



CONCORDIA NEIGHBORHOOD ASSOCIATION
PO BOX 11194 / PORTLAND, OR 97211

CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association | concordiapdx.org October 2015

Scared in PDX

Scary Tales Performance and Open Mic, plus Costume Contest with Prizes
7:00 pm Sat Oct 31
Lucky Lab Taproom 1700 N. Killingsworth PDX
\$10 suggested donation

Drop by for the kickoff to this monthly scary story performance & open mic, including a costume contest with valuable prizes! Your hosts Anne Rutherford & Norm Brecke, THE OREGON TELLERS, will chill your bones with a story or two. Then it's your turn: tell us a story that scares you. Audience members have eight minutes to terrify the crowd (eyeball to eyeball — no reading or notes allowed.)

After this Halloween kick-off Scared in PDX meets **every 3rd Thursday** at the Lucky Lab Taproom starting November 19. More info: www.oregontellers.com



- This Issue**
- 1. Cerimon House
 - 2. CNA Board News
 - 3. City Updates
 - 4. Community News
 - 5. Business Highlights
 - 6. Kids, Nature & Gardening
 - 7. Garden & Health
 - 8. Local Events



Cerimon House Grand Gala - October 24th

In 2012, the organization purchased the former Alberta Lodge, a building with a history of community relevance. Originally constructed by the Masons as a fellowship hall in 1924, the building served as the Masons' convening space until 1986. The building was then sold to a Baptist Church congregation that worshipped there until 2007, after which the building sat vacant for five long years. With each passing year, the empty building suffered from a lack of maintenance and attention. It was only a matter of time before a development company would have eyed the building as a potential lot for skinny houses or a condominium. With all of the new development spreading throughout NE Portland, demolition would have been the likely outcome for this once magnificent structure.

Enter Cerimon House, with a vision of providing programming that piques our curiosity, reveals the power of the arts to transform us, celebrates important life passages, and stimulates community engagement. With the support of the Concordia Neighborhood Association, Cerimon House purchased the building and promised the City of Portland that this beautiful 92-year-old community space would be renovated, brought up to code, and re-opened as the home of an innovative nonprofit Humanities organization.

Cerimon House became the proud owner of the former Alberta Lodge in 2012. After which, a vigorous two-year capital campaign successfully raised the funds necessary to renovate this historically significant building, and now it is moments away from the renovation's completion and preparing to open the doors to the Portland community. The original structure and charm of the building have been kept intact, while updates include five ADA-compliant restrooms, all new electrics and plumbing, and a new staircase to an emergency exit. Fresh paint, a repaired roof, and ample bike parking complete the restoration.

This building is one that's been rescued from the wrecking ball, and will live on as a community resource and convening place for years to come.

In celebration of the opening of the building as Cerimon House's new home, the organization's programming kicks-off with The Restoration Celebration!

A Grand Opening Gala on October 24th, followed by The Macabre Charm of Charles Addams on October 25th. The fun continues into December with Charles Addams: Family and Friends, a spook-tacular exhibit. Re-opening events are made possible, in part, through the generosity of Pomegranate Communications, Inc., Concordia Neighborhood Association, and As Good As It Gets Catering by Cheryl's on 12th. For ticket details on these and other events this Autumn, including Today I Am... with local Art Historian Bob Hicks, and 300,000 Clicks of a Camera: How LAIKA Makes an Animated Film with Mark Shapiro of LAIKA Studios, visit www.Cerimonhouse.org.

Cerimon House is a 501(c)(3) nonprofit Humanities organization and a harbor for artistic, educational, and civic events.

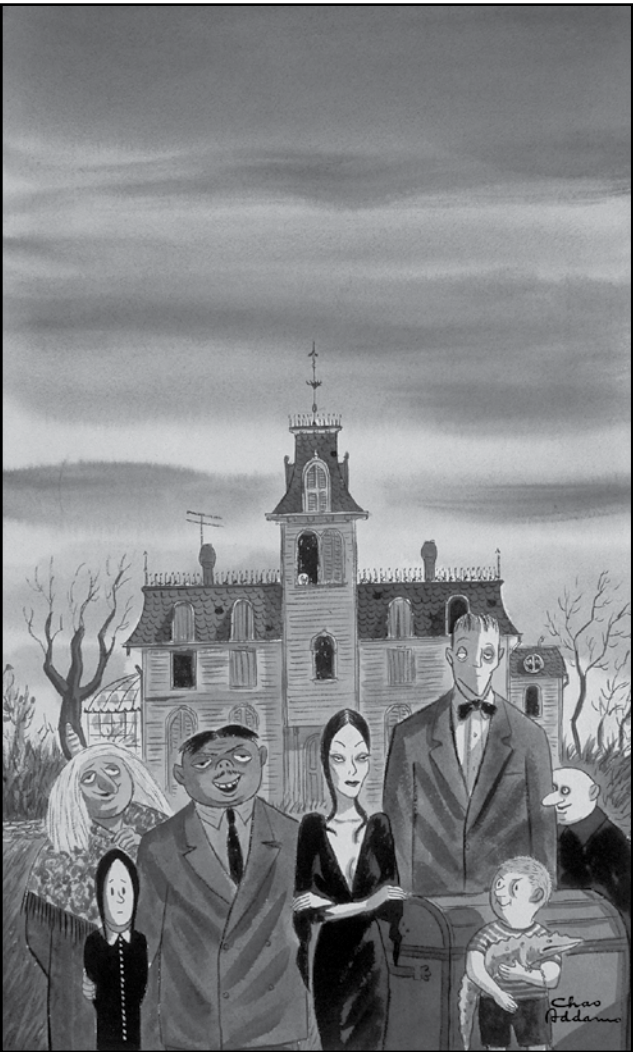


Image used with permission from the Tee and Charles Addams Foundation.

Charles Addams Presentation

THE MACABRE CHARM OF CHARLES ADDAMS

Sunday, October 25th - 5:00 pm @ Cerimon House

Join Cerimon House for a darkly humorous presentation on the life and works of the great American cartoonist, Charles Addams. This evening is a special opening event for the eight-week run of Charles Addams: Family and Friends, an exhibit of 52 original works, including illustrations of the beloved Addams Family and Addams' witty & wonderful New Yorker comics. Our host for the night is Kevin Miserocchi, Executive Director of the Tee and Charles Addams Foundation. Mr. Miserocchi travels to us from the Addams Estate in Long Island, New York (otherwise known as "The Swamp"), to share wild and funny tales about the artist's eccentric life. Be the first to see the West Coast premiere of the exhibit and celebrate the life of Charles Addams, whose macabre charm has indeed charmed generations.

Tickets: \$25 suggested donation. Seating is limited. reservations@cerimonhouse.org

CHARLES ADDAMS: FAMILY AND FRIENDS

October 29 - December 13, 2015 Thur. & Fri. 4pm-8pm; Sat. & Sun.: 12pm-4pm @ Cerimon House

"They're creepy and they're kooky, mysterious and spooky!" A gorgeous exhibit of America's favorite freaky family helps launch the grand re-opening of Cerimon House in style. Just in time for Halloween, Charles Addams: Family and Friends is an art exhibit of 52 original illustrations, which include images from The Addams Family, as well as many bizarre and beloved drawings penned for The New Yorker magazine. Cerimon House is honored to host the West Coast premiere of this exhibit by special permission from the Tee and Charles Addams Foundation.

Tickets: \$10 General Admission - \$8 students & seniors - Large groups & field trips please reserve: reservations@cerimonhouse.org Funding for this exhibit has been provided by Pomegranate Communications, Inc. and The Concordia Neighborhood Association.

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 13th at 6:30pm
McMenamin’s Kennedy School
Community Room

**CNA Annual Meeting
Board Elections**
November TBD at 7:00pm
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
503-449-9690 for meeting time & place

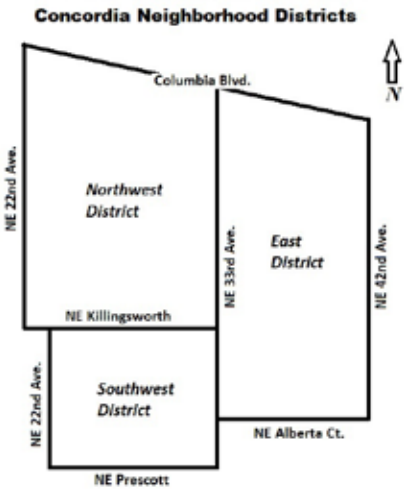
Media Team
Newspaper and Website
Volunteer and join the media team as
“Beat Reporter” or manage the CNA
Wordpress website.
Email: CNewsEditor@ConcordiaPDX.org

Social Committee
For next Meeting date and time, please
contact Katie Ugolini at ktugolini@gmail.com
or 503-449-9690

**Land Use, Livability and
Transportation Committee**
Third Tuesday of the Month
October 20th 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 1st 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 US at our new email addresses!

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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:
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CnewsBusiness@concordiapdx.org

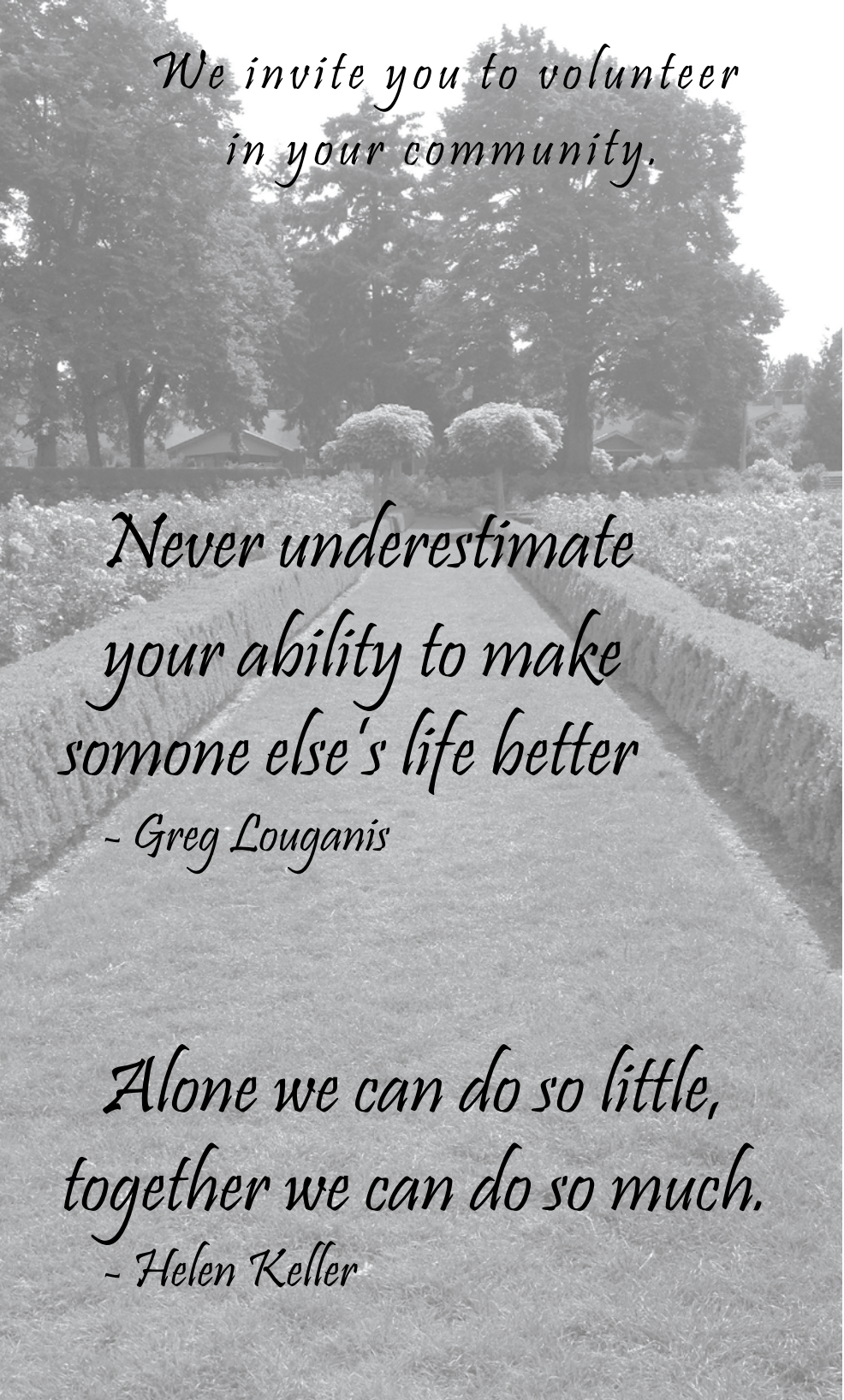
Editor
Please send article submissions to:
Mary Wiley (newspaper)
CnewsEditor@concordiapdx.org

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

Please enjoy your this community and the people and businesses that make this neighborhood great!

Elected Board (Jan 1, 2015)	Title
Isaac Quintero	Chair
Steve Elder	E 1
Mark Charlesworth	E 2
Isham “Ike” Harris	NW 1
Ashley McKinney	NW 2
VACANT	SW 1
VACANT	SW 2
Robert Bowles	At-Large #1
Craig Voigt	At-Large #2
Daniel Greenstadt	At-Large #3
Ali Novak	At-Large #4
Chris Lopez	At-Large #5
Truls Neal	At-Large #6



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 f
or \$15 an hour
All others for \$25 an hour
CNAroomKennedy@gmail.com

HELP WANTED

- Recording Secretary for Neighborhood Association Meetings
- Independent Contractor, Pay is \$15/hour

Meetings usually held on Tuesday evenings around 7:00 p.m. in the Community Room of Kennedy School. Approximately 12 meetings a year. Meetings usually last about two hours. Duties include transcribing and typing minutes. Compensation is for attendance and generating minutes. Applicants asked to provide contact information and a brief outline of qualifications. Resume not required.

If interested, send email to east1@concordiapdx.org

Residential Infill Project

Mayor Charlie Hales has appointed a 25-member Stakeholder Advisory Committee to assist the Bureau of Planning and Sustainability with the Residential Infill Project. The Residential Infill Project will evaluate Portland’s single-dwelling development standards to ensure that new or remodeled houses are well integrated and complement the fabric of neighborhoods throughout the city. Three primary topics to be addressed are:

- Scale of houses
- Narrow lot development
- Alternative housing options

The first meeting of the Stakeholder Advisory Committee was held on Sept. 15th. The committee will continue to meet each month as necessary through the duration of the project.

“Due to the large number of applications we received, we could not appoint everyone. However, we had some stellar candidates — too many in fact,” Hales said. “This is a good problem to have.”

The 25-person committee includes Portlanders involved in design, construction and the sale of single-dwelling homes as well as people interested in how residential infill affects or contributes to neighborhoods and the city as a whole.

Following a five-week recruitment and application process, Hales appointed the advisory committee to assist the Bureau of Planning and Sustainability with the Residential Infill Project. Nearly 100 applications were received from a wide range of people interested in offering their perspective on residential infill issues.

Members include: Linda Bauer, East Portland Action Plan (EPAP)Sarah Cantine, Scott Edwards Architects, Alan DeLaTorre, Portland Commission on Disability, Jim Gorter, Southwest Neighbors, Inc. (SWNI), John Hasenberg, Oregon Remodelers Association, Marshall Johnson, Energy Trust of Oregon, Emily Kemper, Manufactured Structures Board, Douglas MacLeod, Homebuilders Association (HBA), Mary Kyle McCurdy, 1000 Friends of Oregon, Maggie McGann, Habitat for Humanity, Rod Merrick, Merrick Architecture Planning. Rick Michaelson (pending), Neighbors West Northwest (NWNW), Michael Molinaro, Southeast Uplift (SEUL). Danell Norby, Anti-Displacement PDX. Vic Remmers, Everett Homes, Brandon Spencer-Hartle, Restore Oregon, Eli Spevak, Orange Splot Construction, Barbara Strunk, United Neighborhoods for Reform (UNR), Teresa St. Martin, Planning and Sustainability Commission (PSC), Young Sun, Immigrant and Refugee Committee Organization (IRCO), David Sweet, Central Northeast Neighbors (CNN), Eric Thompson, Homebuilders Association (HBA), Justin Wood, Fish Construction NW, Garlynn Woodsong, Northeast Coalition of Neighbors (NECN), Tatiana Xenelis-Mendoza, North Portland Neighborhood Services (NPNS)

In addition to community members representing residents from all parts of the city, the appointees also include homebuilding, architecture, historic, energy efficiency and real estate perspectives, as well as aging and disabled, anti-displacement and land use interests.

Members were chosen from each Neighborhood District Coalition and United Neighborhoods for Reform, 1000 Friends of Oregon, the Portland Commission on Disability, Anti-Displacement PDX, the Energy Trust of Oregon, Scott Edwards Architects, Merrick Architecture, Oregon Remodelers Association, Homebuilders Association, Fish Construction NW, Orange Splot Construction, Habitat for Humanity and Everett Homes.

“There are many facets to the issue of preserving and enhancing Portland’s unique neighborhoods,” Hales said. “In addition to the Residential Infill Project, my Neighborhoods Initiative is addressing long-term citywide growth strategies through such efforts as the Comprehensive Plan Update, discouraging demolitions, and expanded affordable rental housing development to ensure Portland’s prized neighborhoods remain livable and affordable.”

The Stakeholder Advisory Committee is just one element of an inclusive public engagement effort — including regular project updates, online surveys, public events and hearings — to seek input and help formulate policy recommendations for the Residential Infill Project. Bureau staff will work with a public outreach and facilitation specialist to reach other affected stakeholders and community members. In addition, the Stakeholder Advisory Committee meeting agendas, minutes and other meeting materials will be posted on the project website: www.portlandoregon.gov/ps/infill

TRICK OR TREAT ALBERTA STREET

The 4th annual Trick or Treat Alberta Street,
presented by The Wax Skin Spa
Saturday, October 31st,
3:30 – 6PM

Alberta Street businesses with Trick or Treat Alberta Street posters on display will be providing treats to costumed children as they trick or treat up and down NE Alberta Street.

The first 400 kids who trick or treat at Green Bean Books in costume will get a limited edition trick or treat bag.



Single Family Zoning Project Kicks Off

By Garlynn Woodsong CNA Land Use & Transportation Committee Chair

The City of Portland Bureau of Planning & Sustainability (BPS) has kicked off the Residential Infill Project, which will seek to develop an updated portion of the City’s Zoning Code that regulates single-family zones. The project is being guided by a 25-member Stakeholder Advisory Committee (SAC), to which I have been appointed by Mayor Hales as the representative for the Northeast Coalition of Neighborhoods (NECN). Concordia is one of the 12 neighborhoods represented by NECN.

According to the project summary:

Cities change, and new houses and remodels or additions to existing houses are part of that change. Some people view this new development as meeting a market demand and housing need, as well as providing new investment and modernizing the city’s housing stock. Others see it as an unexpected change in the city’s single-dwelling neighborhoods and feel it is incompatible with existing character.

This project will evaluate Portland’s single-dwelling development standards to ensure that new or remodeled houses are well integrated and complement the fabric of neighborhoods. Three primary topics will be addressed: scale of houses, narrow lot development,

and alternative housing options.

By late 2015, staff will develop options to address identified issues for each of the three topics. Beginning in 2016, the community will evaluate these options against defined project success criteria. Following some refinement, these concepts will be translated into zoning code regulations. These will be vetted again through the public hearing and legislative process for final adoption by the end of 2016.

For more information on the project, please visit:

www.portlandoregon.gov/bps/infill

There, you can learn more about the project, view documents and review stakeholder discussions. You can also sign up to receive future updates and notices of upcoming public events and hearings.

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 Wednesday of the month, 7pm, in the Community Room in the SE corner of McMenamins Kennedy School. To join the mailing list, send an email to: pdx_cna_lu_and_t_committee@googlegroups.com



“We advertise here because we live here...”

Mark Charlesworth is a long time Concordia resident who participates in this community. You would be hard pressed to find an agent who sells more homes in Concordia or even on the east side of Portland.

Our team cares about people and about working hard to get you the most money possible.

It makes sense to hire Mark - a top producer in your neighborhood.



Call today to schedule
a free sellers consultation.
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charlesworthhomes@gmail.com



~ Community ~

Groundbreaking Celebration for New Student Housing

Goundbreaking Celebration Reflects Community Contributions to New Concordia University Student Housing. A new mixed-use development broke ground in Northeast Portland today, providing housing within the local community for Concordia University’s growing student population.

Located 15 blocks from campus, at Northeast 16th Avenue and Killingsworth Street, near the Alberta Arts district, the four-story development will include ground-level retail and 34-units, primarily for Concordia’s graduate-level students or married students, seeking studio, one-bedroom and two-bedroom apartments.

Concordia will be the master tenant on the 34 units, managing the 12-month student leases, including consecutive rental agreements, and aligned with students’ needs.

Initiated by Andrew Clark of Hugh Development in 2008, and developed by Urban Development Partners (UD+P) since 2013, the project team also includes: architects from Works Partnership Architecture, recipient of the 2013 AIA NW&P Region Emerging Firm award, Colas Construction, a local, minority-owned business, and Metro, the regional government agency.

Metro’s Transit-Oriented Development (TOD) program provides limited amounts of public funding to attract private investment to develop mixed-use, higher density housing and retail projects located near transit. The TOD program contributed \$250,000 to the project to leverage \$5.9 million in private investment.

“Metro’s contribution allowed us to create a high-quality, higher density residential building that includes attractive pedestrian-oriented retail,” said Eric Cress, co-founder of UD+P. “We were able to leverage Metro’s support to bring more private investment dollars and make the project a reality.”

Concordia’s approach to this student housing development is part of a growing national trend for

urban university housing that is embedded within the community, not tucked away on campus, and fits Concordia’s commitment to service leadership and its mission to prepare leaders for the transformation of society.

“This is an exciting time to be able to rally around a shared vision of helping the University extend its reach into the community by providing much needed housing for their student population, while developing a property that will transform a neighborhood and energize the community,” said co-developer Andrew Clarke of Hugh Development.

“These apartments expand Concordia’s housing options, accommodating 10 percent more students on- or near-campus, and providing excellent housing at affordable prices, now in a unique setting,” said Maura Page, associate director of residence life and housing at Concordia University. “It’s especially rewarding to work with community partners who are making a significant investment in the community and who have a track record of responsible development.”

“This project is an example of how a local landmark, like a university, can become even more integrated with the character of the neighborhood by offering a place where students and community members can interact in day-to-day life. We were pleased to be part of such an experienced, professional team and excited about future possibilities as this building comes to life,” said Avi Ben-Zaken, co-founder at UD+P.

“A small boost can make a huge difference,” said Metro Councilor Carlotta Collette. “I’m proud of Metro’s investment in this project, which will make it easier for residents to walk and take transit where they need to go, whether it’s class at Concordia or destinations around the region. It shows how public-private partnerships and Metro’s Transit-Oriented Development Program can help build great communities.”



October is National Bully Prevention Month

Every October, schools and organizations across the country observe National Bullying Prevention Month. The goal: encourage communities to work together to stop bullying and cyberbullying by increasing awareness of the prevalence and impact of bullying on all children of all ages.

Monday, October 5th - Blue Shirt Day

Show your support and wear a Blue Shirt Day on the first Monday of every October -- this year on Monday, October 5th.

The Week of October 12th

Make friends with someone you don’t know at school - If you’ve ever been isolated from others at school or you were knew at school and it took time to make friends, you know what it feels like to be left out. Or even if you were never isolated, imagine how it would feel.

Make friends with someone at school who you don’t know. Invite them to sit at your lunch table or join you in an after school activity. You probably wish someone

had done that for you. Be a leader. Take action and don’t let anyone at school be in isolation.

The Week of October 19th

When you see someone being bullied, be brave and STAND UP for them. Bullies have been known to back off when others stand up for victims. If you don’t feel safe get the help of an adult immediately. Be part of the solution -- not the problem!

The Week of October 26th

Students can participate by creating positive messages on post-its and handing them out to students at school or creating an act of kindness every day and challenging others to do the same. Make kindness go viral!

Find out more at: <http://www.stompoutbullying.org/>



October 9th and 10th

MAKE HISTORY! BE A PART OF PORTLAND'S BIGGEST PARKS VOLUNTEER EFFORT:

More than 1000 volunteers are joining forces at 45 sites – community gardens, parks, natural areas, and sports fields - across Portland for Parke Diem’s third year.

“Portland Parks & Recreation can only do the great work we do because of partnerships with the Foundation, and with our volunteers,” notes Portland Parks Commissioner Amanda Fritz, who will once again take part in several Parke Diem events. “Parks’ community gardens staff say that the volunteers at Parke Diem accomplish at least four months of work in just two days. I thank the Portland Parks Foundation for bringing so many volunteers together in one coordinated two day effort.”

A half million volunteer hours each year supplement PP&R’s dedicated workers with the shared goal of ‘Healthy Parks, Healthy Portland’...for all. Parke Diem is a grass-roots volunteer endeavor to help maintain our City’s beloved parks.

“Parke Diem isn’t just about our friends and neighbors getting out to volunteer,” says Portland Parks Foundation Board Chair Gina Eiben. “It’s an opportunity for all of us to see the significant needs of the parks that we love so dearly, and to pitch in to make a difference. Portlanders’ sense of community and generosity is celebrated at Parke Diem—it highlights our corporate and individual community members’ ownership of the health of our parks system.”

“It’s neighbors helping neighbors toward our shared goal of Healthy Parks, Healthy Portland,” says PP&R Director Mike Abbaté. “Parke Diem is an exciting way to make a real difference in the quality of life in our city.” We thank our friends at the Portland Parks Foundation for leading the charge.”

PP&R’s dozens of community gardens will enjoy numerous Parke Diem work parties. Other exciting Parke Diem projects include the renovation and maintenance of four baseball fields in Pier Park, the building of a set of stairs in Forest Park and the continuation of a project where volunteers will plant 10,000 crocus bulbs in Peninsula Park.

Parke Diem is led by a network of community volunteers and park friends groups. “Hoyt Arboretum Friends is excited to host Parke Diem for the third year,” says Heather Wilkinson, the Volunteer Coordinator of the Hoyt Arboretum Friends group. “Each year we bring in over one hundred people, some of whom have never even heard of the Arboretum. It’s a great way to introduce people to this museum of trees as well as getting much needed work accomplished. With 189 acres maintained by a few staff, volunteers are essential to the survival of our 2,000 tree species.”

Parke Diem is led by the Portland Parks Foundation, an independent, nonprofit organization formed in 2001, to bring resources for the long-term stewardship of Portland’s parks and park programs, and to ensure that they remain publicly supported. The Foundation works hand in hand with Portland Parks & Recreation, and is committed to building collaborations that strengthen Portland’s parks and neighborhoods. Parke Diem is the latest in a long line of initiatives designed to keep our park system among the best in America.

Visit the Portland Parks Foundation’s Parklandia page to see the Parke Diem sites and projects, and to sign up to volunteer. <http://www.parklandia.org/parkediem>

~ Business Highlights ~

Construction Begins

Construction begins on the NE Columbia Boulevard and NE 63rd Avenue Sewer and Stormwater Project

In October, Environmental Services will start construction on a project to install a stormwater filtration system along NE Columbia Boulevard between NE 60th and NE 63rd avenues. Crews will begin work 175 feet west of Columbia and 63rd by installing a manhole and replacing public sewer pipe. Crews will then install a vault in Columbia at 63rd that will filter sediment and pollutants from stormwater runoff discharged through an outfall pipe into the Columbia Slough. The project will improve water quality, protect public health, and help restore fish and wildlife habitat. Construction is scheduled to begin the week of October 5 and last for about two months.

A project map is available at www.portlandoregon.gov/bes/columbia63rd.

CONSTRUCTION SCHEDULE

The city’s contractor will construct this project in two phases to reduce construction impacts. The first phase will be in a short segment of Columbia Boulevard about 175 feet west of NE 63rd Avenue. Phase one work hours will be 7am. to 4pm. Mon to Friday for one week.

The second phase is construction in Columbia Boulevard at NE 63rd Avenue and final street paving. Phase two work hours will be 7:00 a.m. to 6:00 p.m. Saturdays and Sundays for up to five consecutive weekends. The construction schedule is subject to change due to underground conditions, weather, subcontractor schedules and availability of materials.

TRAFFIC IMPACT

Columbia Boulevard is a high-traffic-volume street and major freight corridor that serves commercial businesses, industries and a residential neighborhood. You can expect traffic delays, lane closures and restricted turning movements in the construction zone during construction.

Weekday construction hours will be 7a.m. to 4p.m.

Weekend construction hours will be 7am. to 6 pm. Construction will reduce Columbia Boulevard to two lanes, one for each travel direction, between 60th and 63rd avenues during construction hours.

WHAT TO EXPECT DURING CONSTRUCTION

Construction creates noise, vibration and dust and may disrupt normal neighborhood activity.

You should expect traffic delays in and near the work area. Please be aware of traffic control signs that will be in place to guide traffic through the work area.

On-street parking will be restricted in and near the work zones to create a safe work environment and to stage equipment and materials.

FOR MORE INFORMATION: Please contact Joe Annett at 503-823-2934 or email Joseph.Annett@portlandoregon.gov with “columbia63rd” in the subject line.

Light the Night Walk

The Light The Night Walk - Taking Steps to End Cancer - The Light The Night Walk is a fundraising campaign benefiting The Leukemia & Lymphoma Society (LLS) and their funding of research to find blood cancer cures.

It’s about Community - Coming together for a common goal, friends, families and co-workers form fundraising walk teams. Millions of consumers also help by donating at retail outlets. Culminating in inspirational and memorable evening walks every fall, participants in nearly 200 communities across North America join together carrying illuminated lanterns to take steps to end cancer.

Portland - Oregon Convention Center
Saturday October 24, 2015 05:00 PM PST
Join a team, create a team, or individually walk.
Find out more: <http://www.lightthenight.org/>

Light The Night Walk is the largest cancer fundraising evening walk in the country, attracting more than 250,000 participants annually. Because of fundraising efforts like Light The Night, LLS is the single largest nonprofit contributor to blood cancer research. Additionally, LLS provides more than \$20 million in financial aid and co-pay assistance to cancer patients annually.

Home Workshops

Weatherization Workshops

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 or call 503.284.6827

Tues, Oct 6, 6-8pm - Community Energy Project, 2900 SE Stark St, Suite A, Portland, OR 97214

Wed, Oct 14, 6-8pm - Alice Ott Middle School, 12500 SE Ramona St, Portland, OR 97236

Tues, Oct 20, 6:30-8:30pm - Peninsula Park Community Center, 700 N Rosa Parks Ave, Portland, OR 97211

Wed, Oct 28, 2-4pm - Hollywood Senior Center, 1820 NE 40th Ave, Portland, OR 97212

Lead Poisoning Prevention Workshop

Free workshop where participants learn how to prevent lead exposure in their home. Great for households with children or pregnant women in housing older than 1978, or those concerned about lead exposure. Qualified participants receive a free kit of safety and testing supplies!

Register for the workshop at www.communityenergyproject.org or call 503.284.6827x109

Tues, Oct 13, 6-7:30pm - Community Energy Project - 2900 SE Stark St, Suite A, Portland, OR 97214

Do-It-Yourself Insulation Workshop

This free workshop teaches participants how to weatherize a flat attic. Topics covered include safety, air sealing, ventilation, installing insulation, and incentives to help cover the cost of your project. Learn more and register for the workshop at www.communityenergyproject.org or call 503.284.6827 x108

Sat, Oct 10, 10am-12:30pm - Midland Library - 805 SE 122nd Ave, Portland, OR 97233

Sat, Oct 17, 1-3:30pm - Hollywood Library, 4040 NE Tillamook St, Portland, OR 97212

Sun, Oct 25, 2-4:30pm - Belmont Library, 1038 SE Caesar Chavez Blvd, Portland, OR 97214

Habitat for Humanity

Habitat for Humanity Portland/Metro East invites low-income families to apply for a Habitat house during our bi-annual Open Application Round which will run from September 21, 2015 until October 16, 2015. Anyone interested in the Homeownership Program can pick up an application by attending one of the three Homeownership Application Meetings, by contacting Reianna DaRosa at 503-287-9529 ext. 19 or reianna@habitatportlandmetro.org, and online at <http://habitatportlandmetro.org/programs/homeownership/>.

Concordia CHHS Survey

The College of Health and Human Services at Concordia University is interested in better serving our community and would like your input on what sorts of services and resources the neighborhood would like to have or see more of. We’re asking community members to fill out a free online survey to help us learn more about what community services and needs are the highest priority for you.


This is an anonymous survey, asking 6 questions about the Concordia community. We are not collecting data about you specifically, and request that you do not provide any personal information. We desire that the responses provided are based solely on your personal opinion. This information will be used for Concordia University’s academic purposes only and will not be distributed to any other agency for the express purpose of learning what programs and services would best benefit the community.


The below link will give you access to the survey; it can be completed on public or private computers and smartphones that are connected to the internet. Thank you for collaborating with us to build a happier, healthier community!

<https://www.surveymonkey.com/r/Z7BV28T>

For more information contact: Rebecca Pimley, Concordia University, Rpimley@mail2.cu-portland.edu, Phone (541)324-9412

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~ Kids ~

~ Nature & Gardening ~

Simplify Your Child’s Life

“TOO MUCH, TOO FAST, TOO SOON” CREATES STRESS FOR KIDS
By “Simplify Your Child’s Life”, says Simplicity Parenting Coach & Leader Yvonne de Maat

Parent coach and group leader Yvonne de Maat shares the simplicity formula with parents in a new workshop series starting this fall. Yvonne became a trained Simplicity Parenting Coach in 2011 and has been a Waldorf teacher for 20 years.

“Many of today’s behavioral issues come from children having too much stuff and living a life that is too fast” writes the author of Simplicity Parenting, Kim Payne. Through coaching and parenting groups, Yvonne helps parents simplify their routines and lives, allowing parents to see an improvement in their child’s behavior. The simplicity parenting philosophy teaches that many of today’s child behavior problems come from TMS - Too Much Stuff.

Simplicity Parenting is for all families living in today’s modern, fast-paced American culture. In the sessions, parents read the corresponding chapter in the book and then come together for an interactive class that to spend dedicated time for discussion, reflection, and time for an artistic expression of the content. The 7 Session series begins Monday, October 12th from 7 to 9 pm. Parents in the sessions discuss how our culture encourages us to over-stimulate our kids from babyhood to teen years– too many trinkets, too many choices, too much information.

In his book, Payne states, “Our children are living in the undeclared war on childhood.” Yvonne de Maat, Simplicity Parenting Coach and Group Leader, will help parents who attend the workshops to create their own “simplicity menu” for their family, breaking it down into four layers: simplify the environment (books, toys etc), create rhythm (bedtime, meal time routines), simplify schedules, and filter out the deluge of information from media and adult conversation. Parents are invited to see childhood as an unfolding experience, not an enrichment opportunity.

YVONNE WILL BE LEADING THE SIMPLICITY SESSIONS AT HEARTIN HAND PRESCHOOL STARTING IN October. PARENTS CAN LEARN MORE AND REGISTER HERE; gnomeshome.org CALL 503 287 4465. Cost is \$225 for 7 sessions (\$400 per couple) on Monday evenings, including book

FOR MORE INFORMATION ABOUT THE SIMPLICITY PARENTING go to SIMPLICITYPARENTING.COM



Gnome’s Home Opens in October

This month the Alberta neighborhood will have a new learning hub for the whole family!

There will be daily parent-child classes, after school classes for the older children, and parenting/home steading classes for adults. For years the parents at Heart in Hand Preschool have been asking for wholesome classes for the younger siblings, and parenting and doll making classes for themselves. The idea of Gnome’s Home was born when the old preschool building opened up.

Now there is a place for neighbors to take classes, and also to teach classes. The parent child classes will be led by experts in their field; yoga, Waldorf intro and Music through the Seasons. Affordability is a priority, and the classes will be kept small to ensure a personal atmosphere. The adult classes will be taught by neighbors for neighbors! If you have a skill to teach, please contact Yvonne de Maat at msyvonne@heartinhandpreschool.com. The focus will be on parenting classes and a class in Simplicity Parenting and a Doll Making class are on the schedule. The other focus is on Home Steading and in October we will have classes on using essential oils for children’s health (you will leave with a roller with essential oils) and a hands-on fermenting class. We are hoping to offer classes such as seed saving, tending chickens, upcycling clothing etc. The prices for one time classes are only \$10.

There will be a Grand Opening/ Open House on Thursday, October 1st from 3 to 5pm. Meet the teachers, eat and enter into the raffle! Look us up at gnomeshome.org for more information and registration!

Fall Festivals and Outings

- Hood River Valley Harvest Fest*
- As if Portland families needed another reason to love Hood River, this outdoor wonderland is the site of the biggest fall festival in the Columbia River Gorge. For three days in October, attendees at the Hood River Valley Harvest Fest will enjoy live music, family activities, seasonal produce, food, wine, cider, beer and local arts & crafts from nearly 125 vendors on the scenic Hood River waterfront.
- Oct. 16, 1-6 p.m., Oct. 17, 10 a.m.-6 p.m., Oct. 18, 10 a.m.-5 p.m.
 - Tickets: \$6/adults; \$3/seniors & active military on Fri., \$5 on Sat. & Sun.; free for children under 12
 - 110 Portway Ave.Hood River, Or
 - Online: hoodriver.org/events-festivals/chamber-events/harvest-festival
- West Coast Giant Pumpkin Regatta*
- There are few fall harvest events more entertaining than a race between your friends and neighbors as they attempt to paddle giant pumpkins across a lake. Sound like fun? Be sure to drop by the 12th annual West Coast Giant Pumpkin Regatta in Tualatin, where regatta-goers will also be treated to a performance by the Tualatin High School Marching Band, a hilarious circus act by Heather Pearl, a visit from llamas Smokey and Rojo and arts, crafts and food vendors galore.
- Oct. 17, 10 a.m.-4 p.m.
 - 8325 SW Nyberg St.Tualatin, Or
 - Online: tualatinoregon.gov/recreation/west-coast-giant-pumpkin-regatta-official-page
- Wooden Shoe Pumpkin Fest*
- Not only can you load up on pumpkins at the Wooden Shoe Pumpkin Fest, you and your family can enjoy a corn maze, a pumpkin cannon, duck races, tube slides, a hay pile and various activity tents for all ages and interests.
- Sept. 25-Oct. 31, Fri.-Sun. only, 10 a.m.-6 p.m.
 - Tickets: \$7/ages 3 & up; \$5/seniors; free for children 2 & under
 - Wooden Shoe Tulip Farm, 33814 S. Meridian Rd.
 - Woodburn, Or
 - Online: woodenshoe.com/events/pumpkin-fest

Parent/Child About Town

Join your preschool child for Parent/Child About Town pilot program! The session begins with activities in the Community Room at McMenamin’s Kennedy School, 5736 NE 33rd Ave, Portland, OR 97211. From there, we’re off on an adventure that incorporates learning on the go. Sessions run from 10 am to 12 pm. The cost is \$5 per child 3 and over. All caretakers welcome! Sign up at www.classpdx.org for the following sessions:

"Shapes Everywhere," Oct. 20

Shapes make the world interesting to look at. This session will begin by learning about shapes through playful art. We will take a short bus ride and a walk in the Alberta Arts District to discover how shapes make up our world.

“Buses and Trains,” Oct. 27

Transit lover? This session is for you. We’ll have a short classroom session on the city’s system and then take a ride around NE Portland, with learning activities along the way.

Planting Fall Cover Crops

By Jolie Ann Donohue, The Gardening Goddess

Cover crops are sometimes known as "green manure." Cover crops are quick growing and planted primarily to keep the soil covered for a short period of time, often during the fall and winter. Then they are plowed under as "green manure" where they decompose and add organic matter to the soil. In addition to adding organic matter to the vegetable garden, cover crops suppress weeds by providing competition, reduce erosion, and add nutrients.

Common cover crops are crimson clover, dutch white clover, vetch, rye, buckwheat, fava bean, oilseed radish, and austrian peas. There are also cover crop seed mixes that contain a variety of cover crops.

The lush green growth of cover crops returns large amounts of organic matter to the soil. Organic matter stabilizes moisture content and improves garden soil texture. When dug under all the nutrients stored in cover crop plants are returned to the soil.

Crimson clover, dutch white clover, fava beans, austrian peas and vetch are all members of the legume family. This means when they are used as a cover crop they actually return nitrogen to the soil. Legume plants are hosts to nitrogen-fixing bacteria and extract nitrogen from the air and convert it into a form that can be used by plants. Legumes are awesome!

Fall is a great time to plant cover crops. Unless you are growing winter crops, you are probably cleaning up and putting your vegetable garden to bed at this time of year. Instead of just letting your garden rest during the winter why not plant some cover crops? Depending on the variety of cover crop you choose, they are usually seeded September-November. Plant cover crop seeds by broadcasting; check seeding rates for individual varieties. The seeds need to be covered by soil and kept evenly moist while germinating. Most cover crops need a full sun location.

This year on October 6th we planted crimson clover in our 3 raised beds we put to rest for the winter. With a daily light watering we were rewarded with germination in under 7 days! Crimson clover has the nitrogen-fixing powers of a legume, it forms a dense green carpet during the winter, it is easy to turn under in the spring, and it develops beautiful bright flowers in the spring that attract bees.

Fava beans are another excellent cover crop that grow into tall 3 foot vigorous plants with beautiful flowers. In addition to their nitrogen-fixing powers, favas have a deep taproot that loosens up those hard clay soils in Portland.

Oilseed radish have the same beneficial taproot quality of fava beans, however, they are in the cabbage family so you need to consider them in your garden crop rotation schedule. Rye germinates fast and tolerates harsh conditions. Their dense mat of roots makes them excellent erosion controllers. You can pick up cover crop seeds at your local nursery or garden center. Plant them this fall and reap the rewards come next spring!

For more information please visit: jolieanndonohue.com or missjolieannkitchengarden.blogspot.com



Community Kitchen Events

Community Kitchen Cooking Groups!

1st Thursday Cooking Group: We will be meeting from 6-8 p.m. on October 1st to make squash soup and naan (leavened, oven-baked flatbread). Join us for an evening of fun! Contact Rachel Schweitzer at st.mikes@kitchencommons.net or at 503-997-2003 with questions or to RSVP. (Suggested donation \$5)

3rd Thursday Cooking Group: We will be meeting from 6-8 p.m. on October 15th to make a Swedish meatball sauce and a tomato based meatball sauce to take home to our freezers. Contact Rachel Schweitzer at st.mikes@kitchencommons.net or at 503-997-2003 with questions or to RSVP.

Where? St. Mike’s Community Kitchen--6700 NE 29th Ave. (between Faubion Elementary and Concordia Univer

~ Health & Wellness ~

EcoChallenge - Oct 15-29

What is the EcoChallenge? We know change can be tough, and sometimes it takes a kick-start to make it happen.

The EcoChallenge is an annual event that challenges people to choose one action to reduce their environmental impact and stick with it for two weeks. Individuals and teams pick a category—water, trash, energy, food, transportation or civic engagement—and set a goal that stretches your comfort zone and makes a difference for you and the planet. EcoChallengers accrue points for engagement (everything from succeeding at your EcoChallenge to engaging friends and family in the event earns points). At the end of the EcoChallenge your points will increase your odds of winning fun raffle prizes!

When is it? How often does the EcoChallenge happen? The 2015 EcoChallenge takes place October 15-29, 2015. The EcoChallenge is an annual event.

Who can participate? Everyone! The EcoChallenge is open to anyone who would like to make a commitment to living a little lighter on Earth. Create a team at work or on campus, or invite your friends and family to participate with you—camaraderie and friendly peer pressure make change a little easier, and a lot more fun.

Can I sign up my school/church/neighborhood group/organization/etc.? Yes! Anyone can create a team, and we'd love to have you. Register and then select "I want to create a new team." You'll be set up in no time and ready to invite other people to join your EcoChallenge.

Go to the website and learn more: <http://www.ecochallenge.org/>

The Northwest Earth Institute is a non-profit organization that inspires people to take responsibility for Earth. We believe change should be fun. There's no shortage of information about the serious challenges facing our planet – and although most people say they would like to do more, they don't know where to start. That's where we come in. We believe the little things make a big difference. NWEI was founded in 1993 with a simple objective: to give people a framework to talk about our relationship with the planet and to share in discovering new ways to live, work, create and consume. And, as more than 160,000 people have discovered since then, it turns out that within that simple objective is a recipe for powerful change.

Just make one change, here are some ideas:

- Save up to (20) gallons of water each day by taking 5 minute showers.
- Compost my food waste each day and avoid sending up to (.69lbs) of food waste per day to the landfill.
- Adopt a "Needs Vs. Wants" approach to making purchases, and focus on buying only the things I really need
- Find a good place in or near my home where you can observe sunrise and/or sunset each day.
- Use alternative transportation or carpool to get to work.
- Purchase meat and produce from the farmers market.

Healthy Healing Relationship

By Penny Hill, LMT (OR. license #4527) can be reached through www.concordiamassagepros.com

My professional organization, Associated Massage and Bodywork Professionals (ABMP), puts out several wonderful publications. Their recent issue of Massage & Bodywork (Sept/Oct) has a very important article in it. It is the story of how one woman became involved in an abusive sexual relationship with a predatory bodyworker, and I recommend anyone who gets therapy, of any kind, to read it. We have worked hard in Oregon and as a profession, to create systems for ensuring safety for our clients and ourselves. For example: we have a vigorous Massage Board to enforce laws, and therapists must display their license number with any form of advertising.

That of course does not preclude all problems, and there are many wonderful modalities and practitioners that are not overseen by our Massage Board. Indeed, licensing or not, does not protect anyone from unscrupulous nurses, doctors, or mechanics for that matter. But the healing relationship is special; and with the growing influence of alternative bodywork modalities, clients may have no clear idea of what is considered appropriate and usual. The Encyclopedia of Energy Medicine by Linnie Thomas lists well over 200 modalities, and whether they have credentialing or not, your safety rests in your hands, not the therapist's.

Whatever the therapy, or therapist, you have engaged to help you heal, you want to believe in it/them. You've entered this relationship with a problem you need fixed and a hope that this person holds some answer for you. This is the beginning of a power differential. The perceived authority of the therapist, the difference in clothed and unclothed, standing versus laying down, giving versus receiving, all add to the subtle power inequality in any bodywork session. To protect clients and therapists alike, a strong code of ethics and standards of care are critical.

At the outset, your therapist should do an intake with you. What are your goals for the session? What is the method that will be employed and how does it work. Is the practitioner credentialed? By whom? What can be expected. Will you be touched and where. All these questions and much more go into what's called informed consent. Let me reiterate this, there is no consent without information.

I hear this from clients all the time: "you just do what you do." Nonetheless, I continue to inquire throughout the session as to their comfort and needs, because consent is not given once. Sometimes when people are unclear where the appropriate boundary is, they defer to the therapist because "they know what they are doing." Even if you're unsure why you're uncomfortable, stop the session and ask questions. Consent that is given can be revoked at any time.

There are small things too, of course, in a session that may make you uncomfortable. Turn off the music? Sure! There's a wonderful world of healers out there trained and able to help. To therapists and clients alike I say: go forth, have fun, heal well and be safe.



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