106th Ave.

Tuesday, Feb. 14: 6 - 7:30 pm, Community Energy Project, 2900 SE Stark St., Ste. A

Thursday, Feb 23: 6:30 - 8 pm, Community Energy Project, 2900 SE Stark St., Ste. A.

Saturday Feb. 4, 9 am - noon

STEWARDSHIP SATURDAY

Location: Wilkes Creek Headwaters
Restoring headwater habitat – the habitat at the source of a river or stream – is an important part of the waterway restoration process. Wilkes Creek flows into the Columbia Slough, so its protection is part of a greater effort to keep the slough healthy. Help plant native plants & protect them with mulch, care for previously planted plants by weeding, mulching & removing invasive species like English ivy & Himalayan blackberry. This event runs rain or shine. Be sure to dress for the weather & bring water, rain gear & sturdy shoes. Snacks, tools, training & gloves are provided.

Details/registration: columbiaslough.org/events/event/367/

Saturdays, Feb. 4, 11, 18 & 25, 10:30 am

STORY TIME

Location: Concordia University Jody Thurston NW Center for Children's Literature
All interested children & parents are welcome to share books, sing songs & tell interactive stories. Reading sessions are about 30 minutes, followed by themed crafts. Sessions are drop-in basis.

Details: cu-portland.edu/about/events/campus-calendar

Wednesday, Feb. 8, 5 - 7:30 pm

LEAD-SAFE HOME PROJECTS WORKSHOP

Location: Northeast Portland Tool Library, 5431 NE 20th Ave.

Before any demolition, scraping, sanding or remodeling in pre-1978 housing, check out

this class. It's great for people who want to do small projects that may involve exposure to lead paint, or small construction projects in older homes.

Details/registration: communityenergyproject.org, 503.284.6827 ext. 109

Thursday, Feb. 9, 11:45 am

ST. MIKE'S KITCHEN

Location: St. Michael's Lutheran Church, 6700 NE 29th Ave.

Seniors are invited to enjoy a meal of soup & side dishes.

Details/RSVP: Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2003

Saturday, Feb. 11, 9 am - 5 pm

INTERRUPTING RACISM ACTIONSHOP

Location: Resolutions Northwest, 2538 NE Broadway St., Ste. A

Presented by nonprofit Resolutions Northwest, the actionshop is focused on interpersonal racism, within the context of systemic & institutional oppression. It explores the way racism arises in everyday interactions, & offers tools & practice for interrupting it. Creating systemic change requires interrupting the learned & daily behaviors that reinforce racism to move toward building healthy communities. The usual fee for this training is \$280; however, Resolutions Northwest welcomes everyone & asks participants to pay what they are able.

Details/registration: resolutionsnorthwest.org/events/interrupting-racism-actionshop-4/

Friday, Feb. 12 - early April

LATINO HERITAGE ART EXHIBIT

Location: Concordia University George R. White Library & Learning Center lobby, 2nd & 3rd floors

The Sunday, Feb. 12, 2 - 4 pm opening reception features ethnic dance & music from Aztec Dance “Titlakawan,” Ballet Folklorico “Corazones Alegres” & Inka Jam “Luciana Proaño.” The 1½-month-long exhibit encompasses more than 90 paintings, photographs, sculptures & murals – all original works created by Pacific Northwest visual artists representing Mexico, Colombia, Peru, Guatemala & the Dominican Republic. Most of the artists are members of IdeAL, el Intercambio de artistas Latinos, a community of creative individuals working together since 2010 to build a network, strengthen careers & nurture future artists.

Details: cu-portland.edu/about/events/campus-calendar

Tuesday, Feb. 14, 2 - 4 pm

TIES THAT BIND

Location: Concordia University George White Library, Room 120

Join this support & resource meeting for grandparents, foster grandparents & family members caring for grandchildren.

Details: 503.408.4088

Tuesday, Feb. 14, 7 pm

RACE TALKS

Location: gymnasium, McMenamins Kennedy School

These opportunities for dialogue about race in Oregon – both historically & the current time – are presented by McMenamins History & Donna Maxey; doors open: 6 pm; discussion: 7 pm

Details: racetalkspdx.com

Thursday, Feb. 16, 6 - 8 p.m.

ST. MIKE'S KITCHEN

Location: St. Michael's Lutheran Church, 6700 NE 29th Ave.

Join others in the kitchen to share a Japanese meal & then prepare dumplings to take home to your freezer.

Details/RSVP: Rachel Schweitzer, st.mikes@kitchencommons.net, 503.997.2003



OFF THE COUCH EVENTS

Friday, Feb. 17, 7 - 9 pm

OFF THE COUCH EVENTS ACTIVITY NIGHT

Location: St. Charles Catholic Church gymnasium, 5310 NE 42nd Ave.

Differently-abled individuals, 18 & older, are invited for games, crafts, dancing & snacks. Admission is \$7 per participant & first companion is free.

Details: offthecouchevents@gmail.com, 503.702.2394

Thursday, Feb. 23, 6:30 - 8:00 pm

SCHOOL OPEN HOUSE

Location: Trinity Lutheran Christian School, 5520 NE Killingsworth St.

Tours are available for parents & children who are considering enrolling in preschool through 8th grade & Tigers, & year-round state licensed extended care & child care for ages 3 - 12 years.

Details: trinityportland.org

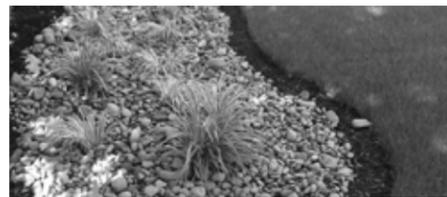
Saturday, Feb. 25, 5 - 9 pm

BE MINE AUCTION

Location: North Star Ballroom, 635 N Killingsworth Ct.

The third annual auction raises funds for Faubion Elementary School. Suggested donation, sliding scale tickets are available online.

Details/tickets: faubionpta.org/fundraisers/auction



Sunday Feb. 26, 1 - 5 pm

RAIN GARDENS 101

Location: Whitaker Ponds Nature Park, 7040 NE 47th Ave.

Join the Columbia Slough Water Council & East Multnomah Soil & Water Conservation District for this workshop. Learn how to build your own rain garden, explore the critical role rain gardens can play in urban stream restoration, & how they add beautiful landscaping to your yard at the same time.

Details/registration: columbiaslough.org/events/event/116/

Monday, Feb. 27, 7 p.m.

KENNEDY SCHOOL HISTORY PUB

Location: McMenamins Kennedy School, 5736 NE 33rd Ave.

These monthly, free events are open to everyone interested in Oregon & Pacific Northwest history. Experts, scholars, first-person experiencers & historians expound on topics from Lewis & Clark to shipwrecks to hop growing to women pioneers & more. History Pub is cosponsored by McMenamins History, Oregon Historical Society & Holy Names Heritage Center. Doors open at 6 p.m.

Details: mcmenamins.com/events/163358-kennedy-school-history-pub

Terrarium Planting Class

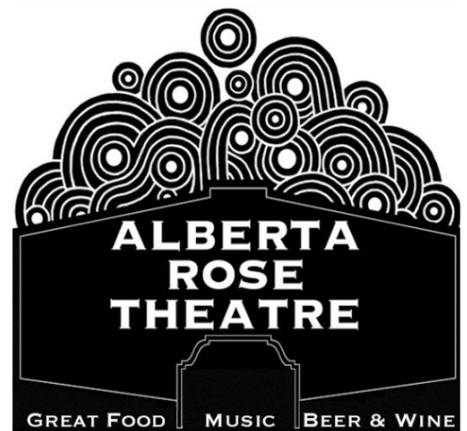
Flowers In Flight
1413 NE Alberta St.

March 4th, 2016 4-6pm

Lets kick off Spring with a fun and engaging lesson in succulents and indoor green plants. Enjoy a glass of wine and a nosh, all while learning how to plant and care for indoor delights in various containers.

Get details/reserve your spot with Lily Hutchins by Saturday, Feb. 25th, by calling 503.274.7088 or emailing lily@flowersinflight.com.

\$75 covers the cost of the class and all materials.



FEBRUARY 2017

3 **BLACKSTAR RISING**
“LOW” 40th Anniversary
DAVID BOWIE Tribute

4 **SCIENCE ON TAP:**
THE NEUROSCIENCE
OF PLEASURE & LOVE

7 8 **IT'S NOT ME, IT'S YOU:**
STORIES FROM THE
DARK SIDE OF DATING

9 **MASTERS OF HAWAIIAN MUSIC**
GEORGE KAHUMOKU JR.,
NATHAN AWEAU
& DAVID “KAWIKA” KAHIAPO

10 **PETER MULVEY**
+ANNA TIVEL

11 12 **MORTIFIED PORTLAND**

14 **THE MYSTERY BOX SHOW**
VALENTINE'S DAY SPECIAL

17 **SHOW SHOW**
STAND-UP COMEDY,
ANIMATION & LIVE MUSIC

18 **20TH ANNUAL WINTERFOLK**
BENEFIT FOR SISTERS OF THE ROAD

19 **JAYME STONE'S**
LOMAX PROJECT

24 **TOMMY CASTRO**
AND THE PAINKILLERS

25 **KEROSENE DREAM**
ANNIVERSARY SHOW

26 **an evening with**
KARLA BONOFF

ALBERTAROSETHEATRE.COM
503.764.4131
3000 NE ALBERTA